

Wildlife Explorer Trail

Llwybr Antur Bywyd Gwyllt

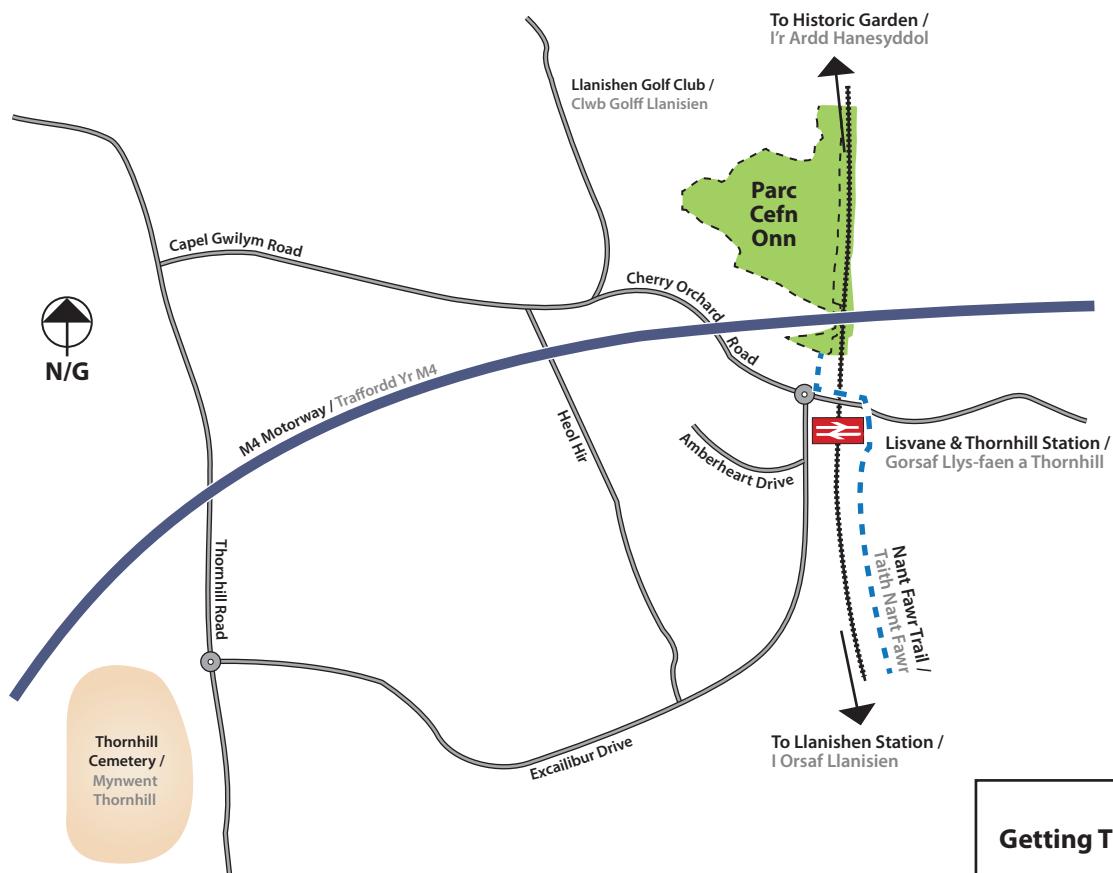
Cefn Onn Country Park

Parc Gwledig Cefn Onn

Follow the map inside to find each of the 16 marker posts in and around Cefn Onn Country Park.

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 16 o byst marcio yng Nghefn Onn
ac o'i amgylch.





Getting There / Sut i Gyrraedd:

By foot / cycle - The main entrance to Parc Cefn Onn is in Lisvane leading off Cherry Orchard Road. There are public rights of way leading into the park from the Caerphilly Ridge to the North.

Cerdred / beicio - Mae prif fynedfa Parc Cefn Onn yn Llys-faen oddi ar Cherry Orchard Road. Mae llwybrau cyhoeddus yn arwain at y parc o Grib Caerffili i'r Gogledd.

