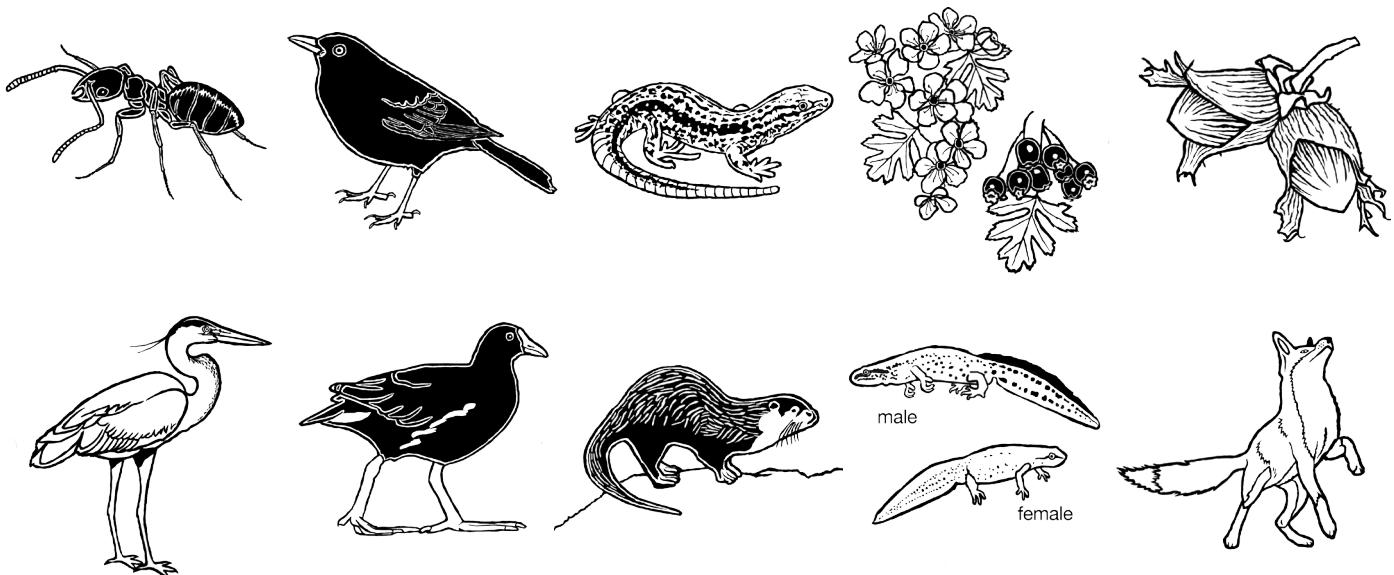


Wildlife Explorer Trail

Llwybr Antur Bywyd Gwylt

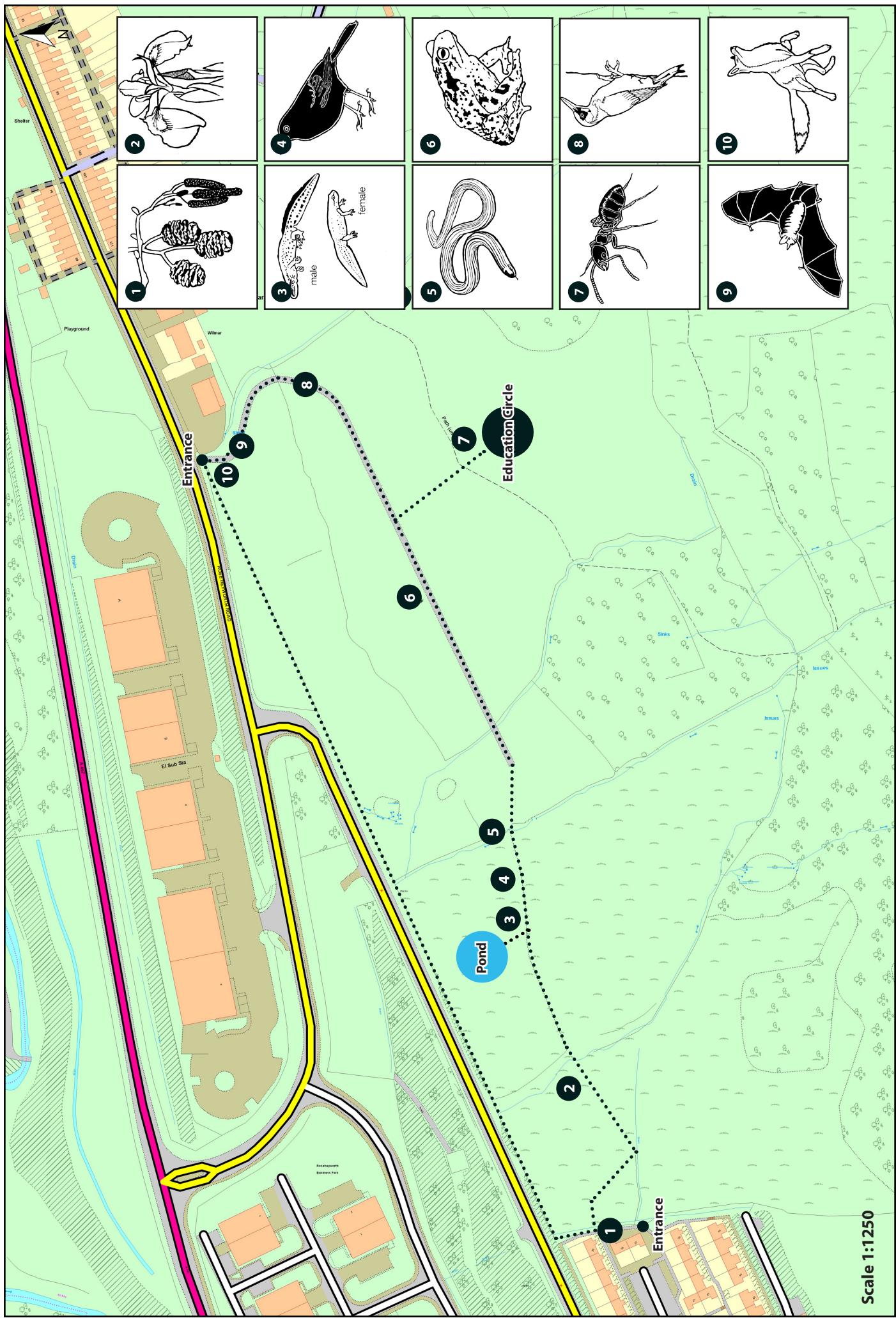
Roseheyworth Local Nature Reserve

Gwarchodfa Natur Leol Roseheyworth



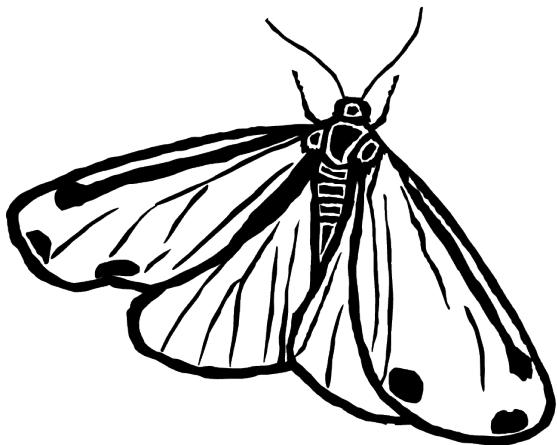
Follow the map inside to find and collect rubbings from each of the 10 marker posts, you can use the drawing to colour in, plus complete the activities and games to!

Dilynwch map y tu fewn i ddod o hyd a chasglu rhwbiadau o bob un o'r 10 pyst marcio, gallwch ddefnyddio'r llun i'w lliwio, yn ogystal â gwblhau'r gweithgareddau a gemau i!

