

# Wildlife Explorer Trail

Llwybr Antur Bywyd Gwylt

## Forest Farm Country Park

Parc Gwledig Fferm y Fforest

Follow the map inside to find and collect rubbings from each of the 15 marker posts, you can use the drawings to colour in, plus complete the activities and games too!

Dilynwch y map tu fewn i weld a chasglu rhwbiadau o bob un o'r 15 post marcio. Gallwch liwio'r darluniau i mewn a chwblhau'r gweithgareddau a'r gemau hefyd!

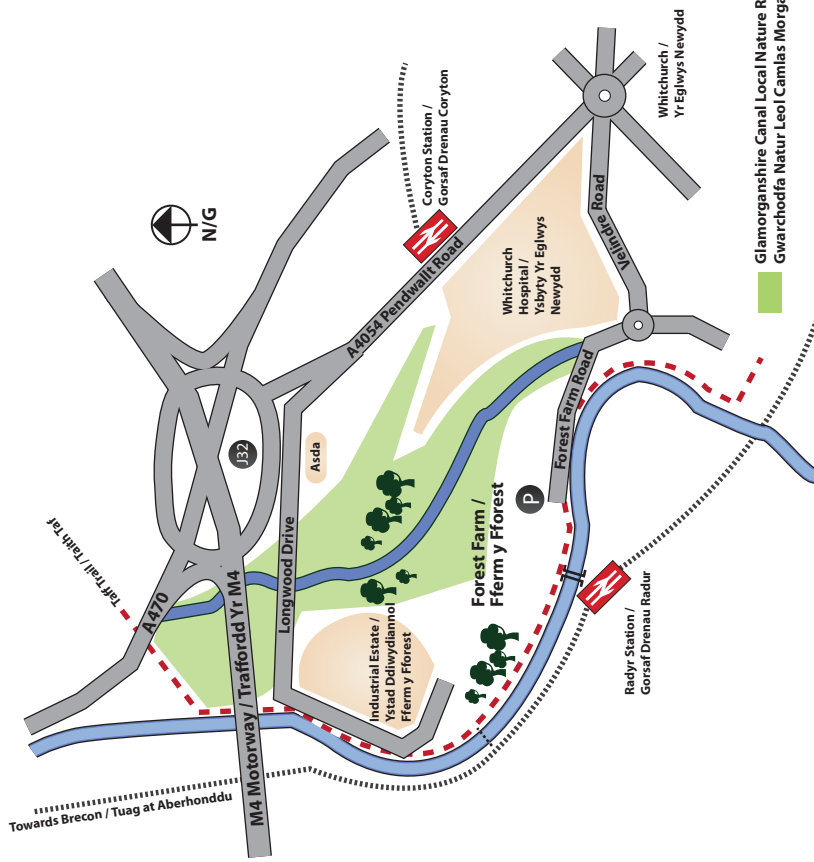


# Key / Allwedd

-  Wildlife Explorer Trail / Llwybr Antur Bywyd Gwyllt
-  Path Network / Rhwydwaith llwybrau
-  Taff Trail / Taith Taf
-  Bird Hide / Guddfa Adar
-  Picnic Area / Ardal Bicnic
-  Parking / Parcio
-  Cricket Club / Clwb Criced
-  Rugby Club / Clwb Rygbi
-  Interpretation Board / Dehongli Bwrdd
-  Orchard / Perllan
-  Railway Station / Gorsaf Drenau
-  Bridge / Pont
-  Radyr Weir / Cored Radur

## Getting There / Sut i Gyrraedd:





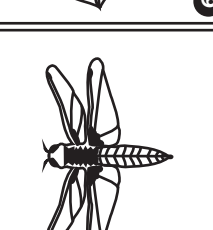
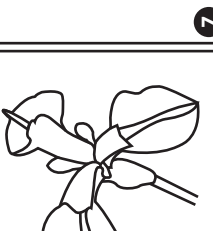
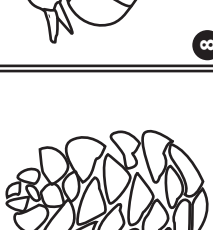