By bus - The bus route for the park runs along Cherry Orchard Road which is where the main entrance to the park is. Amberheart Drive and Lisvane Station are the nearest bus stops. Details of bus routes and services can be found at www.cardiffbus.co.uk

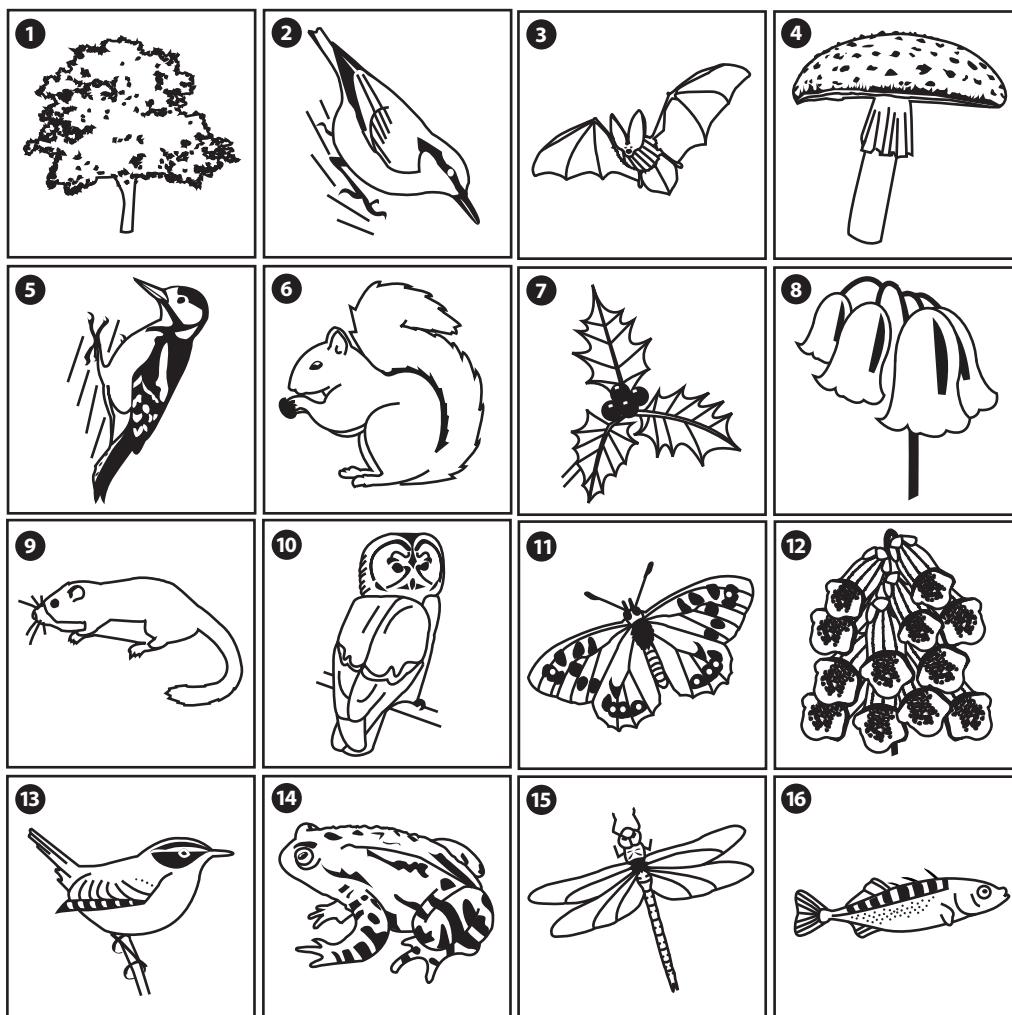
Bws - Mae'r llwybr bws ar gyfer y parc yn teithio ar hyd Cherry Orchard Road lle y mae prif fynedfa'r parc. Y safleoedd bws agosaf yw Amberheart Drive a Gorsaf Llys-faen. Mae manylion llwybrau bws a gwasanaethau ar gael yn www.cardiffbus.co.uk

By train - The nearest train station is Lisvane and Thornehill Station which is on the opposite side of Cherry Orchard Road to the park entrance. Details of train services can be found at www.nationalrail.co.uk

Trên - Yr orsafr drenau agosaf yw Gorsaf Llys-faen a Thornehill, a leolir ar ochr arall Cherry Orchard Road gyferbyn â mynedfa'r parc. Mae manylion gwasanaethau trén ar gael yn www.nationalrail.co.uk

By car - There is a designated car park for Parc Cefn Onn at the main entrance off Cherry Orchard Road.

