

Make rubbing of the Red Kite here

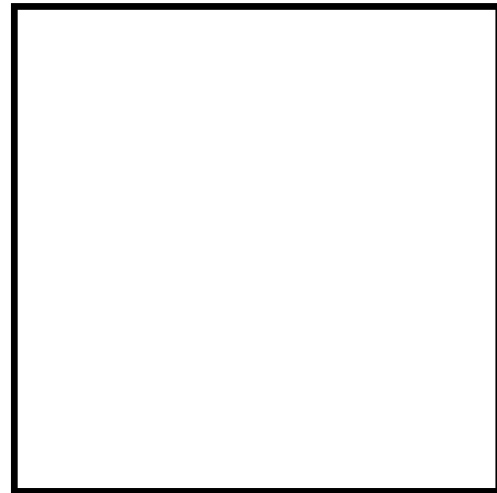
Gwnewch rwbïad o farcud coch yma

100 years ago there were only 2 pairs of us in the whole of the UK, and we were right here in Wales. We are very well protected now and there are over 750 pairs in Wales alone. We like to eat carrion which means things that are already dead.

100 mlynedd yn ôl, dim ond 2 bâr ohonom oedd ar ôl yn y DU gyfan, a hynny yma yng Nghymru. Rydym yn cael ein gwarchod yn dda iawn erbyn hyn ac mae mwy na 750 o barau yng Nghymru'n unig. Rydym yn hoffi bwyta cig o anifeiliaid sydd eisoes wedi marw.

RED KITE

BARCUD COCH



Make a rubbing of the Violet Ground Beetle here

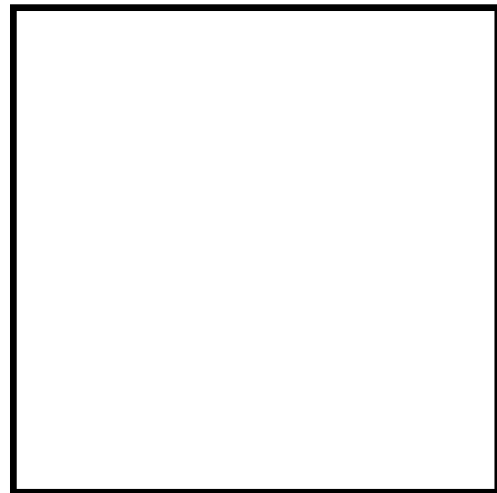
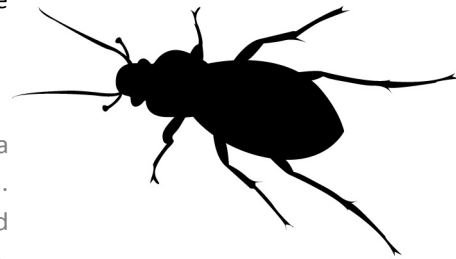
Gwnewch rwbïad o chwilen fioled y llawr yma

I am a big, black and shiny purple beetle. I can't fly but I am a fast runner. You may see me running across the track.

Chwilen fawr ddu a phorffor sgleiniog ydw i. Alla' i ddim hedfan ond rwy'n rhedeg yn gyflym. Efallai byddwch yn fy ngweld yn rhedeg ar draws y llwybr.

VIOLET GROUND BEETLE

CHWILEN FIOLED Y LLAWR



Make a rubbing of the Wild Strawberry here

Gwnewch rwbïad o fefusen wyllt yma

We may look very small but we are related to the strawberries you get at the shops. We are the only fruit to have seeds on the outside. When the Romans lived here they thought we were yummy.

Er i ni edrych yn fach, rydym yn perthyn i'r mefus rydych yn eu prynu yn y siopau. Ni yw'r unig ffrwythau sydd â hadau ar y tu allan. Pan oedd y Rhufeiniaid yn byw yma, roeddent yn meddwl ein bod yn flasus iawn.