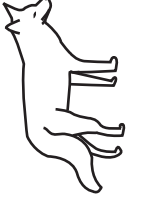






- By foot / cycle** via Forest Farm Road, Longwood Drive, the footbridge for Radyr Station and Taff Trail
- Ar droed / beic** drwy Forest Farm Road, Longwood Drive, pompren Radur a Thaith Taf
- By Bus** via Velindre Road, Ty Mawr Road and Heol Isaf visit [www.cardiffbus.com](http://www.cardiffbus.com)
- Ar y Bws** drwy Velindre Road, Ty Mawr Road a Heol Isaf ewch i [www.cardiffbus.com](http://www.cardiffbus.com)
- By train** for Radyr Station and Coryton Station visit [www.nationalrail.com](http://www.nationalrail.com)
- Ar y trên** o Orsaf Radur a Gorsaf Coryton ewch i [www.nationalrail.com](http://www.nationalrail.com)
- By Car** for Whitchurch, via Forest Farm Road to the on site car park
- Yn y Car** o'r Eglwys Newydd drwy Forest Farm Road i faes parciwr safle



Glamorganshire Canal Local Nature Reserve / Gwarchodfa Natur Leol Camlas Morgannwg

Towards Brecon / Tuag at Aberhonddu

Towards City Centre / Tuag at Gmeily Ddinas

Collect the rubbings on the marker posts  
Casglwch y rhwbiadau ar y pyst marcio



Glamorgan Canal /  
Longwood SSSI /  
SoDdGA Camlas  
Morgannwg / Longwood



Wetland Reserve /  
Gwarchodfa'r Gwlypdir

Cardiff Cricket Club /  
Cardiff Cricket Club

Cardiff High School  
Old Boys Rugby Club /  
Clwb Rygbi Cyn Ddisgyblion  
Ysgol Uwchradd Caerdydd

Whitchurch /  
Yr Eglwys Newydd

Forest Farm Road / Heol Fferm y Fforest  
Towards City Centre /  
Tuag at Ganol y Ddinas

Forest Farm  
Industrial Estate /  
Ystad Ddiwydiannol  
Fferm y Fforest

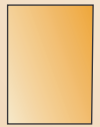
Forest Farm Country Park /  
Parc Gwledig Fferm y Fforest

Warden Centre /  
Canolfan y Warden

River Taff /  
Afon Taff

Longwood Drive / Longwood Drive

Melingriffith Feeder /  
Camlas Gyflenwi Melin Gruffydd



Allotments /  
Rhandiroedd

Towards Castell Coch /  
Tuag at Gastell Coch



# SSSSsh!

**Sssssh!**

Try to be as quiet as possible so you don't scare the animals away

**Sssssh!**

Ceisiwch fod mor dawel â phosibl rhag ofn i chi ddychryn yr anifeiliaid

**What else can you see?**

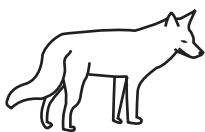
**Look for each of these animals and count how many you can find!**

