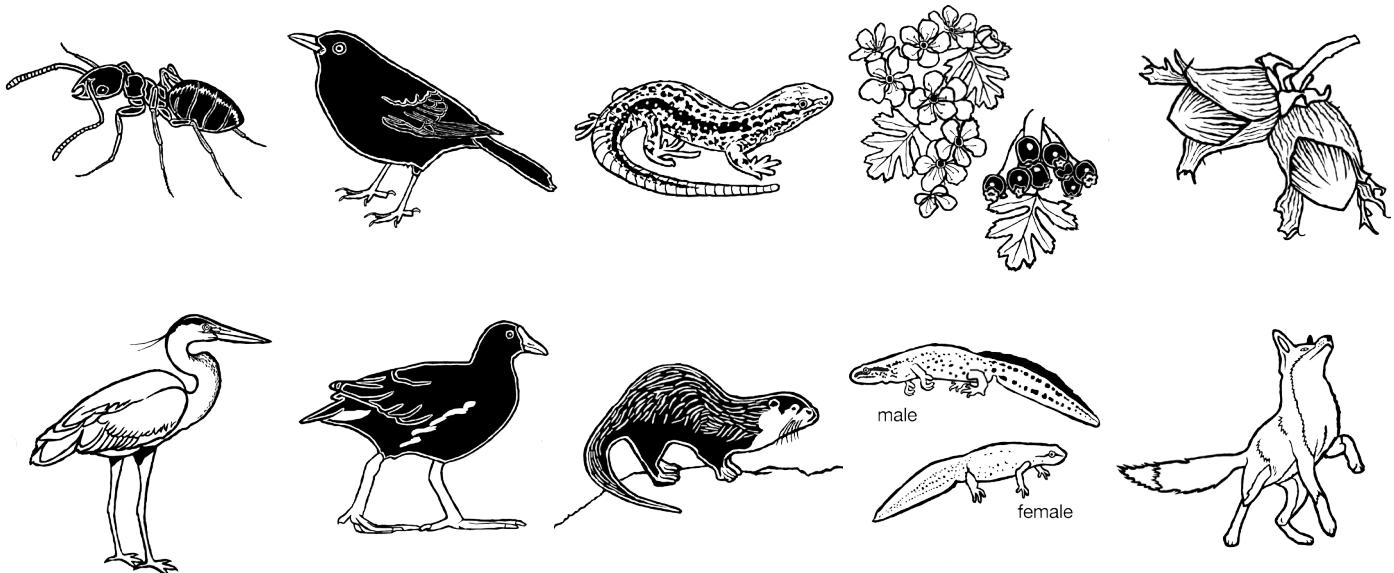


Wildlife Explorer Trail

Llwybr Antur Bywyd Gwylt

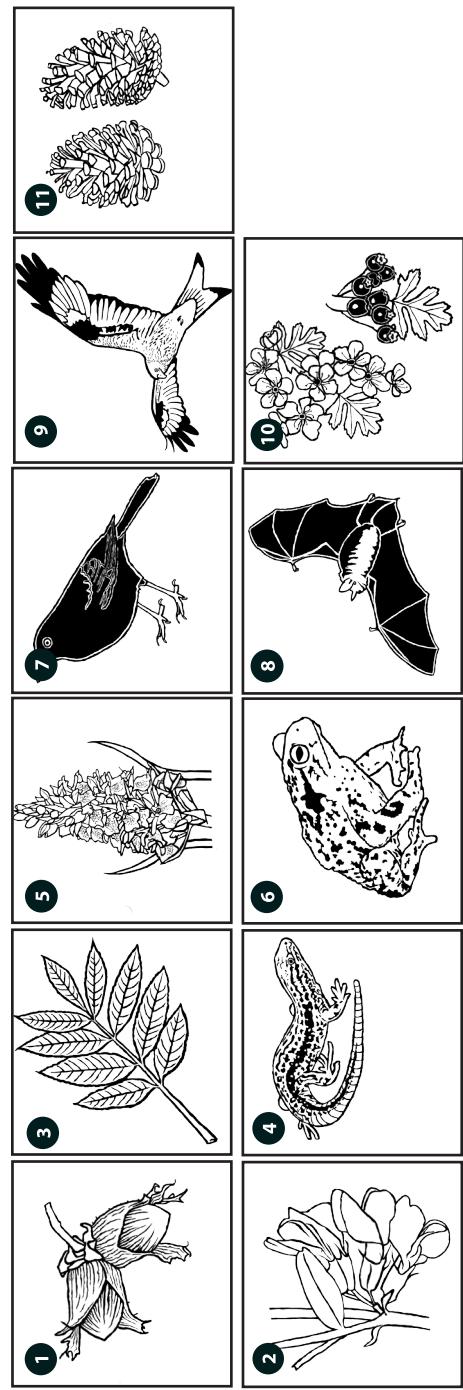
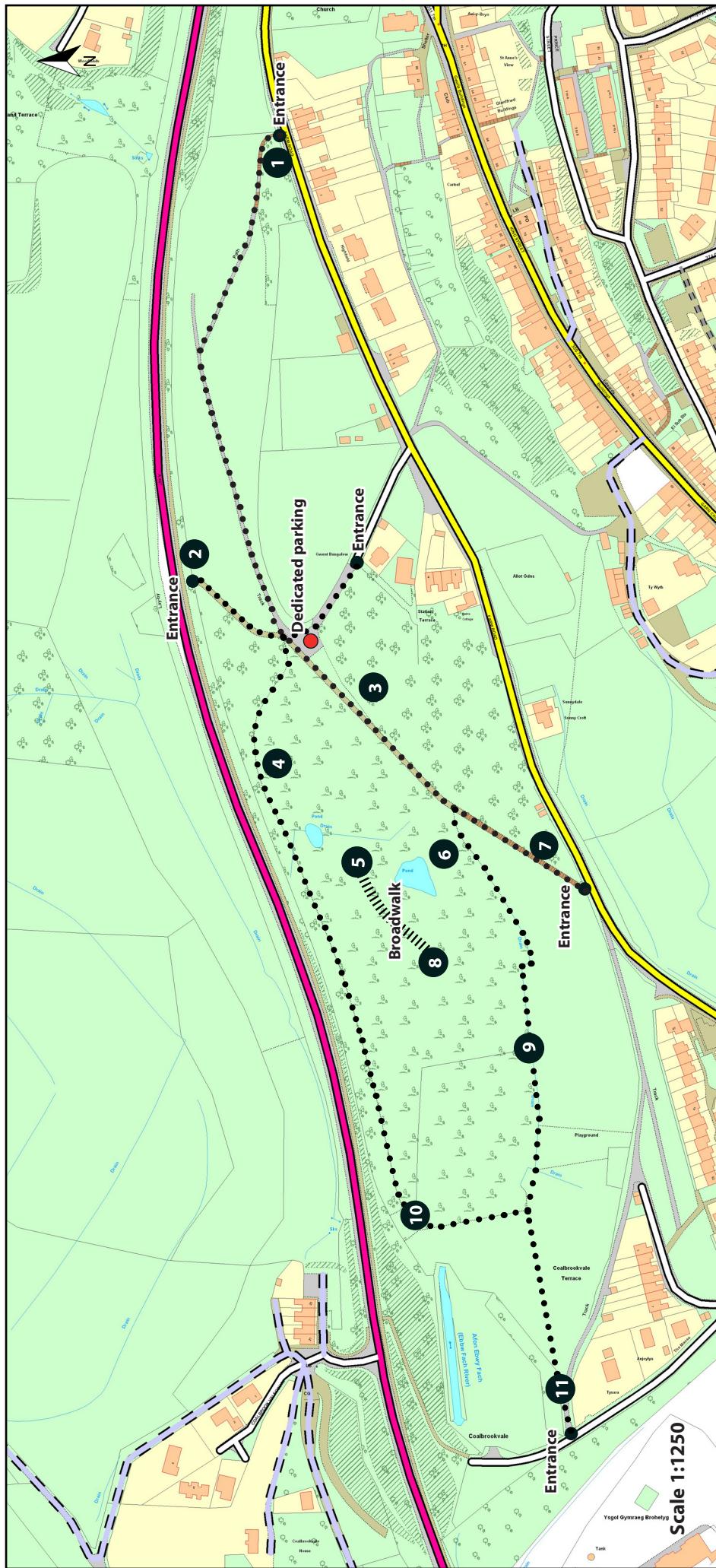
Trevor Rowson Local Nature Reserve

Gwarchodfa Natur Leol Trevor Rowson



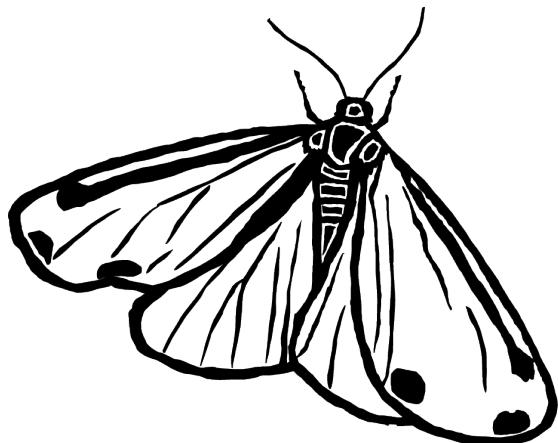
Follow the map inside to find and collect rubbings from each of the 11 marker posts, you can use the drawing to colour in, plus complete the activities and games to!

