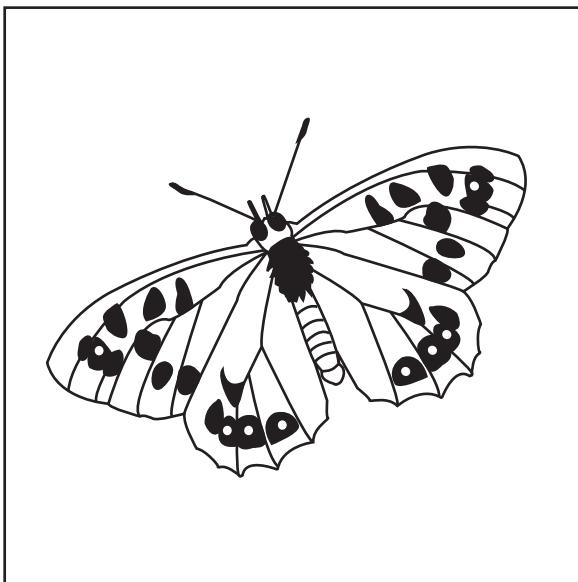


Wildlife Explorer Trail

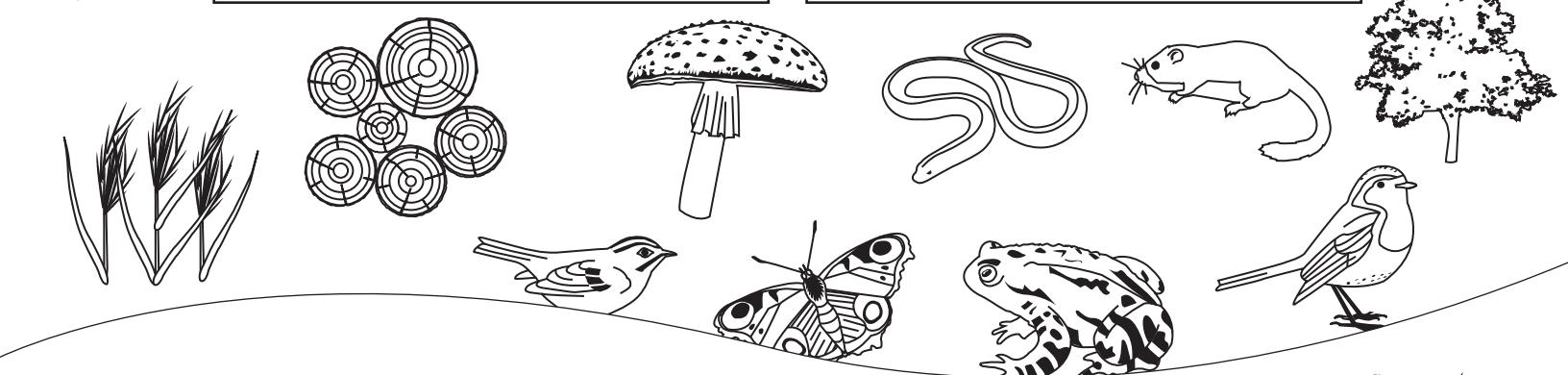
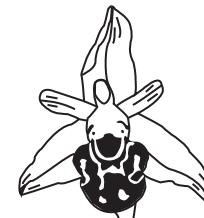
Llwybr Antur Bywyd Gwylt