**Beth arall allwch chi ei weld?**

**Edrychwch am bob un o'r anifeiliaid hyn a chyfrwch faint y gallwch chi ddod o hyd iddynt!**



Rabbit /  
Cwningen



Fox /  
Llwynog



Kingfisher /  
Glas y Dorlan



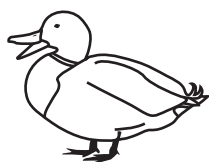
Heron /  
Crëyr Glas



Coot /  
Cotiar



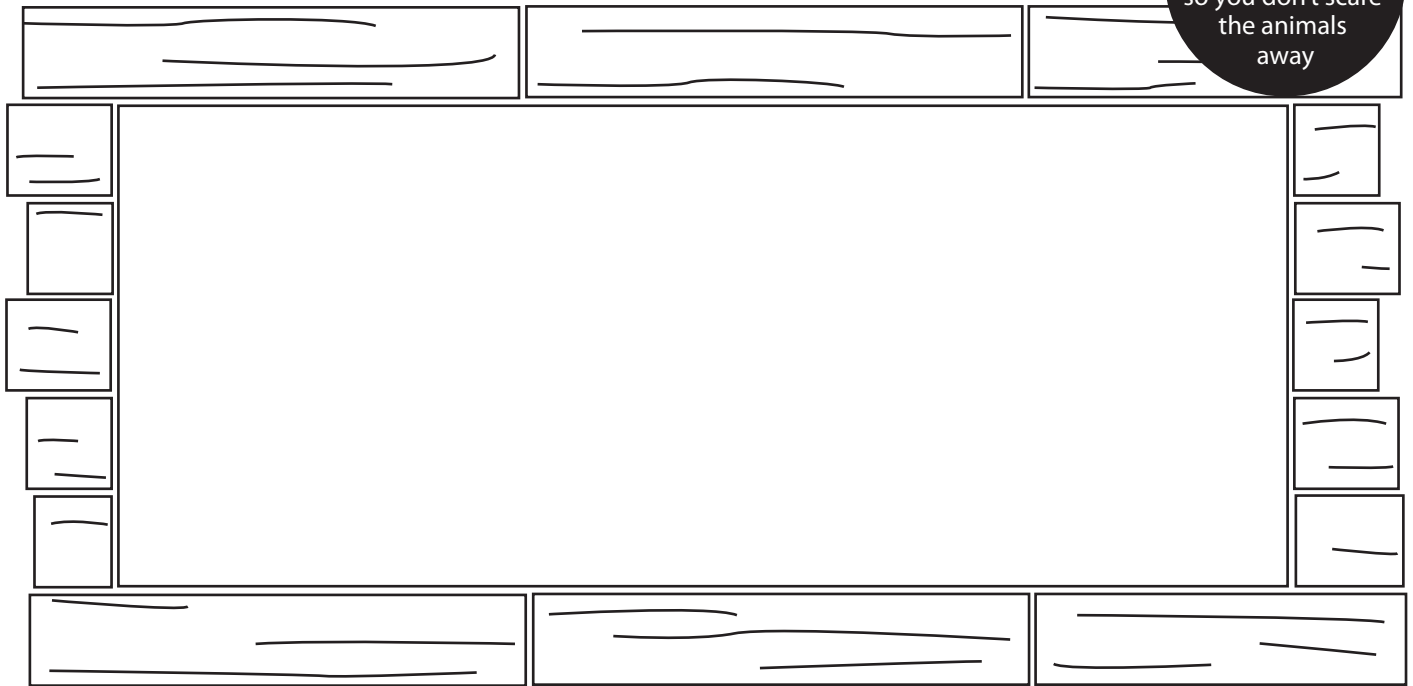
Reed Bunting /  
Bras y Cyrs



Mallard Duck /  
Hwyaden Wylt

**From inside the hide draw what you can see**  
**O'r tu mewn i'r guddfa tynnwch lun o'r hyn a welwch**

**Sssssh!**  
 Try to be as quiet as possible so you don't scare the animals away



## FEATHERY FACTS - FFEITHIAU PLUOG

Using the feathery facts board, fill in the blanks to create the name of the bird you might see in and around Forest Farm Country Park

Gan ddefnyddio'r bwrdd ffeithiau pluog, llenwch y bylchau i greu enwau'r adar y gallech eu gweld o amgylch Parc Gwledig Fferm y Fforest.

I can eat upside down and my song is "Teach-er, Teach-er"  
 Gallaf fwyta beniwaered ac rwy'n canu "Ti-tsa, Ti-tsa"

G \_ \_ \_ \_ / \_ I \_ \_ \_ \_ T \_ \_ \_ \_ / F \_ \_ \_ \_

I am one of the smallest birds in the U.K.  
 Fi yw un o adar lleiaf y DU.

\_ R \_ \_ \_ \_ \_ \_ \_ Y \_ \_ \_ \_

I sing in a different accent depending on where I live.  
 Mae acen fy nghan yn newid gan ddibynnu ar ble rwy'n byw.