Car - Mae gan Barc Cefn Onn faes parcio penodedig wrth y brif fynedfa oddi ar Cherry Orchard Road.



Key / Allwedd

- 12 Wildlife Explorer Trail / Llwybr Antur Bywyd Gwyllt
- Path Network / Rhwydwaith llwybrau
- Woodland Trail 1km / Llwybr y Goedwig 1km
- Upper Park Trail / Llwybr Pen y Parc
- Nant Fawr Trail / Taith Nant Fawr
- Waterways and pond / Dyfrffyrdd a phwll
- Parc Cefn Onn Boundary / Ffin Parc Cefn Onn
- Ditch / Ffos
- Bridge / Pont
- Benches / Meinciau
- Parking / Parcio
- Railway Station / Gorsaf Drenau

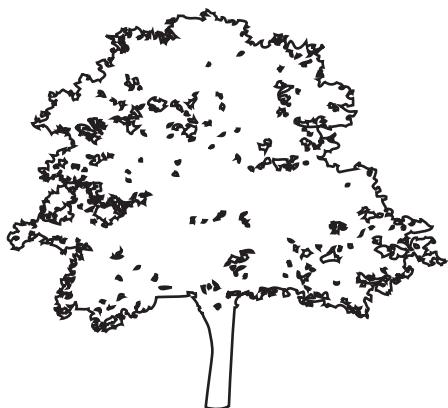
Collect the rubbings on the marker posts

Casglwch y rhwbiadau ar y pyst marcio

To Historic Garden / I'r Ardd Hanesyddol



N/G

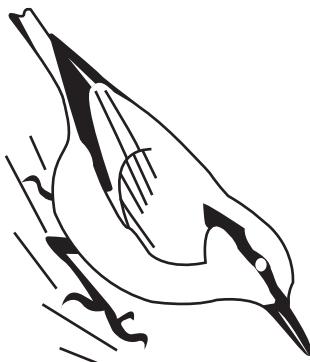


Oak Trees Y Dderwen

We are home to lots of animals like birds and insects. Animals like squirrels eat our fruit which are called acorns. Can you find any acorns on the ground today?

Mae llawer o anifeiliaid a phryfed yn ymgartrefu ynom. Mae anifeiliaid fel gwiverod yn bwyta ein ffrwythau a elwir yn fes. Allwch chi ddod o hyd i fes ar y llawr heddiw?

Make rubbing of the Tree here
Gwnewch rwbiad o'r Goeden fan hyn

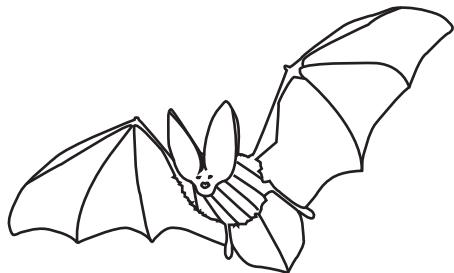


Nuthatch Telor y Cnau

I love eating insects that I find hidden in trees. I climb up and down trees and even hang upside down trying my best to find them. Nuts and seeds are also yummy! When I find one, I wedge it into a gap in a tree and then hit it with my bill to break it open.

Rydw i wrth fy modd yn bwyta pryfed sy'n cuddio yn y coed. Rydw i'n dringo i fyny ac i lawr a hyd yn oed yn hongian ben i waered i drio dod o hyd iddyn nhw. Mae cnau a hadau hefyd yn flasus tu hwnt! Pan fydda i'n dod o hyd i hedyn neu gneuen dwi'n ei wasgu mewn i fwlich yn y goeden a dwi'n defnyddio fy mhig i'w agor.