Howardian

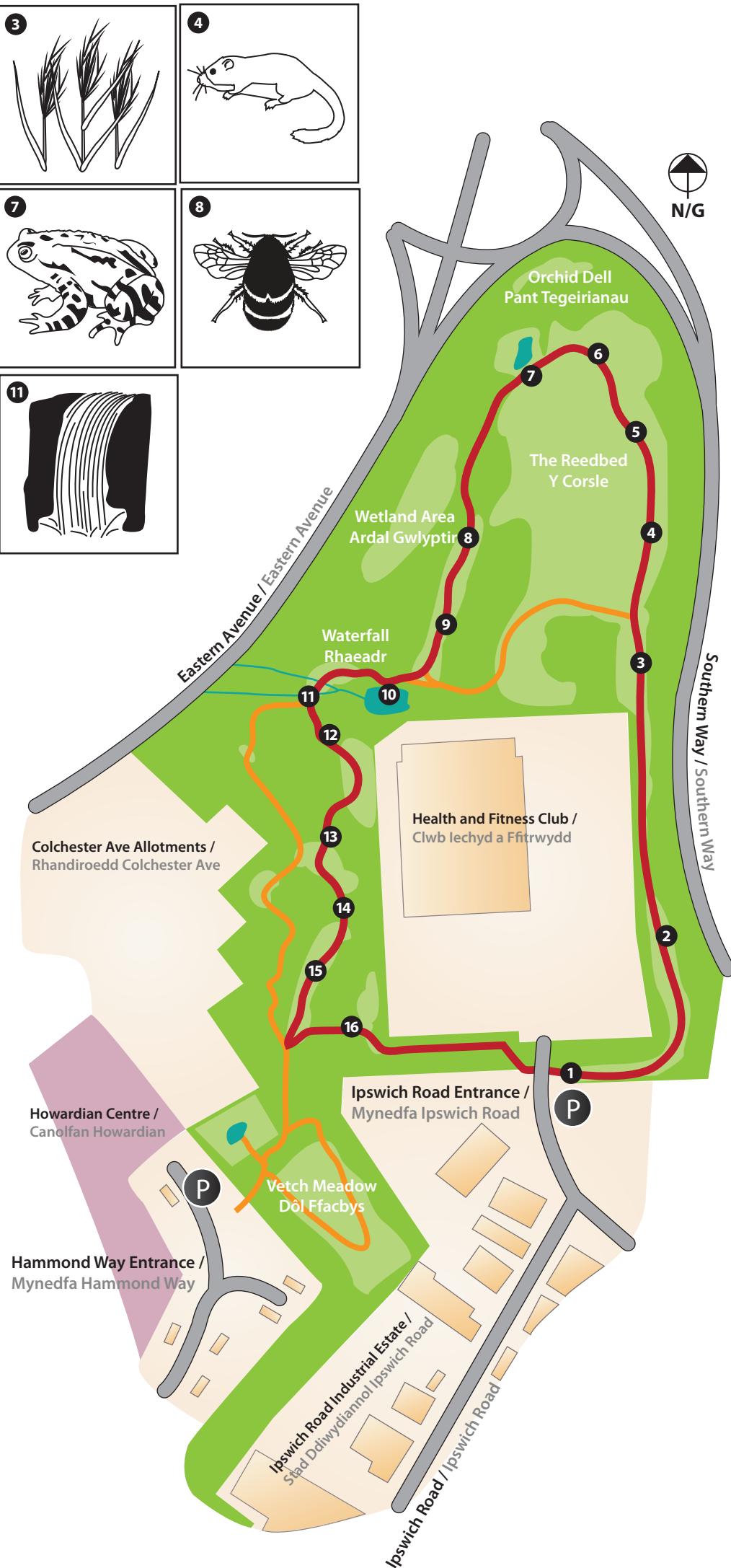
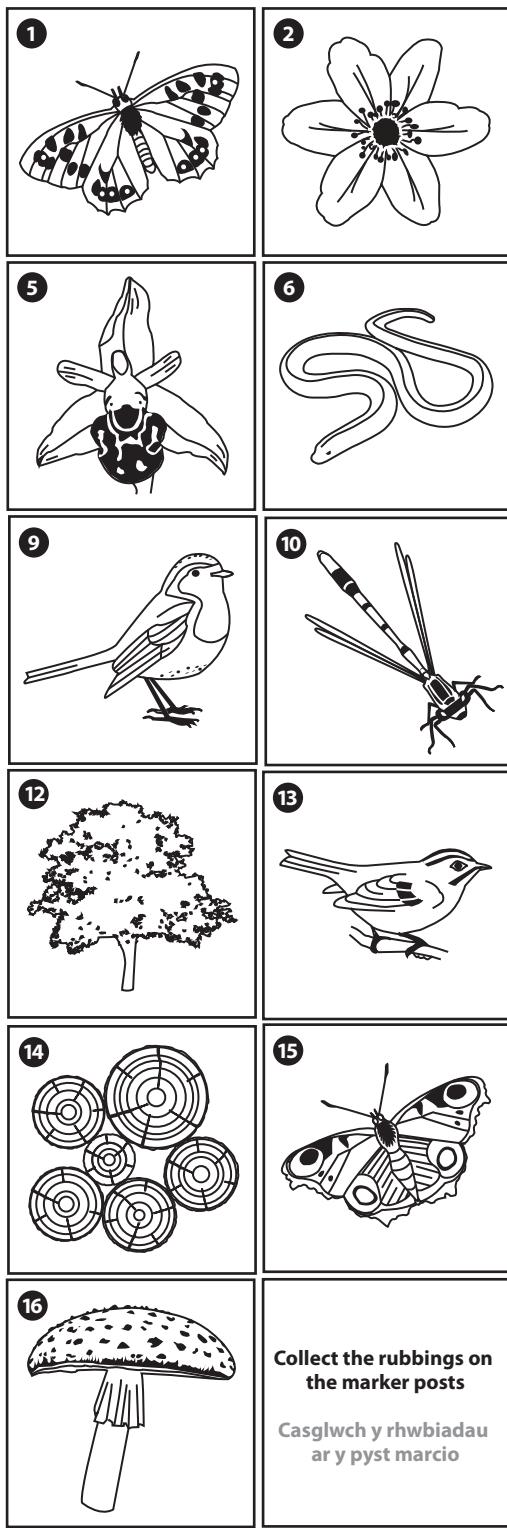
Local Nature Reserve Gwarchodfa Natur Leol