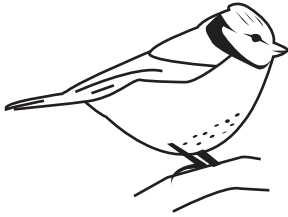
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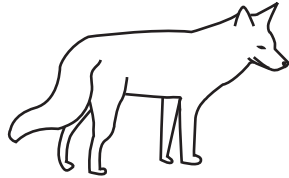
**Sssssh!**  
 Ceisiwch fod mor dawel â phosibl rhag ofn i chi ddychryn yr anifeiliaid

**Please help me find my way home!**  
**Helpwch fi i fynd adref!**

Bluetit /  
Titw Tomos Las



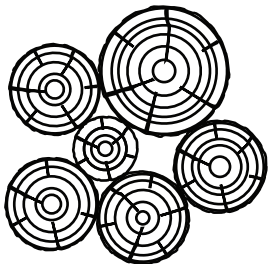
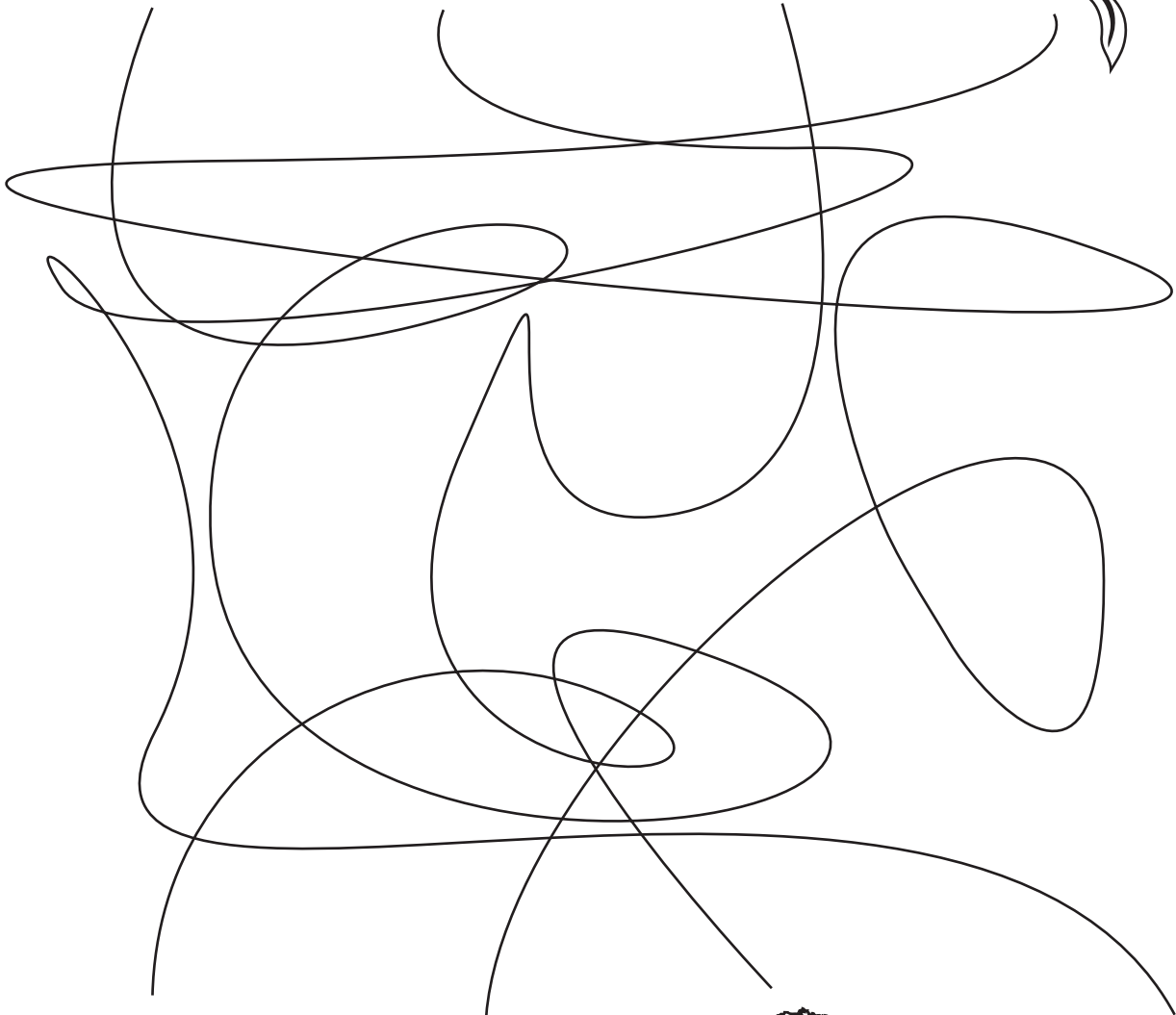
Fox /  
Llwynog



