





Main pic: shopping in Mold. Facing pics (left to right): Bailey Hill, Mold market, Mold Gold Cape, St. Mary's Church.

The people of Mold believe slowness is a virtue. You may think they move pretty quickly when they're hunting down a bargain every Wednesday and Saturday in the open-air market.

But Mold wants to be a Slow Town. As part of the international Cittaslow movement, it refuses to join the global rat race that's making every town centre feel the same.

Instead it celebrates what's local and unique. The food and drink, for example, which is so good there's a whole festival devoted to it every September.

Or the history – 4,000 years of it. That's how long ago the fabulous Mold Gold Cape was

laboriously beaten from a single ingot weighing half a kilo.

The British Museum has the original. But you can see a replica of one of the world's great Bronze Age treasures in the museum in Earl Road.

And you can stroll a town trail which includes, at the top of the High Street, the remains of a Norman motte and bailey castle. From the turbulent days when life in Mold was just a little faster than it is now.