WILD STRAWBERRY

MEFUS GWYLLT



TROTTING TRACK TRAIL LLWYBR TROTIAN

For more Wildlife Explorer Trails to follow see
www.npt.gov.uk/biodiversity



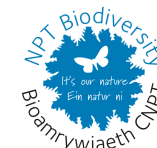
For more information on the track and details of events see
www.ammanvalleytrotting.co.uk

Am fwy o Lwybrau Archwilio Bywyd Gwylt i'w dilyn, ewch i
www.npt.gov.uk/biodiversity

I gael mwy o wybodaeth am y llwybr a manylion digwyddiadau, ewch i
www.ammanvalleytrotting.co.uk

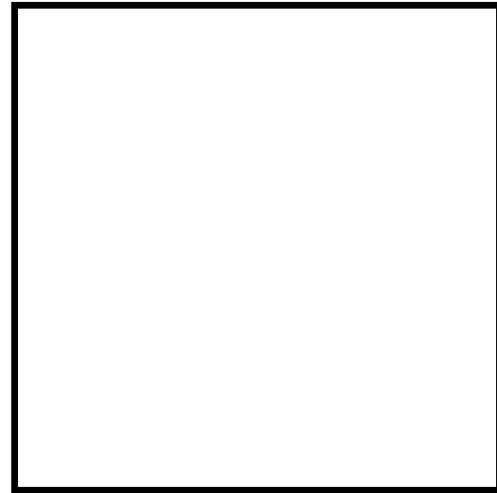
Take a walk around the 4 areas and look out for the special posts. Match the plaque to the picture in the leaflet, place the blank square over the metal plaque, hold the paper firmly in place, then using a coloured pencil or crayon, rub over the top. Lift the paper off and see the picture revealed.

Ewch am dro o amgylch y 4 ardal i chwilio am yr arwyddion gwybodaeth arbennig. Cysylltwch y plac â'r llun yn y llyfryn, rhowch y sgwâr gwag dros y plac metel, daliwch y papur yn dynn yn ei le ac yna, gan ddefnyddio pensil lliw neu greon, rhwbiwch drosto. Codwch y papur i weld y llun.



Llywodraeth Cymru
Welsh Government



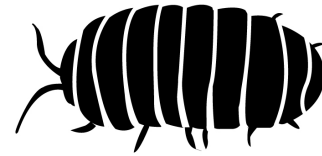


Make a rubbing of the Woodlouse here

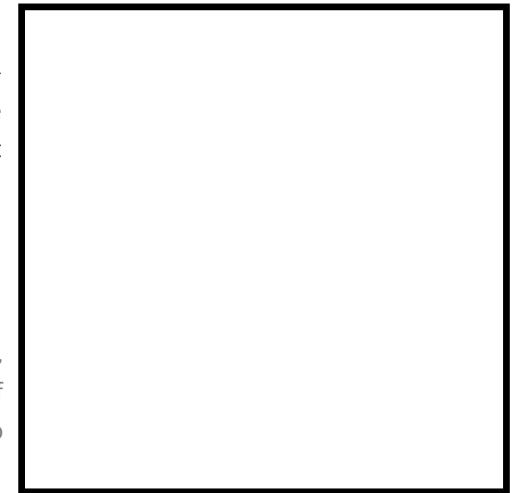
Gwnewch rwbiad o'r mochyn coed yma

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.

Rydym yn wahanol iawn i chi – rydym yn anadlu trwy ysgyfaint ar ein coesau ôl! Mannau llaith, tywyll fel o dan greigiau a boncyffion yw ein hoff leoedd i guddio.



WOODLOUSE
MOCHYN COED



Make a rubbing of the fungi here

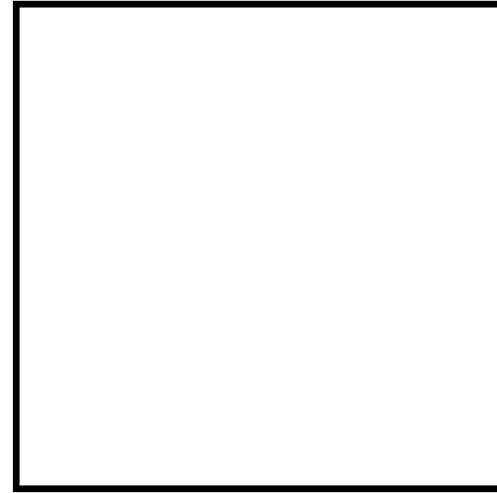
Gwnewch rwbiad o'r ffwng yma

FUNGI
FFYNGAU



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

Rwyf ar gael ym mhob lliw a llun, weithiau'n tyfu ar y llawr ar ffurf madarch, weithiau'n tyfu allan o ochr coed fel silff.