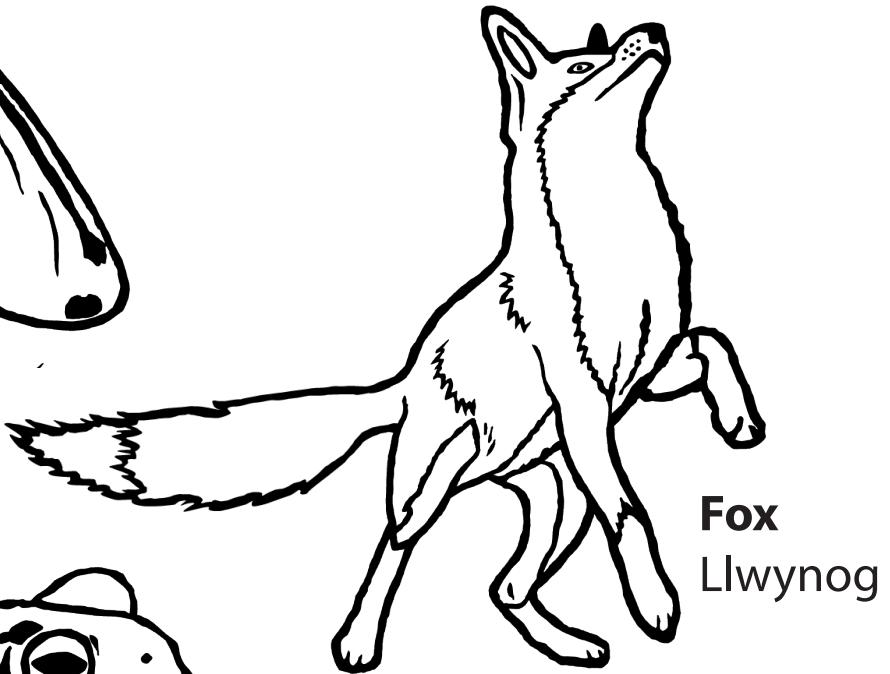


Can you colour in these Animals?

Allwch chi liwio'r Anifeiliaid hyn?