Dilynwch map y tu fewn i ddod o hyd a chasglu rhwbiadau o bob un o'r 11 pyst marcio, gallwch ddefnyddio'r llun i'w lliwio, yn ogystal â gwblhau'r gweithgareddau a gemau i!

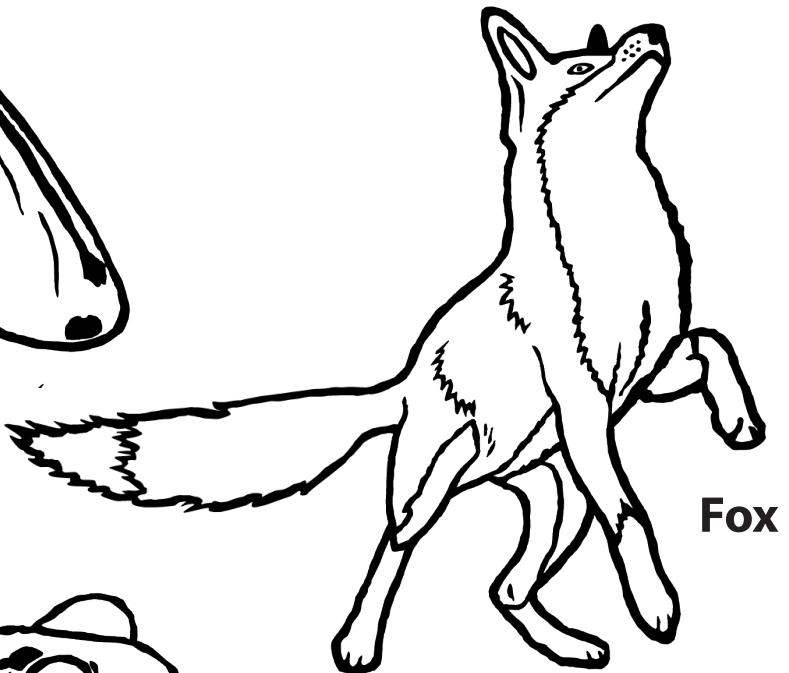


Can you colour in these Animals?

Allwch chi liwio'r Anifeiliaid hyn?