Make a rubbing of the Alder Cone here

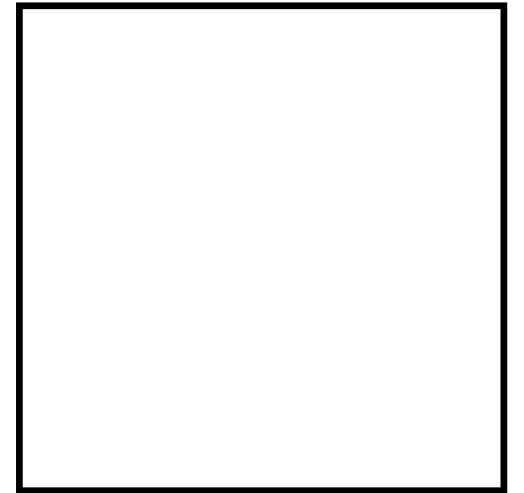
Gwnewch rwbiad o gôn gwernen yma

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.

Rydym yn tyfu ar goed yn fwyd gaeafol i rai adar sy'n defnyddio eu pigau bach i'n torri ar agor er mwyn cael ein hadau.



ALDER CONE
CÔN GWERNEN



Make a rubbing of the Goldfinch here

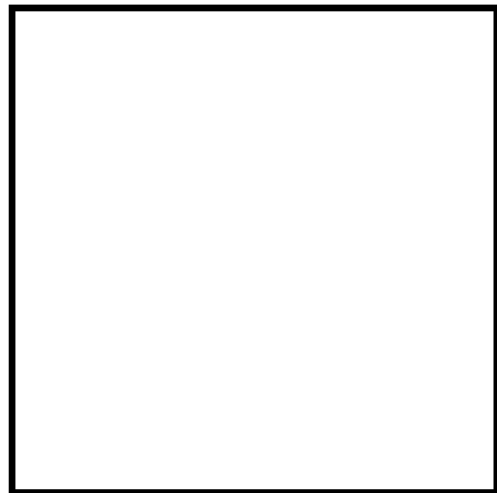
Gwnewch rwbiad o nico yma

GOLDFINCH
NICO



I am a beautiful bird with a sweet song. A group of us is called a charm. My favourite food is thistle seeds, I also like knapweed

Aderyn hardd â gân bersain ydw i. Yr enw Saesneg am haid ohonom yw 'charm'. Fy hoff fwyd yw hadau ysgall ond dw i hefyd yn hoffi'r bengaled.



Make a rubbing of the Bramble here

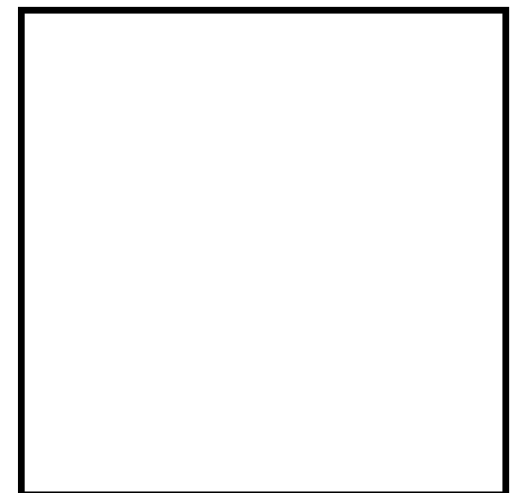
Gwnewch rwbiad o fiaren yma

You can see me throughout the year. In the spring I have lovely white flowers, in the autumn you will recognise me by my Blackberries, the rest of the year you will see my thorny shoots.

Gallwch fy ngweld trwy gydol y flwyddyn. Yn y gwanwyn mae gen i flodau gwyn hyfryd; yn yr hydref byddwch yn fy adnabod trwy fy mwyar duon. Yn ystod gweddill y flwyddyn byddwch yn gweld fy egin dreiniog.



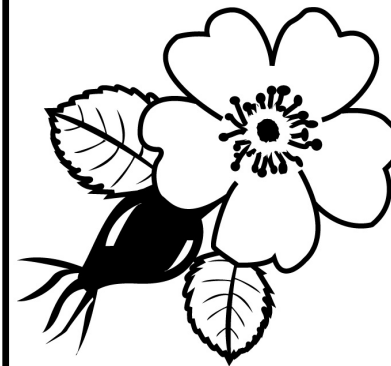
BRAMBLE
MIAREN



Make a rubbing of the Dog Rose here

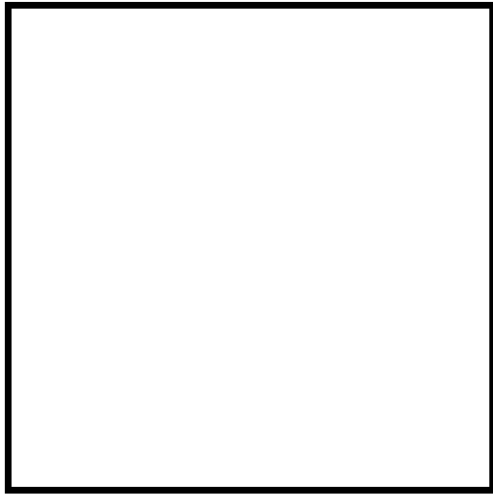
Gwnewch rwbiad o rosyn gwylt yma

DOG ROSE
RHOSYN GWYLLT



I brighten up any hedgerow with my white/pink flowers in the summer and my deep red hips (which are my fruit) in the autumn