Make rubbing of the Nuthatch here
Gwnewch rwbiad o Delor y Cnau fan hyn



Bats Ystlumod

You are unlikely to see us during the day because we are nocturnal and feed during the night. We look for food in trees and by the river where there are lots of flying insects for us to eat.

Rydych yn annhebygol iawn o'n gweld yn ystod y dydd oherwydd mai gyda'r nos y byddwn ni'n effro ac yn bwydo. Rydym yn chwilio am fwyd mewn coed ac wrth ymyl yr afon lle mae llawer o bryfed hedegog i ni eu bwyta.

Make rubbing of the Bat here

Gwnewch rwbiad o'r Ystlum fan hyn



Fungi Ffwng

We come in all shapes and sizes, growing on the floor like mushrooms, or growing out of the side of trees like a shelf.

Rydw i ar gael ym mhob siâp a maint, weithiau'n tyfu ar y llawr fel madarch, dro arall yn tyfu allan o ochr coeden fel silff

Make rubbing of the Fungi here

Gwnewch rwbiad o'r Ffwng fan hyn



Great Spotted Woodpeckers Cnocell Fraith Fwyaf

In spring you may hear us males drumming loudly on trees to attract females. We use our powerful beaks to break bark off trees to get at insects and to open nuts.

Yn ystod y gwanwyn mae'r ceiliogod yn curo'r coed yn uchel i ddenu'r iâr. Maen nhw'n defnyddio eu pig pwerus i dorri rhisgl y coed er mwyn canfod pryd, ac i agor cnau.

Make rubbing of the Great Spotted Woodpecker here
Gwnewch rwbiad o'r Gnocell Fraith Fwyaf fan hyn



Squirrels Gwiwer

We love woodlands like these where we collect our favourite foods; Hazelnuts, acorns, tree bark, fungi, buds, leaves, and flowers. We make our nests which are called drays out of twigs, leaves and dried grass.

Rydym ni'n hoffi coetir fel hwn, ble gallwn gasglu ein hoff fwydydd; Cnau Cyll, mes, rhisgl coed, ffwng, blagur, dail a blodau. Rydym yn gwneud nythod allan o frigau, dail a glaswellt sych.

Make rubbing of the squirrel here
Gwnewch rwbiad o'r wiwer fan hyn

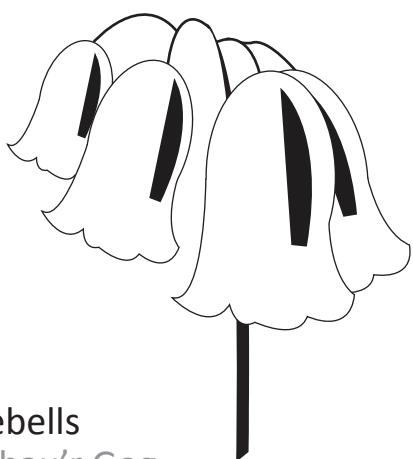


Holly
Celyn

I am a plant and can live for up to 500 years. Some of my leaves have sharp spines so please be careful if you touch them. I have bright red berries that smaller animals like to eat – they're not for humans though!

Planhigyn ydw i a gallaf fyw am hyd at 500 o flynyddoedd. Mae rhai o fy nail yn bigog iawn, felly byddwch yn ofalus os byddwch yn cyffwrdd â nhw. Mae gen i aeron coch llachar y mae anifeiliad wrth eu bodd yn eu bwyta – ond dydyn nhw ddim yn addas i bobl!