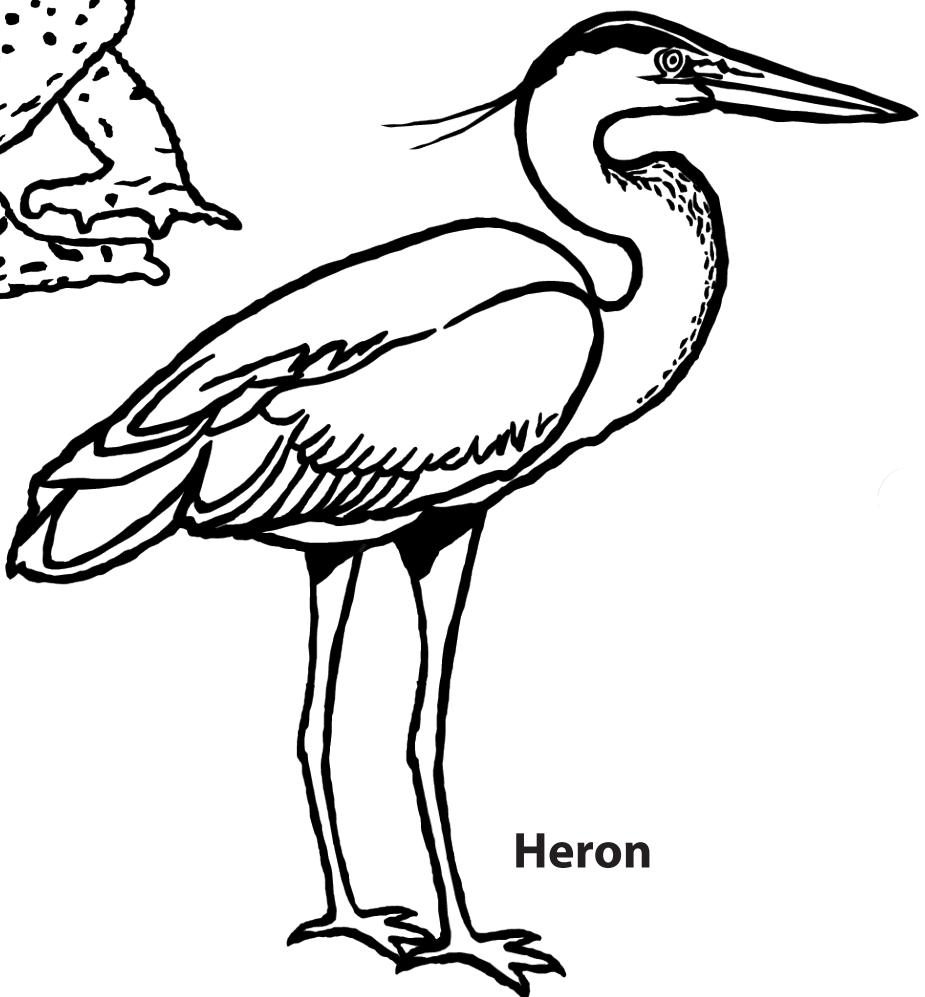
Cinnabar Moth
Gwyfyn Claergoch



Fox



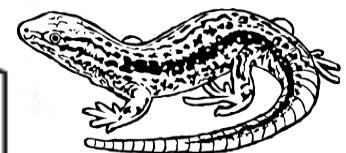
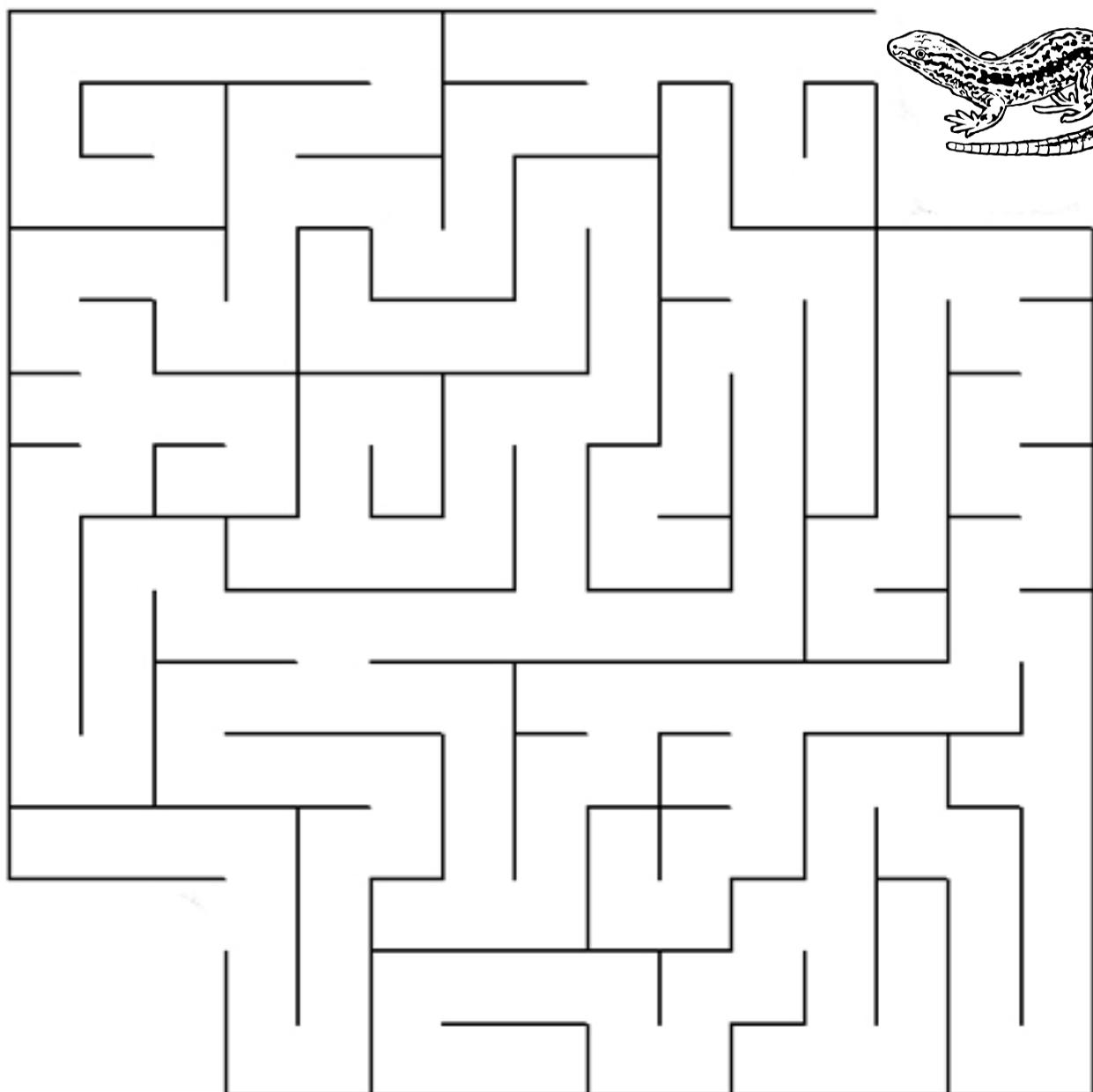
Toad
Llyffant