Rwy'n harddu unrhyw wrych gyda fy mlodau gwyn/pinc yn yr haf a'm hegroes coch dwfn (sef fy ffrwyth) yn yr hydref.



Make a rubbing of the Knapweed here

Gwnewch rwbïad o bengaïed yma

I have a beautiful purple flower. Lots of insects like to collect nectar from me and in the autumn Goldfinches eat my seeds.

Mae gen i flodyn porffor hardd. Mae llawer o bryfed yn hoffi casglu neithdar oddi wrtho' i ac yn yr hydref mae nicos yn bwyta fy hadau.

KNAPWEED

PENGALED



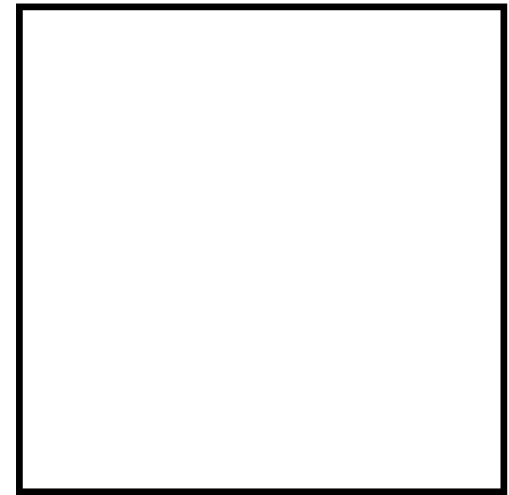
WREN

DRYW



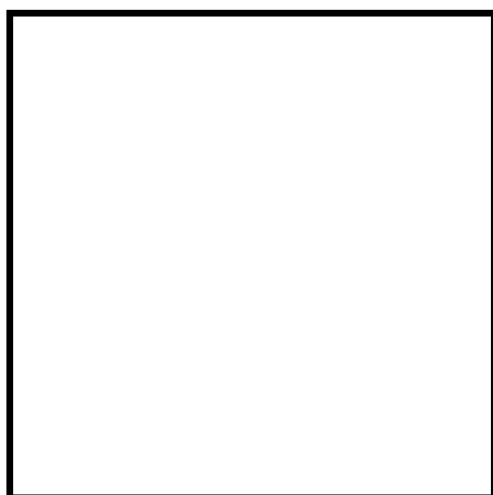
I am a small round bird and am the most common bird found in Britain. I love eating spiders and small insects – delicious! I sing really loudly in the mornings to defend my home patch from other Wrens. See if you can spot me here today.

Aderyn bychan crwm ydw i – yr aderyn mwyaf cyffredin ym Mhrydain. Dwi'n hoffi bwyta pry cof 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 a rubbing of the Wren here

Gwnewch rwbïad o'r Dryw yma



Make a rubbing of the Sedge here

Gwnewch rwbïad o Hesgen yma

Look at my stem and roll it in your fingers. If it has edges I'm a sedge (if it's round then it's a rush). I like to grow where my roots get plenty of water.

Edrychwch ar fy nghoesyn a'i rolïo yn eich bysedd. Os oes ymylon ganddi, yna hesgen ydw i (os yw'n grwn, yna brwynen ydw i). Rwy'n hoffi tyfu lle mae fy ngwreiddïau'n cael digon o ddŵr.