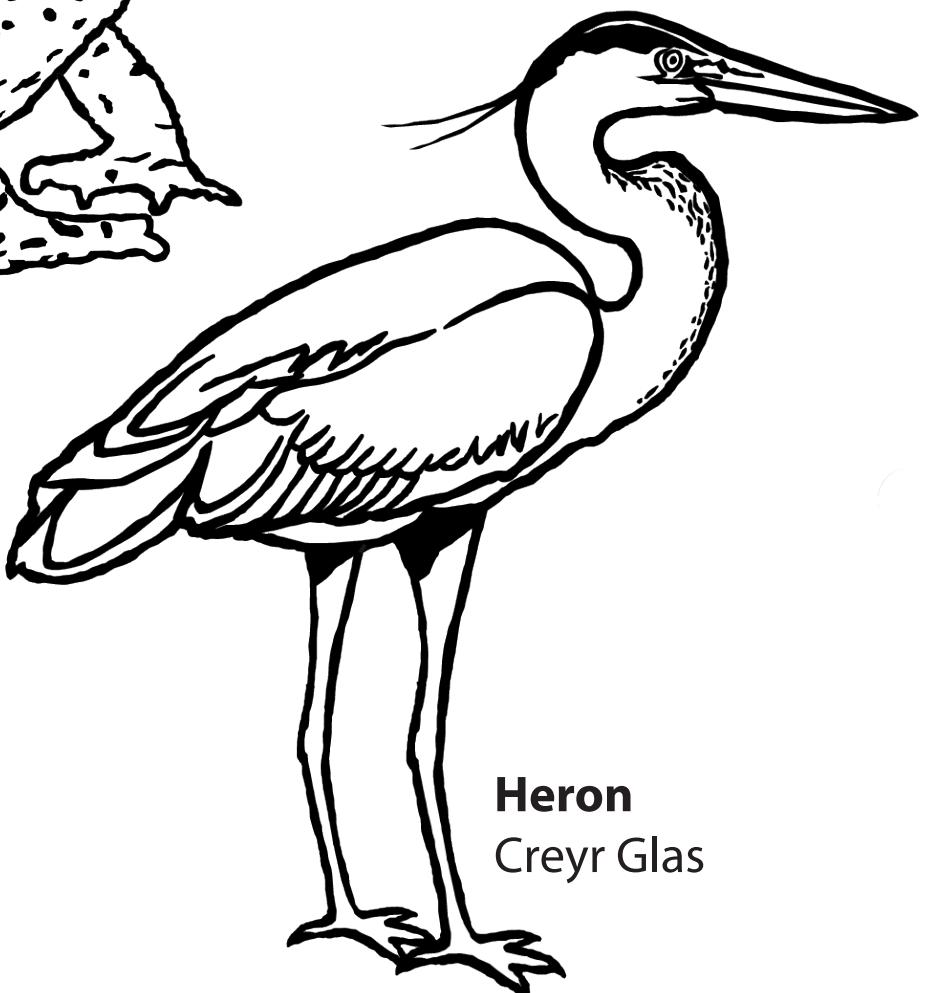
Cinnabar Moth
Gwyfyn Claergoch



Fox
Llwynog



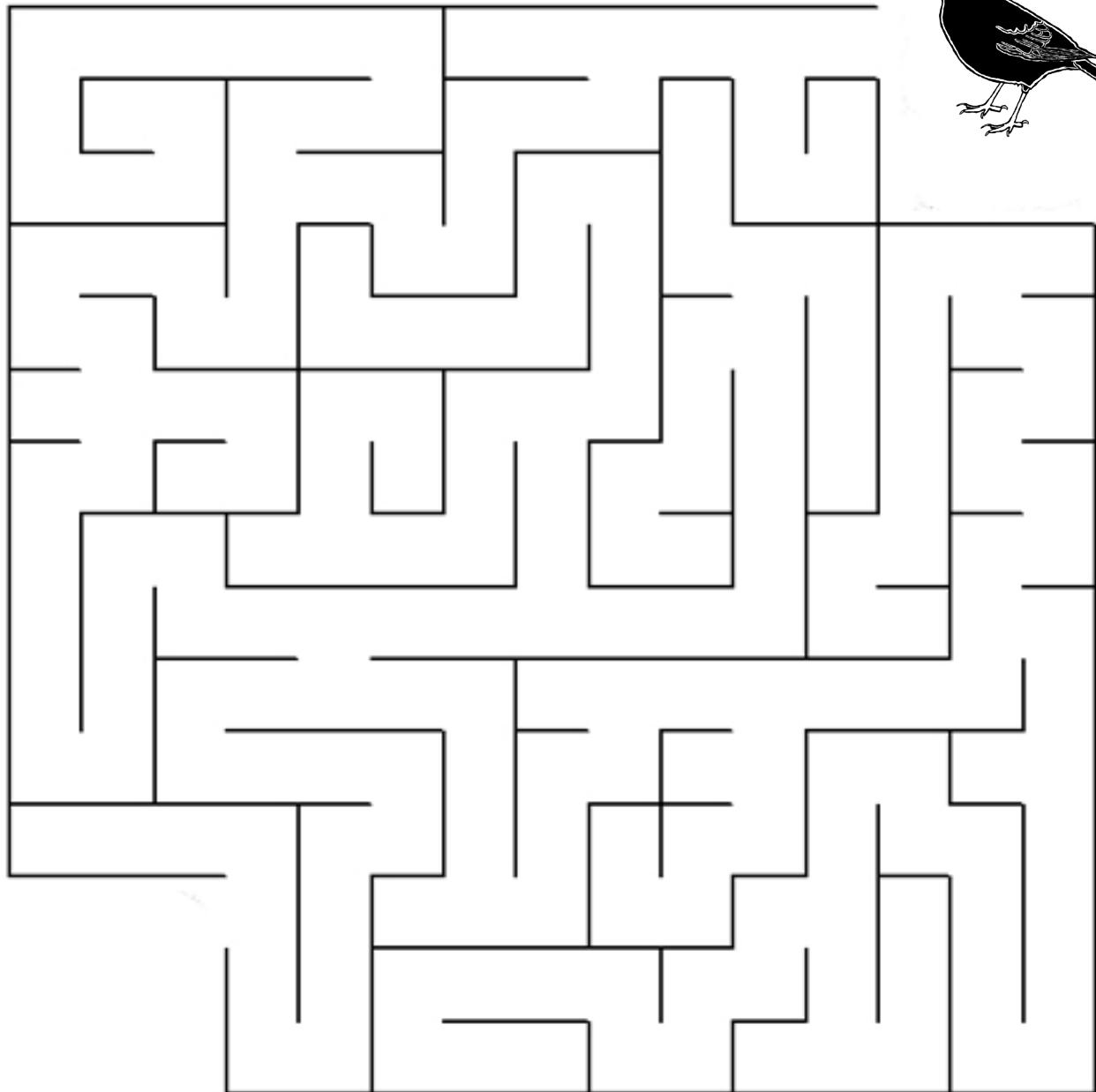
Toad
LLyffant



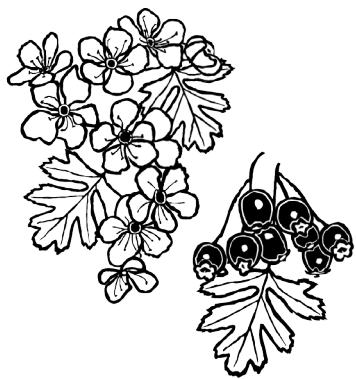
Heron
Creyr Glas

Can you help this Blackbird out of the maze?

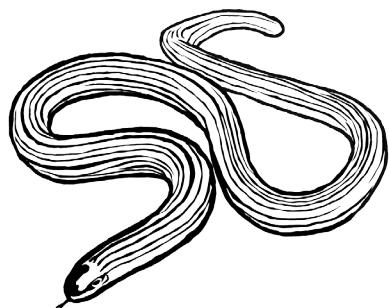
A allwch helpu'r Adar Du yma allan o'r ddrysfa?



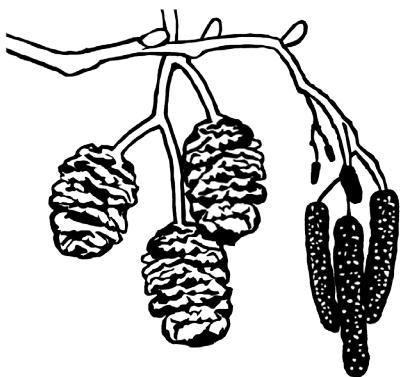
Ash Tree
Coeden Onnen



Hawthorn
Draenen Wen



Slow worm
Neidr Ddefaid



Alder Cone Conau 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.