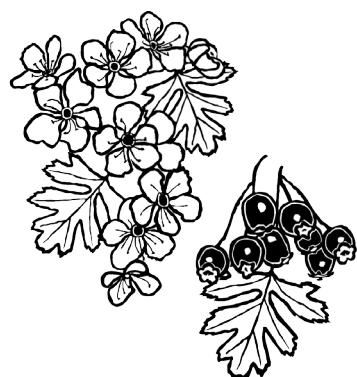
Heron

Can you help this Lizard out of the maze?

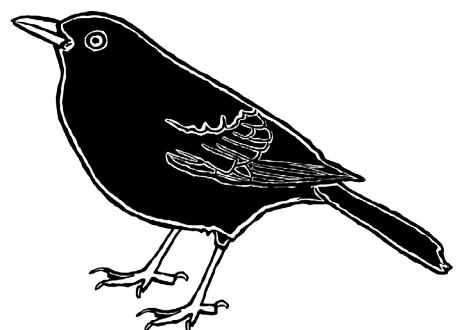
A allwch helpu'r Madfall Du yma allan o'r ddrysfa?



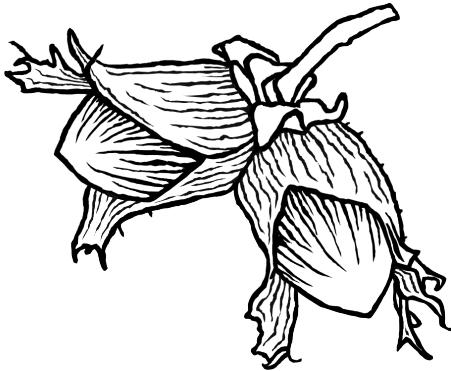
Ash Tree
Coeden Onnen



Hawthorn
Draenen Wen



Blackbird
Adar Du



Hazel Nut Cnau Cyll

I ripen in autumn on the branches of the Hazel tree
where I then drop down to the woodland floor. I also
provide food for squirrels, mice, voles and
woodpeckers.

Rwy'n aeddfedu yn yr hydref ar ganghennau'r goeden
gollen pan wyf wedyn yn syrthio dros lawr y goedwig.
Rwyf hefyd yn rhoi bwyd i wiwerod, llygod a chnocell y
coed.

Make a rubbing of the Hazel Nut here!

Gwnewch rwbiad o'r Cnau Cyll yma!



Wood bitter vetch Ffacbysen y coed

I am a small plant with pretty white flowers that are
best seen in May and June. I am relatively rare and
found on only a few sites in Blaenau Gwent.

Rwy'n blanhigyn bach gyda blodau gwyn tlws sydd ar eu
gorau ym Mai a Mehefin. Rwy'n gymharol brin a dim ond
ar ychydig o safleoedd ym Mlaenau Gwent rwyf yn byw.

Make a rubbing of the Wood Bitter Vetch here!

Gwnewch rwbiad o'r Ffacbysen y Coed yma!



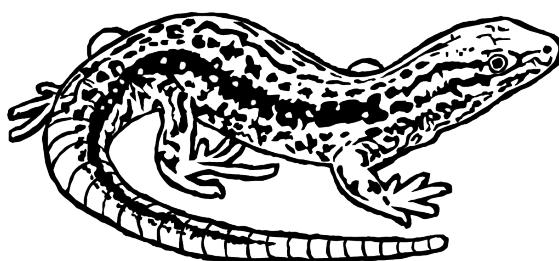
Ash Tree Coeden Onnen

You can recognise me by my branched leaves and
black buds, lots of butterflies and moths like to live in
and feed off me.

Gallwch fy adnabod drwy fy nail canghennog a blagur du,
mae llawer o bili palas a gwyfynod yn hoffi byw a bwydo
oddi arnaf.