Make rubbing of the Holly here
Gwnewch rwbiad o'r Celyn fan hyn

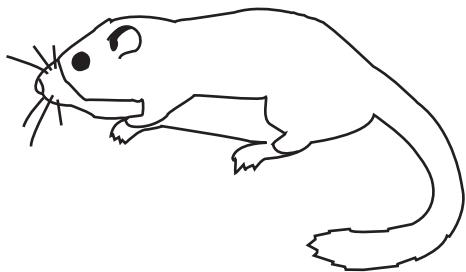


Bluebells
Clychau'r Gog

We are bright blue-purple spring flowers with a strong, sweet scent. Our sap has been used for glue to stick feathers to arrows or pages in a book. It is illegal to pick or uproot us – so don't even try!

Blodau porffor-las golau ydym ni gydag arogl cryf, melys. Mae ein sudd wedi'i ddefnyddio fel glud i ludo plu i saethau neu dudalennau mewn llyfr. Mae'n anghyfreithlon ein pigo neu'n dadwreiddio felly peidiwch!

Make rubbing of the Bluebell here
Gwnewch rwbiad o Glychau'r Gog fan hyn



Hazel Dormouse Pathew'r Gollen

I am a very small mouse and really love to sleep. I like to hibernate which means I go to sleep for a long time during cold months when there isn't a lot of food around. My favourite food is hazelnuts.

Llygoden fechan ydw i a dwi'n caru cysgu. Dwi'n hoffi cysgu dros y gaeaf sy'n golygu 'mod i ynghwsg yn ystod y misoedd oer pan nad oes llawer o fwyd ar gael. Fy hoff fwyd yw cnau cyll.

Make rubbing of the Hazel Dormouse here
Gwnewch rwbiad o Bathew'r Gollen fan hyn

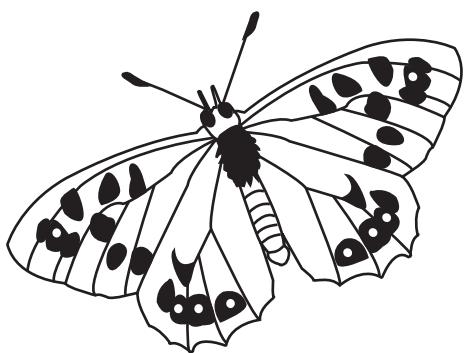


Tawny Owl Tylluan Frech

I am a nocturnal bird which means I sleep in the day and come out to find food at night. I like eating mice which I swallow whole! I can't move my eyeballs like you can but I can turn my head almost all the way round so I can see better.

Rwy'n greadur nosol sy'n golygu fy mod i'n cysgu gyda'r dydd ac yn effro yn ystod y nos. Dwi'n hoffi bwyta llygod – dwi'n eu llynco'n gyfan! Allaf i ddim symud cannwyll fy llygaid ond gallaf i droi fy mhen yr holl ffordd o gwmpas bron, er mwyn i fi allu gweld yn well.

Make rubbing of the Tawny Owl here
Gwnewch rwbiad o'r Dylluan Frech fan hyn

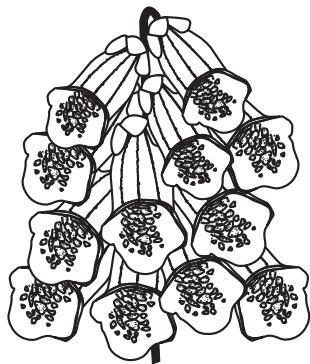


Speckled Wood Butterfly Gweirlöyn Brych

I started off life as a tiny egg and quickly grew to be a caterpillar. When I was ready, I built a cocoon around myself and emerged as a beautiful butterfly! I now enjoy fluttering about in the sunlight that comes down through the trees in the wood.

Fel wy bychan y dechreuais fy mywyd cyn tyfu'n gyflym i fod yn lindysyn. Pan oeddwn i'n barod, adeiladais gocŵn o 'nghwmpas cyn dod ohono fel pili pala prydferth! Ryw'n mwynhau hedfan yn yr heulwen sy'n dod drwy'r goedwig.