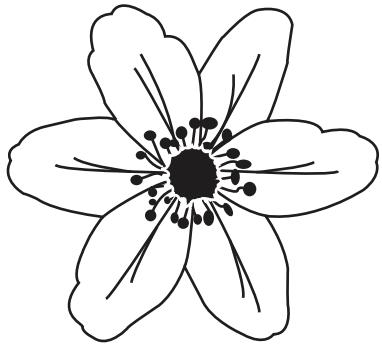


Make first rubbing here
Gwnewch eich rhwbiad cyntaf fan hyn



Follow the map inside to find each of the 16 marker posts in and around the reserve
Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 16 o byst marcio yn y warchodfa





Wildflowers Blodau Gwyllt

We come in all different shapes, sizes and colours. We attract beautiful bees and butterflies who drink our nectar. We can be found here mostly in the spring, carpeting the floor.

Mae mathau ohonom ni o bob lliw a llun. Rydyn ni'n denu gwenyn a gloynnod byw pryderth sy'n yfed ein neithdar. Rydyn ni yma yn y gwanwyn fel arfer, yn gorchuddio llawr y coetir.

Make rubbing of the flower here
Gwnewch rwbiad o'r blodyn fan hyn

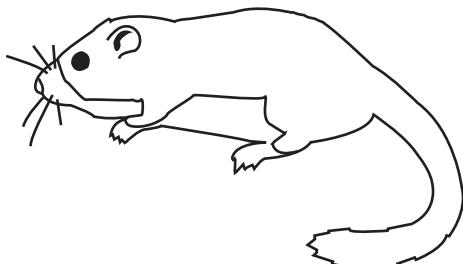


Reedbeds Gwelyau Cyrs

We are a home or a habitat for small animals like voles and toads. Birds such as the Reed Warbler build their nests in us too.

Rydym yn gartref neu gynefin i anifeiliaid bach fel llygod y dŵr a llyffantod duon. Mae adar megis Telor y Gors yn adeiladu eu nythod ynom hefyd.

Make rubbing of the Reedbed here
Gwnewch rwbiad o'r Gwelyau Cyrs fan hyn

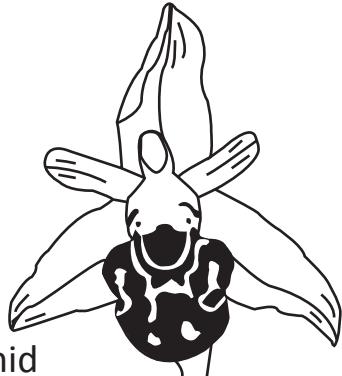


Hazel Dormouse Pathew'r Gollen

I am a very small mouse and I am an endangered species. I hibernate which means I go to sleep for a long time during the cold months. My favourite food is hazelnuts.