Make a rubbing of the Ash Tree Leaf here!

Gwnewch rwbiad o'r Goeden Onnen yma!



Common Lizard Madfall

I have scaly skin and I am cold blooded. To warm up I like to bask on rocks and woodpiles in the sun. I like to eat lots of different insects. I hibernate underground over winter.

Mae gen i groen haenog a gwaed oer. I gynhesu rwy'n hoffi gorwedd yn yr haul ar greigiau a phentyrall o goed. Rwy'n hoffi bwyta llawer o wahanol bryfed. Rwy'n cysgu dan ddaear dros y gaeaf.

Make a rubbing of the Common Lizard here!

Gwnewch rwbiad o'r Madfall yma!



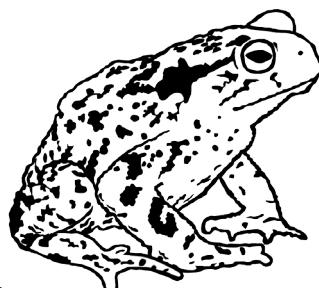
Southern Marsh Orchid Tegeirian Cors y De

I have showy purple flowers that you can see in June and July. I like to live in marshy grassland sites.

Mae gennyf flodau piws hardd y gwelwch eu gweld ym Mehefin a Gorffennaf. Rwy'n hoffi byw ar dir glas corsiog.

Make a rubbing of the Southern Marsh Orchid here!

Gwnewch rwbiad o'r Tegeirian yma!



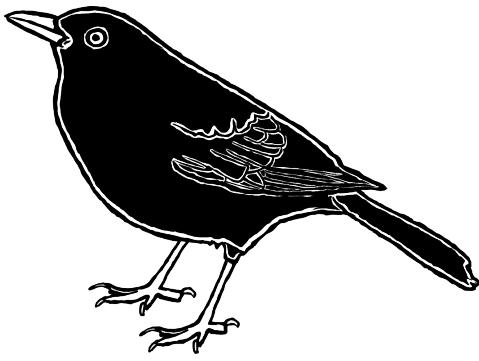
Toad Llyffant

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 dechreuan ni fywyd, wedi ein geni mewn pwll, fe dyfon ni a thro'i'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 a rubbing of the Toad here!

Gwnewch rwbiad o'r broga yma!



Blackbird Adar Du

We boys are black with a yellow bill but the girls are dark brown. Insects, earthworms, berries and fruits are our favourite foods. We weigh about the same as an apple.

Rydym ni'r bechgyn yn ddu gyda phig felen ond mae'r merched yn frown tywyll. Pryfed, mwydion, mwyar a ffrwythau yw ein hoff fwyd. Rydyn yn pwysa tua'r un faint ag afal.

Make a rubbing of the Blackbird here!
Gwnewch rwbiad o'r Aderyn Du yma!

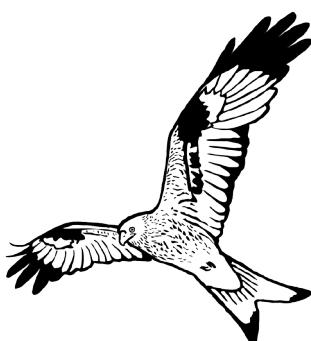


Bat Ystlum

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 annhebyg o'n gweld yn ystod y dydd oherwydd ein bod yn greaduriaid nos ac yn bwydo yn ystod y nos. Rydym yn edrych am fwyd mewn coed ac wrth yr afon lle mae llawer o bryfed hedfan i ni eu bwytia.

Make a rubbing of the Bat here!
Gwnewch rwbiad o'r Ystlum yma!

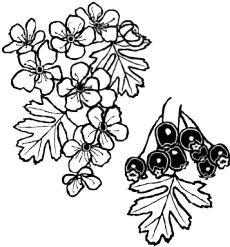


Red Kite Barcut Coch

I am a bird of prey that likes to eat mice, voles and shrews, you can recognise my from my long forked tail. I like to nest high up in trees.

Rwy'n aderyn ysglyfaethus ac yn hoffi bwyta llygod. Gallwch fy adnabod o fy nghynffon fforchog. Rwy'n hoffi nythu'n uchel yn y coed.

Make a rubbing of the Red Kite here!
Gwnewch rwbiad o'r Barcut coch yma!