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

Make a rubbing of the Alder Cone!
Gwnewch rwbiad o'r Conau gwernen yma!

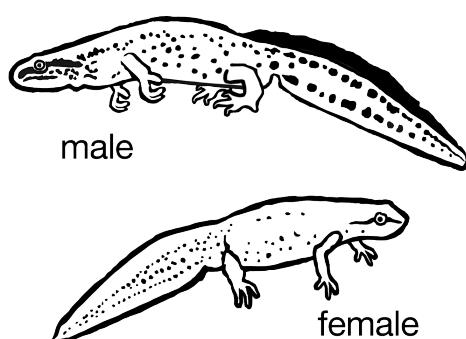


Yellow Flag Iris Gellesgen Felen

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 a rubbing of the Yellow Flag Iris here!
Gwnewch rwbiad o'r Gellesgen Felen yma!

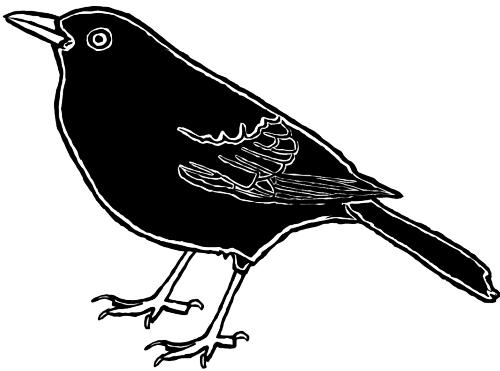


Palmate Newt Madfall Dwr Palfog

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 fyrbryd yw pryfed, malwod a gwllithod. Rydym yn chwilio am fan i guddio yn yr hydref ac yn cysgu yno tan y gwanwyn.