Llygoden fechan iawn ydw i ac rwy'n rhywogaeth mewn perygl. Rwy'n gaeafgysgu sy'n golygu 'mod i'n cysgu am amser hir yn ystod y misoedd oer. Fy hoff fwyd yw cnau cyll.

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



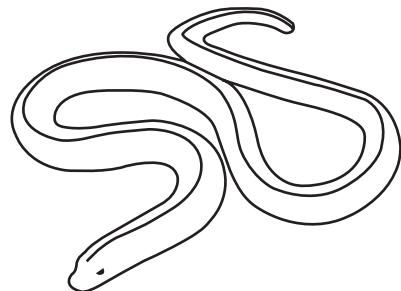
Bee Orchid Tegeirian Wenynog

I was given my name because it looks like there is a bee on me. If you see me do not pick me or step on me as I am rare and I might not ever flower again.

Cefais fy enw am fy mod i'n edrych fel petai gwenyfen arna i. Peidiwch â fy nghodi i fyny na sathru arna i, achos rwy'n brin ac mae'n bosib na fydd a i'n blodeuo byth eto.

Make rubbing of the Bee Orchid here

Gwnewch rwbiad o'r Tegeirian Wenynog fan hyn



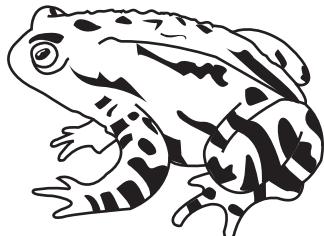
Slow Worm Neidr Ddefaid

I look like a tiny snake but I am in fact a legless lizard! When another animal tries to eat me my tail falls off so I can get away.

Rwy'n edrych fel neidr fechan ond madfall heb goesau ydw i go iawn! Os bydd anifail arall yn ceisio fy mwyta, bydd fy nghynffon yn datod fel y galla i ddianc.

Make rubbing of the Slow Worm here

Gwnewch rwbiad o'r Neidr Ddefaid fan hyn



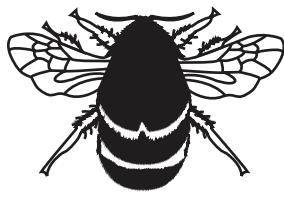
Toad Llyffant

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 dechreun 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

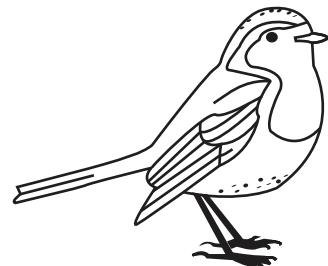
Gwnewch rwbiad o'r Llyffant fan hyn



Bees Gwenyn

There are three kinds of bees in a hive. Our Queen's job is to lay eggs and make baby bees. We Worker bees are all female and we do all the work for the hive. We take nectar from flowers to make the honey you eat. The male bees are called Drones and it is their job to have babies with the Queen.

Mae tri math o wenynen mewn cwch gwenyn. Mae'r Frenhines yn dodwy wyau a chreu gwenyn bach. Merched yw'r gwenyn gweithgar i gyd a ni sy'n gwneud yr holl waith yn y cwch gwenyn. Rydyn ni'n cymryd neithdar o flodau i greu'r mêl rydych chi'n ei fwyta. Mae'r bechgyn yn cael eu galw'n Wenyn Gormes a'u gwaith nhw yw cael babis gyda'r Frenhines.



Birds Adar

We live in the many different trees and make our nests in them. We lay eggs in the nests and then sit on them to keep them warm. When our babies hatch we look after them until they are ready to fly away. How many birds can you see today?

Rydym yn byw mewn gwahanol goed ac yn gwneud ein nythod ynddynt. Rydyn ni'n dodwy wyau yn y nythod ac yn eistedd arnynt i'w cadw nhw'n gynnes. Pan fydd ein cywion yn deor rydyn ni'n gofalu amdanyn nhw tan eu bod nhw'n barod i hedfan i ffwrdd. Faint o adar allwch chi eu gweld heddiw?



