Imagery on screen: Views of a wood with a stream that runs through it. There is also a statue of a humanoid figure raising its arms to the sky, which is the 'Keeper of the Ogmore'.

Female narrator: I am this river, its story I have kept, For I am the Keeper but long have I slept.

Look around you now, as I wake.
Look at the world I carve out.
Here there are boulders marking the way.
Here all is movement, changing each day.
Here all is connected, mapped out by me.
I am the Ogmore and I must be free.

I am a thief dislodging golden sand. A skyful of diamonds pass through my hands. I am a black vein running clean with rain, Dynamic vassal, never twice the same.

I am a chapter in the story told, Youthful as dawn dew, millennia old, Between the bread of landscape, I am the jam. I am the Ogmore, catch me if you can!"

Text on screen: Visit Craig y Parcau, Thornbush Hill, Broadlands. CF31 5BT.

Look out for: kingfisher, chiff chaff, otter, hartstongue fern.

Meet the Keeper of the Ogmore.