Make a rubbing of the Palmate Newt here!
Gwnewch rwbiad o'r Madfall Dwr Palfog yma!

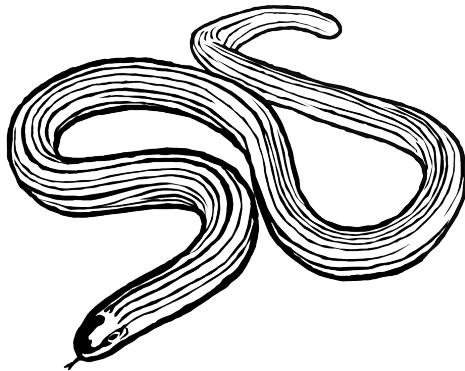


Blackbird Adar Du

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 twyll. Pryfed, mwydion, mwyar a ffrwythau yw ein hoff fwyd. Rydyn yn pwysio tua'r un faint ag afa!

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



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 nghynff on yn dafod a gallaf ddianc.

Make a rubbing of the Slow Worm here!
Gwnewch rwbiad o'r Neidr ddefaid yma!

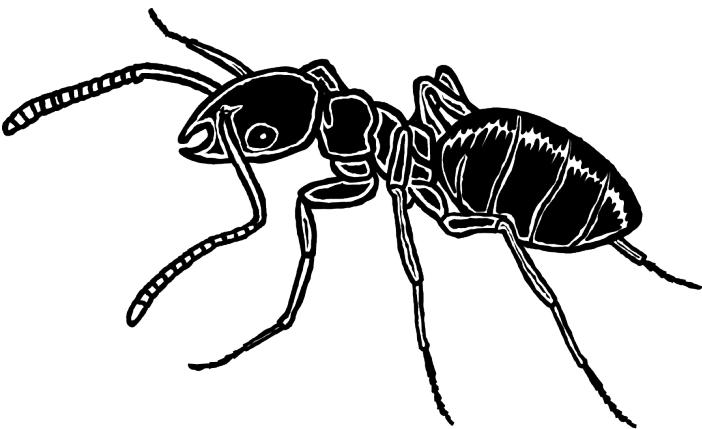


Toad Llyffant

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 dechreouon 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 Llyffant yma!



Ant Morgrug

**We take care of the Common Blue Butterfly's larvae.
They live in our home until they are fully grown and
emerge as beautiful butterflies.**

Rydym yn gofalu am larfae'r Glesyn Cyffredin. Maen nhw'n byw yn ein nyth nes eu bod wedi cyrraedd eu llawn dwf ac yna'n gadael fel iâr fach yr haf prydferth.

Make a rubbing of the Ant here!
Gwnewch rwbiad o'r Morgrug yma!



Green Woodpecker Cnocell Werdd

**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 curu'r coed yn uchel i ddenu'i âr. Maen nhw'n defnyddio eu pig pwerus i dorri rhisgl y coed er mwyn canfod pryfed, ac i agor cnau.

Make a rubbing of the Green Woodpecker here!
Gwnewch rwbiad o'r Cnocell Werdd yma!

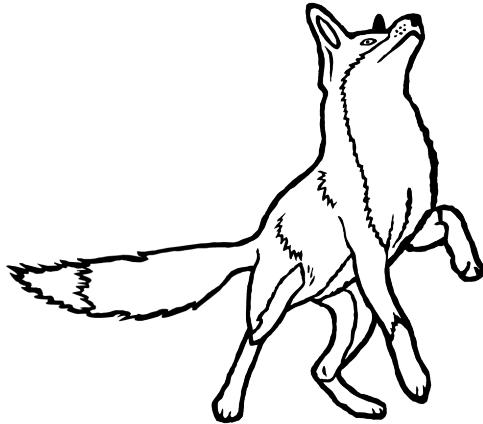


Bat Ystlum

**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 bwyta.

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



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 mwyar. Mae fy nghynffon drwchus, a elwir yn frwsh, yn fy helpu i gadw fy nghydwysedd.