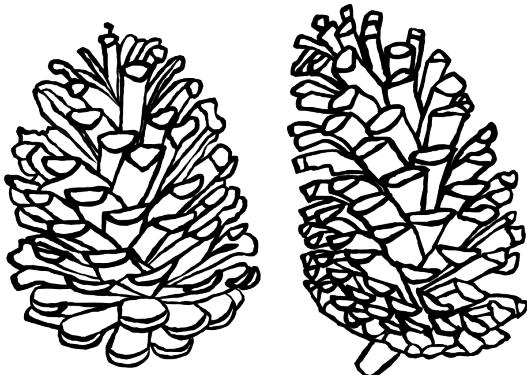


Hawthorn Draenen Wen

I am a shrub or sometimes a small tree with thorny branches. I produce white flowers in early spring which provides food for insects. I also produce red berries in the autumn which provides food for birds and mammals.

Rwy'n berth neu weithiau'n goeden fach gyda changhennau pigog. Rwy'n cynhyrchu blodau gwyn ddechrau'r gwanwyn sy'n rhoi bwyd i bryfed. Rwyf hefyd yn cynhyrchu mwyar coch yn yr hydref sy'n rhoi bwyd i adar ac anifeiliaid.

Make a rubbing of the Hawthorn here!
Gwnewch rwbiad o Draenen yma!

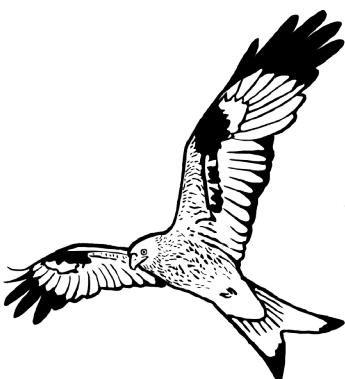


Pine Cone Conau Pinwydd

I grow on Pine trees and ripen in the autumn where I then drop down to the woodland floor. I provide food for squirrels, mice, voles and woodpeckers.

Rwy'n tyfu ar goed pinwydd ac yn aeddfedu yn yr hydref pan wyl yn syrthio dros lawr y goedwig. Rwy'n fwyd i wiwerod, llygod, a chnocc y coed.

Make a rubbing of the Pine Cone here!
Gwnewch rwbiad o'r Côn Pinwydd yma!