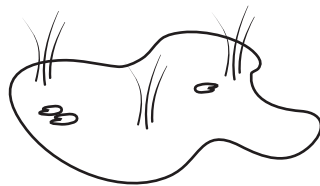
Woodlouse /  
Mochyn Coed



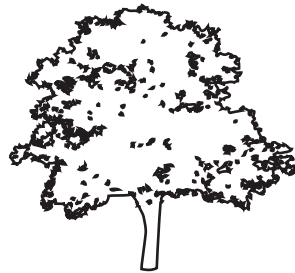
Palmate Newt /  
Madfall Ddŵr Gyffredin



Log Pile /  
Pentwr  
boncyffion



Pond /  
Pwll



Tree /  
Coeden



Den /  
Ffau





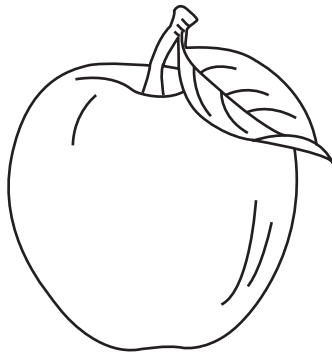
## Palmate Newt

### Madfall Ddŵr Gyffredin

Tadpoles, insects, snails and slugs are our favourite snacks. In the autumn we like to find somewhere to hide and then sleep there until spring.

Ein hoff fwydydd yw penbyliaid, pryfed, malwod a gwolithod. Yn yr hydref rydyn ni'n hoffi dod o hyd i rywle i guddio a chysgu tan y gwanwyn

**Make rubbing of the Palmate Newt here**  
Gwnewch rwiad o'r Madfall Ddŵr Gyffredin fan hyn



## Apple

### Afal

I am a delicious fruit and am very good for your health. My friends and I grow on trees and fall down when we are ripe enough to eat. What fruit do you like?

Rydw i'n ffrwyth blasus ac rydw i'n dda iawn i'ch iechyd chi. Rydw i a fy ffrindiau'n tyfu ar goed ac yn syrthio pan fyddwn ni'n ddigon aeddfed i fwyta. Pa ffrwyth ydych chi'n ei hoffi?

**Make rubbing of the Apple here**  
Gwnewch rwiad o'r Afalau fan hyn



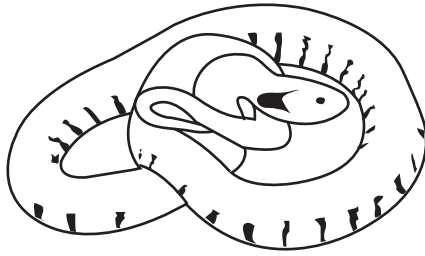
## Broad-bodied Chaser

### Picellwr Boliog

I started life looking like a little alien creature. When I was ready to be a grown-up I shed my skin and changed into a beautiful dragonfly. The boys are blue and we girls are brown. We both have brown-yellow patches down our sides.

Dechreuais fy mywyd yn edrych fel creadur bach o'r gofod. Pan oeddwn i'n barod i fod yn oedolyn, gwnes i ddiosg fy nghroen a throi'n was y neidr prydferth. Mae'r bechgyn yn las ac rydyn ni ferched yn frown. Mae gennym ni ddarnau melyn-frown ar ein hochrau.

**Make rubbing of the Broad-bodied Chaser here**  
Gwnewch rwiad o'r Picellwr Boliog fan hyn

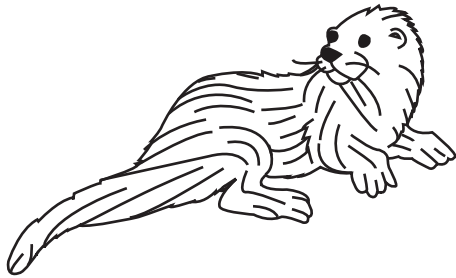


**Grass Snake**  
Neidr Lwyd

I am dark green or brown which means I can hide very well in the grass. I really like swimming so live near water. I am a reptile which means I have cold blood so I sunbathe to keep warm.

