

AUDIO

Track 1 Paddling in the sea at Ynyslas, Ceredigion

Track 2 River Leri at Llangorwen, Ceredigion

Track 3 River Wye at Gilfach, Powys

Track 4 River Wye in spate at Hoarwithy, Herefordshire

Track 5 Ash the husky drinking, Herefordshire

Track 6 Rain on the yurt, Herefordshire

Track 7 Two showers, Herefordshire