Red Kite
Barcut Coch



Wood Bitter Vetch
Ffacbysen y coed

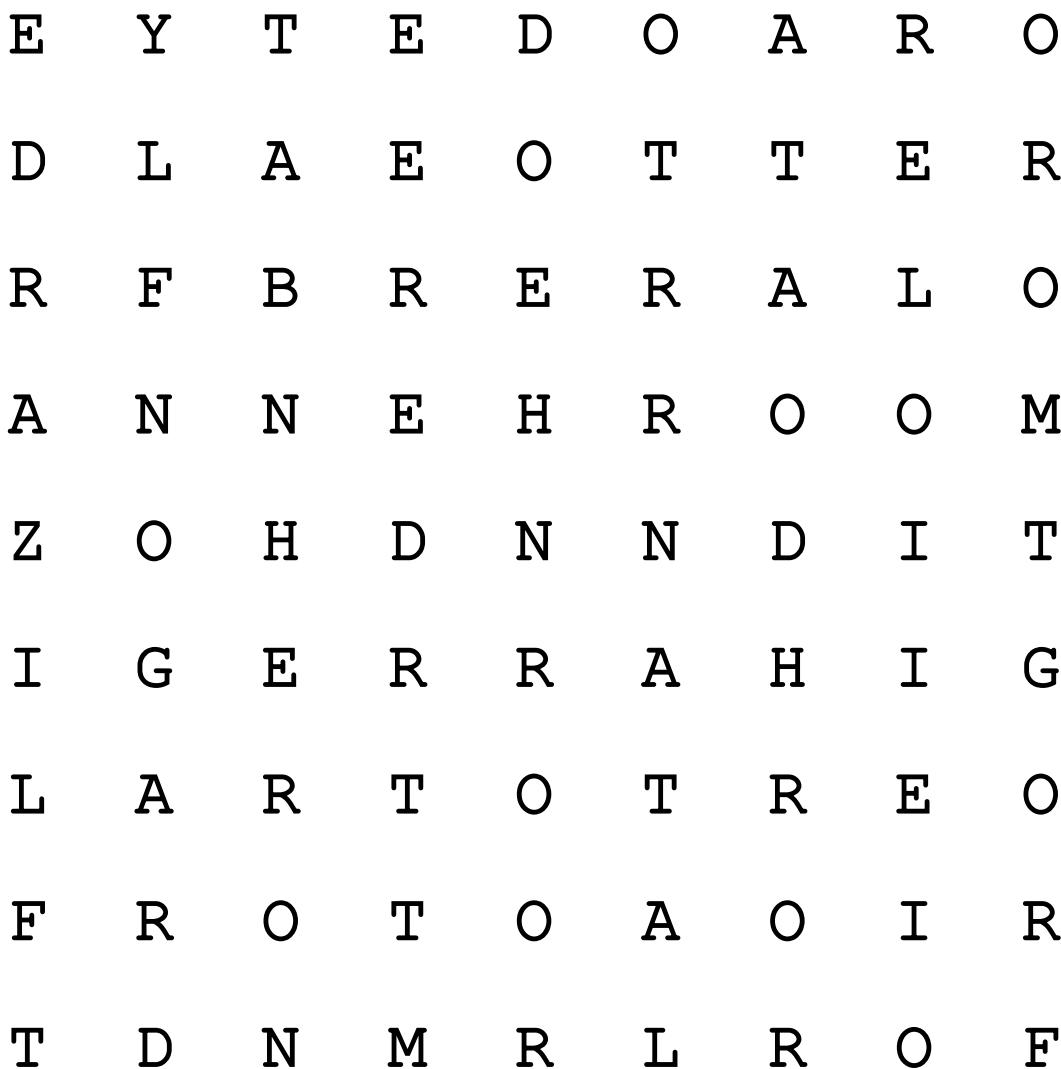


Hazel Nuts
Cnau Cyll

How many of our Animals can you find?

Faint o'n Hanifeiliaid y medrwch ddod o hyd iddi?

Animal Wordsearch Chwilair Anifeiliaid



Word List:

BAT

MOORHEN

HERON

TOAD

OTTER

DRAGONFLY

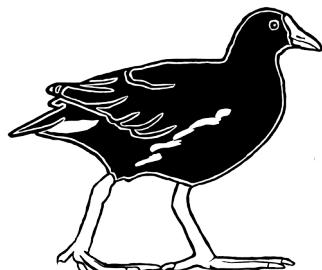
MOTH

FROG

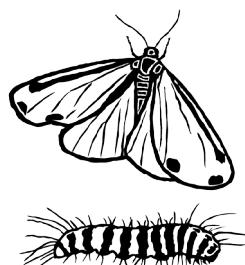
LIZARD



Toad
Llyffant



Moorhen
lâr Ddwr



Cinnabar Moth
Gwyfyn Claergoch

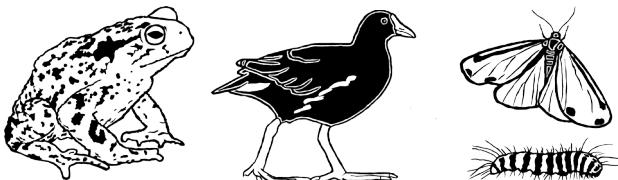
Instructions:

Follow the map inside to find each of the 11 marker posts in and around Cwmelyn 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 **Trevor Rowson LNR**.

Once you get 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 Nature Reserve to find all 11 plaques.



For information about Parks please contact:
(01495) 311556 or Email: katie.partington@blaenau-gwent.gov.uk

For further information about biodiversity and other Wildlife Explorer Trails in Blaenau Gwent please contact: (01495) 311556

For information about walks and other things to do in Blaenau Gwent's countryside please contact: katie.partington@blaenau-gwent.gov.uk or call (01495) 311556

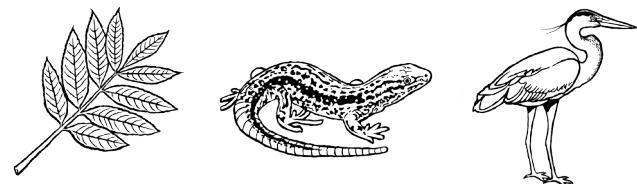
Cyfarwyddiadau:

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 11 o byst marcio yng Trevor Rowson ac o'i amgylch.

Ar ben bob postyn mae plac metel gyda llun planhigyn, anifail, prifyn neu gynefin y gallech ddod ar eu traws yn Trevor Rowson.

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 11 o blacau



I gael rhagor o wybodaeth am y Parciau cysylltwch â: Ffôn: (01495) 311556 E-bost: katie.partington@blaenau-gwent.gov.uk

I gael rhagor o wybodaeth am fioamrywiaeth a Llwybrau Antur Bywyd Gwyllt Gwyllt eraill yng Nghaerdydd cysylltwch â: (01495) 311556

I gael rhagor o wybodaeth am deithiau cerdded a phethau eraill i'w gwneud yng nghefn gwlaid Mlaenau Gwent cysylltwch â:
katie.partington@blaenau-gwent.gov.uk
or call (01495) 311556