Make rubbing of the Speckled Wood Butterfly here
Gwnewch rwbiad o'r Gweirlöyn Brych fan hyn

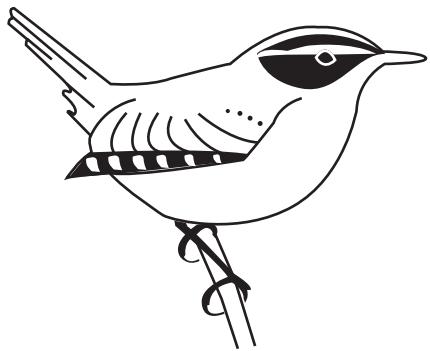


Foxglove Bysedd y Cŵn

We are tall, have very pretty pink flowers and can be found all over Britain. We don't look like it but are actually one of the most dangerous plants in the world. Our sap, flowers, seeds and leaves are all very poisonous. Years ago we were used to treat poorly hearts.

Rydyn ni'n dal ac mae gennym flodau pinc pert ac rydyn ni'n byw ledled Prydain. Fyddech chi byth yn gwybod o edrych arnom ni, ond rydyn ni ymhliith planhigion mwyaf peryglus y byd. Mae ein sudd, blodau a dail yn wenwynig iawn. Flynyddoedd yn ôl roedd pobl yn arfer ein defnyddio i drin poenau calon.

Make rubbing of the Foxglove here
Gwnewch rwbiad o Fysedd y Cŵn fan hyn



Wren Dryw

I am a small round bird and am the most common bird found in Britain. I love eating spiders and small insects – delicious! I sing really loudly in the mornings to defend my home patch from other Wrens. See if you can spot me here today.

Aderyn bychan crwn ydw i – yr aderyn mwyaf cyffredin ym Mhrydain. Dwi'n hoffi bwyta pry cop a phryfetach – hyfryd iawn! Dwi'n canu'n uchel iawn yn y bore i warchod fy nhiriogaeth rhag Drywod eraill. Tybed welwch chi fi yma heddiw?

Make rubbing of the Wren here
Gwnewch rwbiad o'r Dryw fan hyn

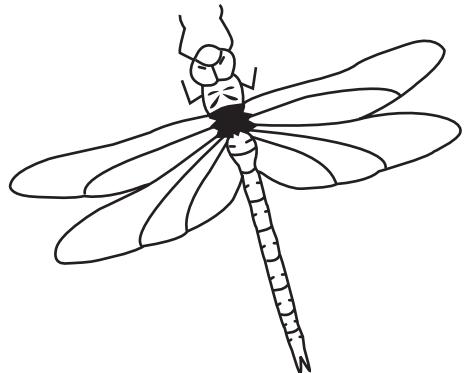


Toads Llyffant

We started life as tadpoles born into a pond and then gradually grew and changed into toads with brown skin covered with wart-like lumps. We hide during the day but come out at night to hunt for insects. Having no teeth, we have to swallow our food whole!

Fel penbyliaid y dechreuon ni fywyd, wedi ein geni mewn pwll. Yn raddol bach, fe dyfon ni a throi'n llyffantod gyda chroen brown a lympiau drosto i gyd. Rydyn ni'n cuddio yn ystod y dydd ond yn hela am bryfed yn y nos. Gan nad oes gennym ddannedd mae'n rhaid i ni lyncu ein bwyd yn gyfan!

Make rubbing of the Toad here
Gwnewch rwbiad o'r Llyffant fan hyn



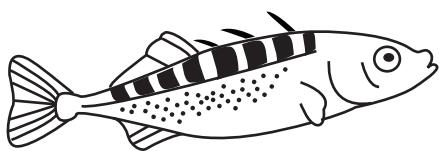
Dragonflies

Gwas y Neidr

We are insects with 4 wings which really help us zoom around. We eat mosquitoes, bees, wasps and flies that we catch whilst we are flying.

Rydyn ni'n bryfed ac mae gennym 4 o adenydd. Mae hyn yn help mawr wrth symud yn gyflym drwy'r awyr. Rydyn ni'n bwyta mosgitos, gwenyn, picwn a chlêr yr ydyn ni'n eu dal wrth hedfan.