Azure Damselfly Senagrion Cyffredin

I am a small bright blue damselfly and have bands of black along my body. I can usually be found near water where I lie in wait ready to zoom towards small flying insects. They are delicious!

Mursen las fach ydw i gyda bandiau du ar hyd fy nghorff. Gallwch fy ngweld wrth ymyl dŵr fel arfer lle rydw i'n aros yn llonydd cyn gwibio ar ôl bryfed bach sy'n hedfan. Mae'n nhw'n flasus iawn!

Make rubbing of the Bee here
Gwnewch rwbiad o'r Gwenyn fan hyn

Make rubbing of the Bird here
Gwnewch rwbiad o'r Adar fan hyn

Make rubbing of the Azure Damselfly here
Gwnewch rwbiad o'r Senagrion Cyffredin fan hyn

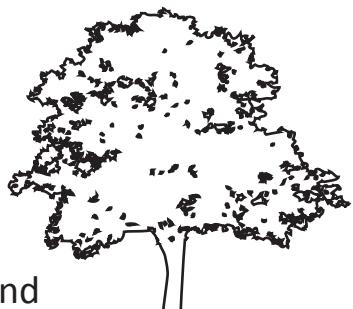


Waterfall Rhaeadr

I am a beautiful waterfall forming part of a stream flowing over an outcrop of 400 million year old rocks.

Rhaeadr brydferth ydw i sy'n rhan o afon sy'n lloifo dros frigiad o gerrig 400 miliwn oed.

Make rubbing of the Waterfall here
Gwnewch rwbiad o'r Rhaeadr fan hyn



Woodland Coedwiggoedd

We are important for homes and food for birds and animals. Our long roots reach down into the soil to slurp up all the yummy nutrients and we also clean the air you breathe.

Rydyn ni'n bwysig ar gyfer cartrefi a bwyd yr adar a'r anifeiliaid. Mae ein gwreiddiau hir yn ymestyn i lawr drwy'r pridd i suggo'r holl faeth blasus i fyny ac rydyn ni'n glanhau'r aer rydych chi'n ei anadlu.

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

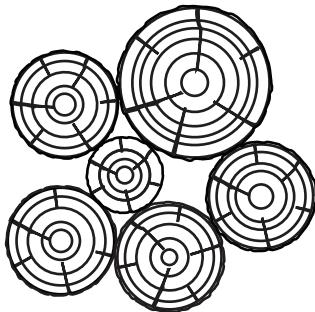


Goldcrest Y Dryw Melyn Cribog

I am the smallest bird in Europe and weigh the same as a 10p. I love to eat spiders, caterpillars and bugs. I am a male and have a bright orange stripe on the top of my head called a crest. The females have a yellow stripe.

Fi yw'r aderyn lleiaf yn Ewrop ac rwy'n pwysor un peth a darn 10 ceiniog. Rwy'n dwlu ar fwyta corynod, lindys a phryfed. Bachgen ydw i ac mae gen i streipen oren lachar ar fy mhen, sy'n cael ei galw'n grib. Streipen felen sydd gan y merched.

Make rubbing of the Goldcrest here
Gwnewch rwbiad o'r Y Dryw Melyn Cribog fan hyn



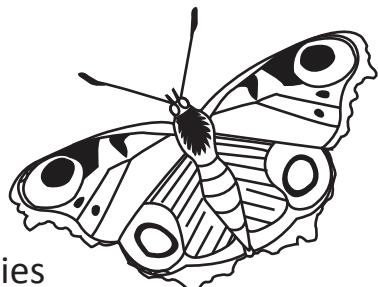
Log Piles Pentyrrau o Foncyffion

Frogs, toads and insects love us as places to live and eat. During cold winter months insects, small mammals and frogs and toads will hibernate under us.

Mae llyffantod, brogaod a phryfaid yn hoff iawn ohom ni fel llefydd i fyw a bwyta. Yn ystod misoedd oer y gaeaf bydd pryfaid, mamaliaid bach a llyffantod a brogaod yn gaeafgysgu oddi tanom.