Rydw i'n wyrdd neu'n frown sy'n golygu fy mod i'n gallu cuddio'n hawdd yn y glaswellt. Rydw i'n hoff iawn o nofio felly rydw i'n byw ger y dŵr. Rydw i'n ymlusgiad sy'n golygu bod fy ngwaed yn oer, felly rydw i'n torheulo i gadw'n gynnes.

**Make rubbing of the Grass Snake here**  
Gwnewch rwbaid o'r Neidr Lwyd fan hyn



**Otter**  
Dyfrgi

I love to eat fish from the river. I am nocturnal so you will not often see me around during the day.

Rwy'n hoffi bwyta pysgod o'r afon. Rydw i'n effro yn ystod y nos felly ni fyddwch yn gallu fy ngweld yn ystod y dydd yn aml iawn.

**Make rubbing of the Otter here**  
Gwnewch rwbaid o'r Dyfrgi fan hyn



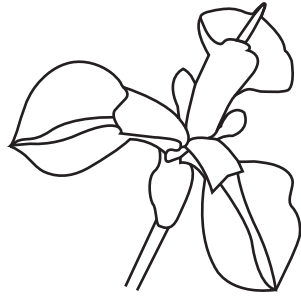
**Woodlouse**  
Mochyn Coed

We are very different from you – we breathe through lungs on our back legs! Damp, dark places like under rocks and logs are our favourite places to hide.

Rydyn ni'n wahanol iawn i chi – rydyn ni'n anadlu drwy ysgyfaint ar ein coesau cefn! Rydyn ni'n hoff o guddio dan gerrig a boncyffion mewn llefydd llaith a thywyll.

**Make rubbing of the Woodlouse here**  
Gwnewch rwbaid o'r Mochyn Coed fan hyn



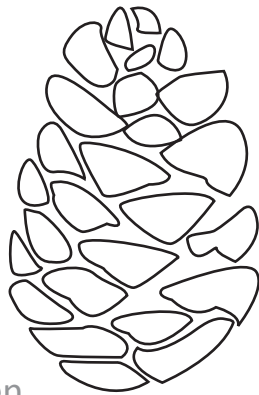


## Yellow Flag Iris Gellesgen Felen

I have a bright yellow flower. I really like it here by the canal as I grow best in very wet conditions. I get my food by sucking it up from the soil through my straw-like roots. How many other plants can you see?

Mae gen i flodyn melyn llachar. Rydw i wrth fy modd yma ger y gamlas gan fy mod i'n tyfu orau ar dir gwlyb iawn. Rwy'n amsugno fy mwyd o'r pridd drwy fy ngwreiddiau sy'n edrych fel gwellt. Faint o blanhigion eraill y gallwch chi eu gweld?

**Make rubbing of the Yellow Flag Iris here**  
Gwnewch rwbïad o'r Gellesgen Felen fan hyn

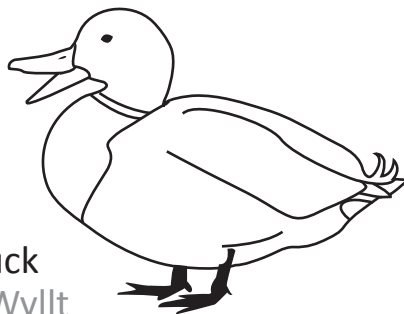


## Alder Cone Conyn Gwernen

We grow on trees and provide winter food for some birds that use their small beaks to break us open to get to our seeds.

Rydyn ni'n tyfu ar goed a bydd rhai adar yn ein bwyta yn ystod y gaeaf gan ddefnyddio'u pig bach i'n hagar a chael gafael ar ein hadau.