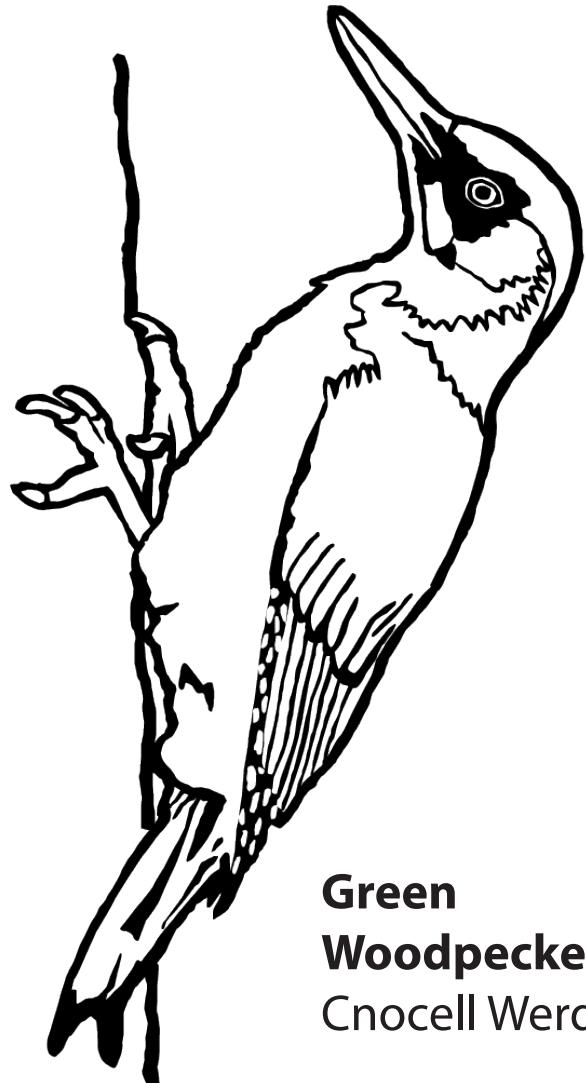
Make a rubbing of the Fox here!
Gwnewch rwbiad o Llwynog yma!

Can you colour in these Animals?

Allwch chi liwio'r Anifeiliaid hyn?