Make rubbing of the Log Pile here

Gwnewch rwbiad o'r Pentyrrau o Foncyffion fan hyn



Butterflies Pili-palaod

We love colourful flowers, the nectar is our dinner. We are very different from you -We don't have any lungs and taste food with our feet! We can't fly if we are too cold so you will often only see us on nice warm days.

Rydyn ni'n hoffi blodau lliwgar, y neithdar yw ein bwyd. Rydyn ni'n wahanol iawn i chi - nid oes gennym ysgyfaint ac rydyn ni'n blasu ein bwyd gyda'n traed! Nid ydym yn gallu hedfan os ydyn ni'n rhy oer felly dim ond ar ddiwrnodau cynnes braf y gallwch ein gweld ni.

Make rubbing of the Butterfly here

Gwnewch rwbiad o'r Pili-palaod fan hyn



Fungi Ffwng

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

Mae mathau ohom ni o bob lliw a llun, weithiau'n tyfu ar y llawr fel madarch ac weithiau'n tyfu ar ochr coed fel sillif.

Make rubbing of the Fungi here

Gwnewch rwbiad o'r Ffwng fan hyn

Instructions:

Follow the map inside to find each of the 16 marker posts in and around Howardian Local Nature Reserve.

Each post has a metal plaque on top with a picture of a plant, animal, insect or habitat or feature that you might see in and around Howardian LNR.

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

Each post also has a QR code. Use a Smartphone to scan for more information about the picture on the post.

HAVE FUN!



The Friends of Howardian LNR, in partnership with Parks Services, manage the reserve.
For more information about the Friends of Howardian LNR and the Reserve please contact:
info@ howardianlnr.org.uk
or visit www.howardianlnr.org.uk

Look out for more Wildlife Explorer Trails and more walks and things to do in Cardiff at Outdoor Cardiff.
Email: outdoor@cardiff.gov.uk
Website: www.outdoorcardiff.com

For more information about Parks please contact:
Email: parks@cardiff.gov.uk
www.cardiff.gov.uk/parks

For all other enquiries contact
Connect to Cardiff (C2C)
www.cardiff.gov.uk
029 2087 2087
029 2087 2088 (Cymraeg)

Smartphone:
Scan here for more information.
Ffôn call:
Sganiwch yma i gael rhagor o wybodaeth.



Cyfarwyddiadau:

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 16 o byst marcio yng Ngwarchodfa Natur Leol Howardian a'r cyffiniau.

Ar ben bob postyn mae plac metel gyda llun planhigyn, anifail, prifysgol neu gynefin y gallt ddod ar eu traws yng Ngwarchodfa Natur Leol Howardian.

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 y ffeithiau difyr am y llun hwn
- Ewch yn eich blaen o amgylch y parc i ddarganfod pob un o'r 16 o blaciau

Ma gan bob postyn god QR. Defnyddiwch ffôn deallus i sganio i gael rhagor o wybodaeth am y llun ar y postyn.

MWYNHEWCH!



Cyfeillion GNL Howardian, mewn partneriaeth â'r Gwasanaethau Parciau, sy'n rheoli'r warchodfa.
I gael rhagor o wybodaeth am Gyfeillion Gwarchoda Natur Leol Howardian a'r Warchodfa cysylltwch â ni: info@ howardianlnr.org.uk neu ewch i www.howardianlnr.org.uk

Cadwch lygad allan am fwy o Lwybrau Chwiliota Bywyd Gwylt a mwy o deithiau cerdded a phethau i'w gwneud yng Nghaerdydd yn yr Awyr Agored.
E-bost: outdoor@cardiff.gov.uk
Gwefan: www.outdoorcardiff.com

I gael rhagor o wybodaeth am Barciau cysylltwch â:
E-bost: parks@cardiff.gov.uk
www.cardiff.gov.uk/parks

Ar gyfer ymholaadau eraill cysylltwch â
Cysylltu â Chaerdydd (C2C)
www.cardiff.gov.uk
029 2087 2088
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