Make rubbing of the Dragonfly here
Gwnewch rwbiad o Was y Neidr fan hyn



Stickleback

Crothell

I am a little silvery fish and grow to around 5cm in length. I have spines along my back that I put up to warn off predators – they make me very hard to swallow! I like to eat plankton, water insects and worms – I do also eat my own eggs and babies though.

Pysgodyn bach arian ydw i ac yn tyfu i fod yn rhyw 5cm o hyd. Mae gen i bigynau ar hyd fy nghefn yr ydw i'n eu codi i godi ofn ar ysglyfaethwyr – maen nhw'n fy ngwneud i'n anodd iawn i'm llyncu hefyd! Dwi'n hoffi bwyta plancton, pryfed dŵr a mwydod – ond dwi hefyd yn bwyta fy wyau a fy mabiau.

Make rubbing of the Stickleback here
Gwnewch rwbiad o'r Grothell fan hyn

Instructions:

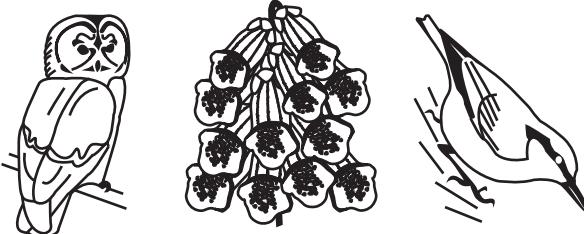
Follow the map inside to find each of the 16 marker posts in and around Cefn Onn Country Park.

Each post has a metal plaque on top with a picture of a plant, animal, insect or habitat that you might see in and around Cefn Onn Country Park.

Once you get to the first plaque, match the picture in the box on the leaflet to the picture on the top of the plaque.

- Place the leaflet over the plaque
- Hold the paper firmly in place, then using a coloured pencil or crayon, rub over the top
- Lift the paper off and see the picture revealed
- Read the fun facts about this picture
- Continue around the park to find all 16 plaques

HAVE FUN!



For information about Parks please contact:

Tel: 029 2068 4000, Email: parks@cardiff.gov.uk or visit www.cardiff.gov.uk/parks

For further information about biodiversity and other Wildlife Explorer Trails in Cardiff please contact: biodiversity@cardiff.gov.uk or visit www.cardiff.gov.uk/biodiversity

For information about walks and other things to do in Cardiff's countryside please contact:

countryside@cardiff.gov.uk or visit: www.cardiff.gov.uk/countryside or www.outdoorcardiff.com

Cyfarwyddiadau:

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 16 o byst marcio yng Nghefn Onn ac o'i amgylch.

Ar ben bob postyn mae plac metel gyda llun planhigyn, anifail, prifysg neu gynefin y gallech ddod ar eu traws yn Nghefn Onn.

Unwaith i chi gyrraedd y plac cyntaf, parwch y llun yn y bocs ar y daflen gyda'r llun ar ben y plac.

- Rhowch y daflen ar ben y plac.
- Daliwch y papur yn sownd yn ei le a chan ddefnyddio pensil lliw neu greon, rhwbiwch drosto.
- Codwch y papur i weld y llun
- Darllenwch ffeithiau difyr am y llun hwn
- Ewch yn eich blaen o amgylch y parc i ddarganfod pob un o'r 16 o blaciau

MWYNHEWCH!



I gael rhagor o wybodaeth am y Parciau cysylltwch â:

Ffôn: 029 2068 4000 E-bost: parciau@caerdydd.gov.uk neu ewch i www.caerdydd.gov.uk/parciau

I gael rhagor o wybodaeth am bioamrywiaeth a Llwybrau Antur Bywyd Gwyllt Gwyllt eraill yng Nghaerdydd cysylltwch â:
biodiversity@caerdydd.gov.uk neu ewch i www.caerdydd.gov.uk/bioamrywiaeth

I gael rhagor o wybodaeth am deithiau cerdded a phethau eraill i'w gwneud yng nghefn gwlaid Caerdydd cysylltwch â:
countryside@caerdydd.gov.uk neu ewch i: www.caerdydd.gov.uk/cefngwlad neu www.outdoorcardiff.com