Toad
Llyffant

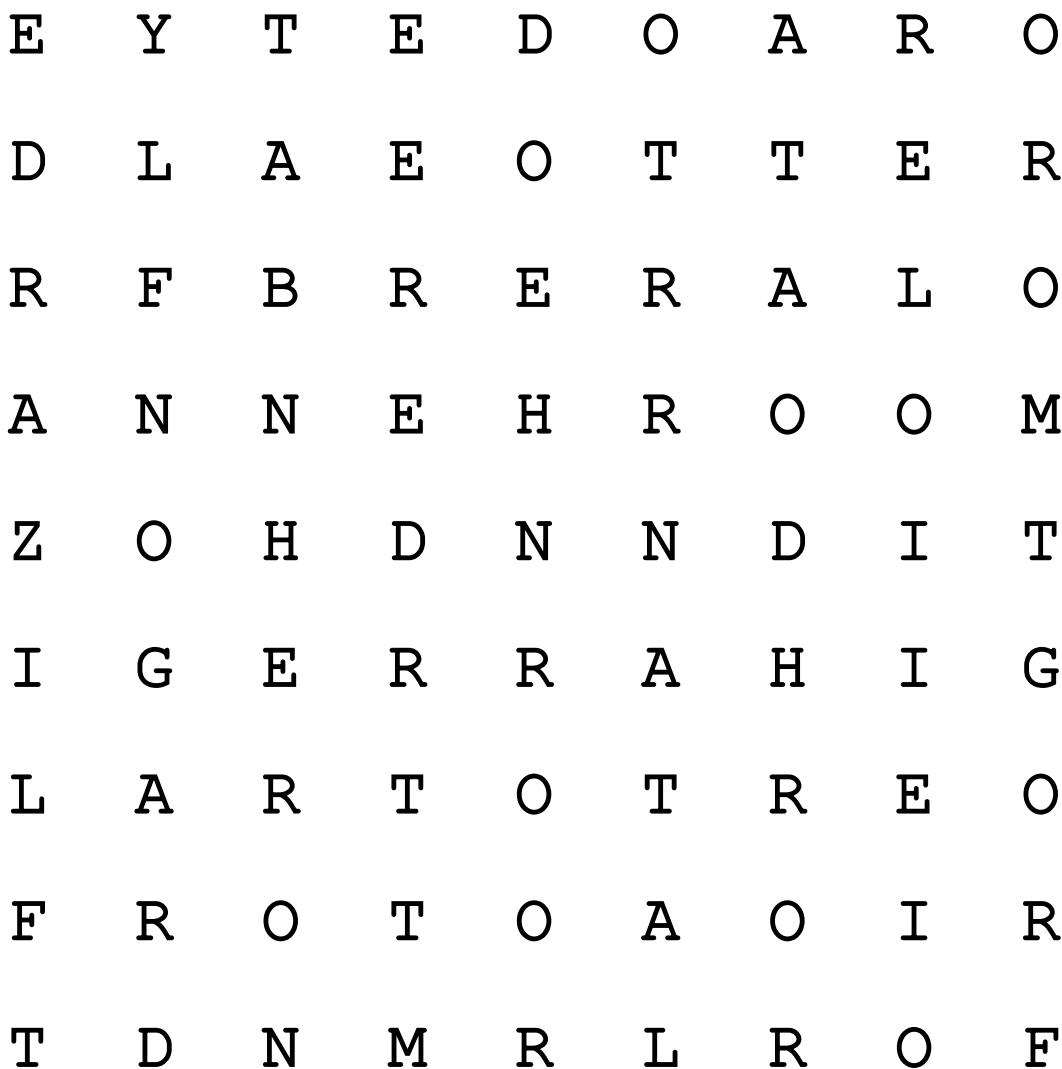


Green
Woodpecker
Cnocell Werdd

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

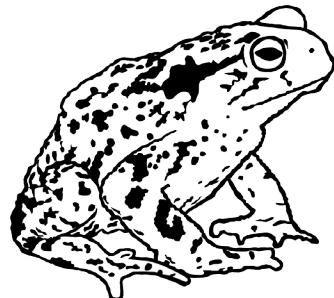
OTTER

DRAGONFLY

MOTH

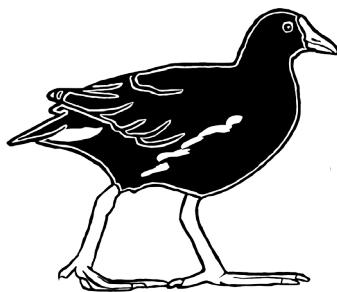
FROG

LIZARD



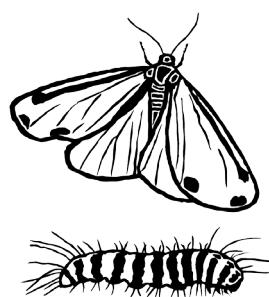
Toad

Llyffant



Moorhen

lâr Ddwr



Cinnabar Moth

Gwyfyn Claergoch

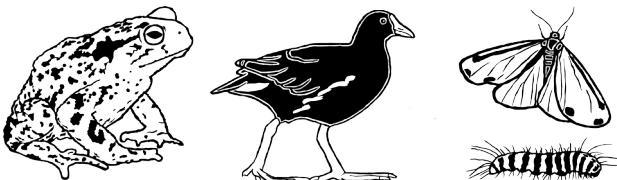
Instructions:

Follow the map inside to find each of the 10 marker posts in and around Roseheyworth 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 **Roseheyworth 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 10 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

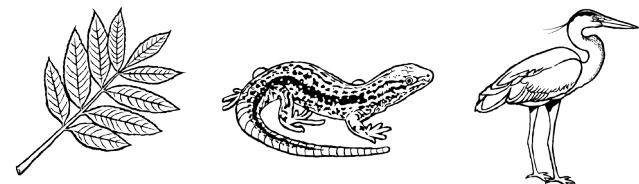
Cyfarwyddiadau:

Dilynwch y map y tu mewn i ddod o hyd i bob un o'r 10 o byst marcio yng Roseheyworth 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 Roseheyworth.

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 10 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