**Make rubbing of the Alder Cone here**  
Gwnewch rwbïad o'r Conyn Gwernen fan hyn

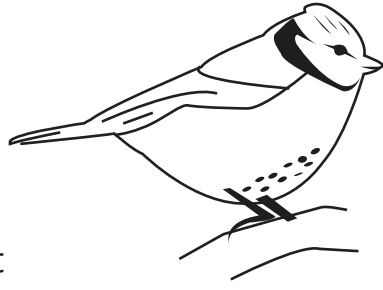


## Mallard Duck Hwyaden Wylt

I am a boy duck and have a bright green or blue head. The girl ducks are all brown. Beetles, flies, dragonflies and worms are my favourite foods. I love water - as soon as I was born I knew how to swim.

Rydw i'n hwyaden wrywaidd ac mae gennai ben gwyrdd neu las. Mae'r hwyaid benywaidd i gyd yn frown. Fy hoff fwydydd yw chwilod, pryfed a mwydod. Rydw i wrth fy modd yn y dŵr - roeddwn i'n gwybod sut i nofio o'r eiliad y cefais fy ngeni.

**Make rubbing of the Mallard Duck here**  
Gwnewch rwbïad o'r Hwyaden Wylt fan hyn

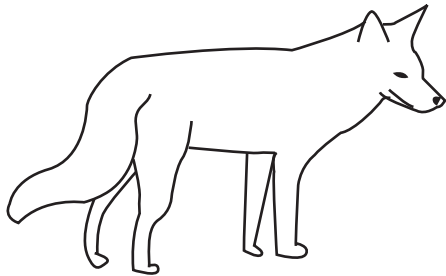


**Blue Tit**  
Titw Tomos Las

I am one of the many birds that call this area home. I love to eat insects, fruit, nuts and berries. We look for food in the tops of trees and sometimes on the ground. How many birds can you see today?

Rydw i'n un o lawer o adar sydd wedi ymgartrefu yn yr ardal hon. Rydw i'n hoffi bwyta pryfed, ffrwythau, cnau ac aeron. Rydyn ni'n chwilio am fwyd ar ben uchaf y coed ac weithiau ar y ddaear. Faint o adar allwch chi eu gweld heddiw?

**Make rubbing of the Blue Tit here**  
Gwnewch rwbïad o'r Titw Tomos Las fan hyn

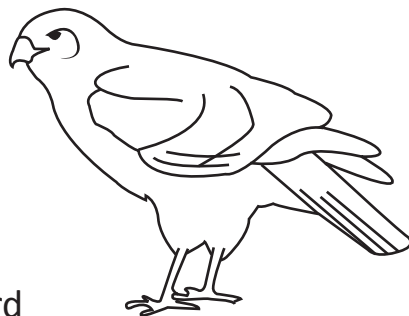


**Fox**  
Llwynog

I have a varied diet eating small animals like rats, birds and lizards but also like eating fruit like apples and blackberries. My thick tail called a brush helps me balance.

Rydw i'n bwyta pob math o bethau, o anifeiliaid bach fel llygod mawr, adar a madfallod i ffrwythau fel afalau a mwyr. Mae fy nghynffon drwchus, a elwir yn frwsh, yn fy helpu i gadw fy nghydbwysedd.

**Make rubbing of the Fox here**  
Gwnewch rwbïad o'r Llwynog fan hyn



**Buzzard**  
Bwncath

We are big birds with strong beaks and sharp claws. To impress my partner I fly up really high in the sky and then dive back down spiralling, twisting and turning as I go.

Rydyn ni'n adar mawr sydd â phig fawr a chrafangau miniog. I greu argraff ar fy mhartner bydda i'n hedfan fry yn yr awyr cyn plymio yn ôl i'r ddaear gan droi a throsi ar y ffordd.

**Make rubbing of the Buzzard here**  
Gwnewch rwbïad o'r Bwncath fan hyn



**Rabbit**  
Cwningen

We love nibbling. Our teeth never stop growing so we nibble on food to keep them short. We live in holes in the ground called burrows and this is where we have our babies. Our babies are actually called kittens!

Rydyn ni wrth ein boddau'n cnoi ar ein bwyd. Nid yw ein dannedd yn stopio tyfu felly rydyn ni'n gwneud hyn i'w cadw'n fyr. Rydyn ni'n byw mewn twll yn y ddaear, a dyma lle rydyn ni'n cael ein babanod.

**Make rubbing of the Rabbit here**  
Gwnewch rwbïad o'r Cwningen fan hyn



**Heron**  
Crëyr Glas

My favourite foods are fish, frogs and insects but I also like the occasional duckling. I fly quite slowly and pull my neck back into an S-shape. Be very quiet or you'll scare me and I'll fly away.

Fy hoff fwydydd yw pysgod, brogaod a phryfed ond rydw i hefyd wedi cael blas ar hwyaid bach. Rydw i'n hedfan yn gymharol araf ac yn cadw fy ngwddf mewn siâp S. Byddwch yn dawel iawn neu byddai'n cael braw ac yn hedfan i ffwrdd.

**Make rubbing of the Heron here**  
Gwnewch rwbïad o'r Crëyr Glas fan hyn



**Kingfisher**  
Glas y Dorlan

I dig my nest into the riverbank to lay my eggs. Each of my chicks can eat 12-18 fish every day. I am bright blue with a flash of orange on my chest.

Rydw i'n cloddio fy nyth i mewn i lan yr afon i ddodwy fy wyau. Gall pob un o'm cywion fwyta 12 – 18 o bysgod bob dydd. Rydw i'n las, gyda sribyn oren ar fy mrest.

**Make rubbing of the Kingfisher here**  
Gwnewch rwbïad o'r Glas y Dorlan fan hyn

## Instructions:

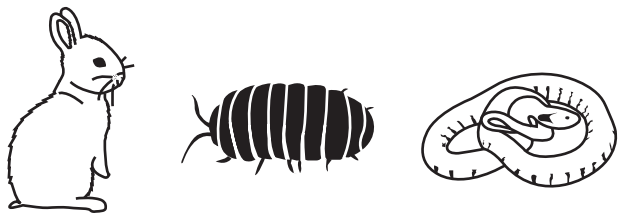
Follow the map inside to find each of the 15 marker posts in and around Forest Farm.

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 Forest Farm.

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 15 plaques

HAVE FUN!



### Look out for more Wildlife Explorer Trails and more walks and things to do in Cardiff at Outdoor Cardiff.

Email: [outdoor@cardiff.gov.uk](mailto:outdoor@cardiff.gov.uk)  
Website: [www.outdoorcardiff.com](http://www.outdoorcardiff.com)

### For more information about Parks please contact:

Email: [parks@cardiff.gov.uk](mailto:parks@cardiff.gov.uk)  
[www.cardiff.gov.uk/parks](http://www.cardiff.gov.uk/parks)

### For all other enquiries contact Connect to Cardiff (C2C)

[www.cardiff.gov.uk](http://www.cardiff.gov.uk)  
029 2087 2087  
029 2087 2088 (Cymraeg)

## Cyfarwyddiadau:

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 15 o byst marcio yn Fferm y Fforest ac o'i hamgylch.

Ar ben bob postyn mae plac metel gyda llun planhigyn, anifail, pryfyn neu gynefin y gallech ddod ar eu traws yn Fferm y Fforest.

Ar ôl cyrraedd y plac cyntaf, parwch y llun yn y bocs ar y daflen gyda'r llun ar ben y plac.

- Rhwch 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 15 o blaciau

MWYNHEWCH!



### Cadwch lygad allan am fwy o Lwybrau Chwilota Bywyd Gwyllt a mwy o deithiau cerdded a phethau i'w gwneud yng Nghaerdydd yn yr Awyr Agored.

E-bost: [outdoor@cardiff.gov.uk](mailto:outdoor@cardiff.gov.uk)  
Gwefan: [www.outdoorcardiff.com](http://www.outdoorcardiff.com)

### I gael rhagor o wybodaeth am Barciau cysylltwch â:

E-bost: [parks@cardiff.gov.uk](mailto:parks@cardiff.gov.uk)  
[www.cardiff.gov.uk/parks](http://www.cardiff.gov.uk/parks)

### Ar gyfer ymholiadau eraill cysylltwch â Cysylltu â Chaerdydd (C2C)

[www.cardiff.gov.uk](http://www.cardiff.gov.uk)  
029 2087 2088  
029 2087 2087 (Saesneg)