SEDGE

HESGEN



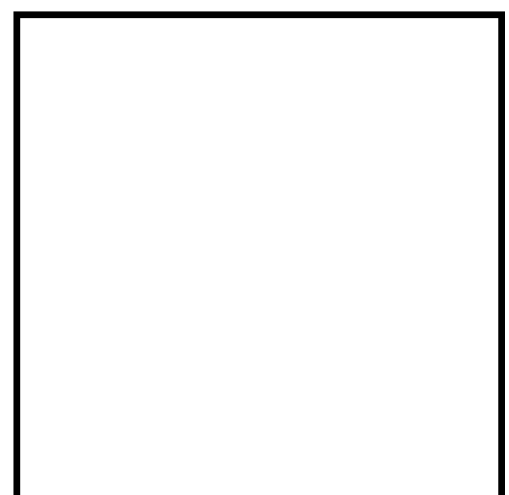
YELLOW RATTLE

CRIBELL FELEN



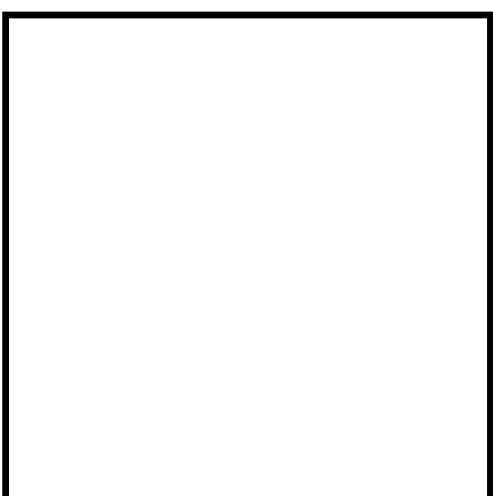
I may look like a lovely flower, but underground my roots are stealing food from nearby grasses, which stops them growing over my other wildflower friends! My seeds rattle around in pods which is where I get my name from.

Er fy mod yn edrych fel blodyn hyfryd, o dan y ddaear mae fy ngwreiddïau'n dwyn bwyd o laswellt gerllaw. Mae fy hadau'n rhuglo o gwmpas mewn codennau, sy'n esbonïo fy enw.



Make a rubbing of the Yellow Rattle here

Gwnewch rwbïad o gribell felen yma



Make a rubbing of the lizard here

Gwnewch rwbïad o fadfall yma

I love basking in the sunshine. If I'm being attacked I can release my tail to escape then grow another one. But please don't attack me—it hurts to lose my tail!

Rwy'n dwlu ar dorheulo. Os bydd rhywbeth yn ymosod arna' i, rwy'n gallu rhyddhau fy nghynffon i ddïanc ac yna tyfu un arall. Ond, os gwelwch yn dda, peidiwch ag ymosod arna' i!

LIZZARD

MADFALL



COMMON BLUE

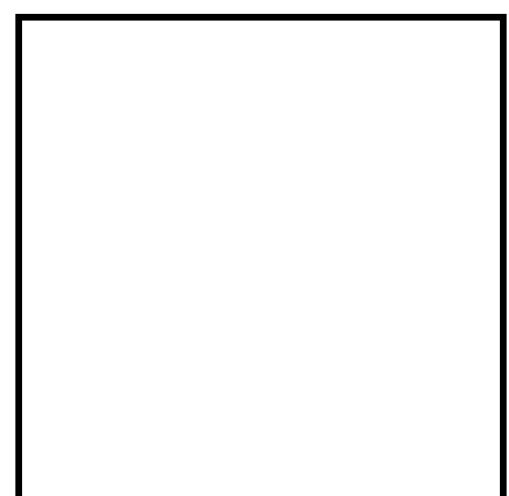
BUTTERFLY

GLESYN CYFFREDIN



I started life in an ant hill. The ants looked after me until I was grown up enough to come out and fly. I don't have any lungs and I taste food with my feet!

Dechreuais fy mywyd mewn twmpath morgrug. Gofalodd y morgrug amdana' i nes i fi dyfu ddigon i ddod allan a hedfan. Does dim ysgyfaint gen i ac rwy'n blasu bwyd trwy fy nhraed.



Make a rubbing of the butterfly here

Gwnewch rwbïad o iâr fach yr haf yma

TROTTING TRACK TRAIL

Explore the different areas to see the amazing wildlife at the Trotting Track.

BROWNFIELD

Brownfield means land that has been developed in the past. This may sound bad but sometimes when it is left to nature amazing things colonise this type of land.

Lots of interesting fungi lives on the stony ground and lizards like to bask on warm stones. Listen out for Goldfinches which eat the seeds of brownfield plants like Teasels.

TIR LLWYD

Mae tir llwyd yn golygu ei fod wedi cael ei ddatblygu yn y gorffennol. Efallai fod hyn yn ymddangos yn wael ond pan fo natur ar waith, mae pethau anhygoel yn cytrefu'r math hwn o dir.

Mae llawer o ffyngau diddorol yn byw ar y tir caregog ac mae madfallod yn hoff o dorheulo ar gerrig cynnes. Gwrandewch ar y peneurnod sy'n bwyta hadau planhigion tir llwyd fel cribau'r pannwr.

GRASSLAND

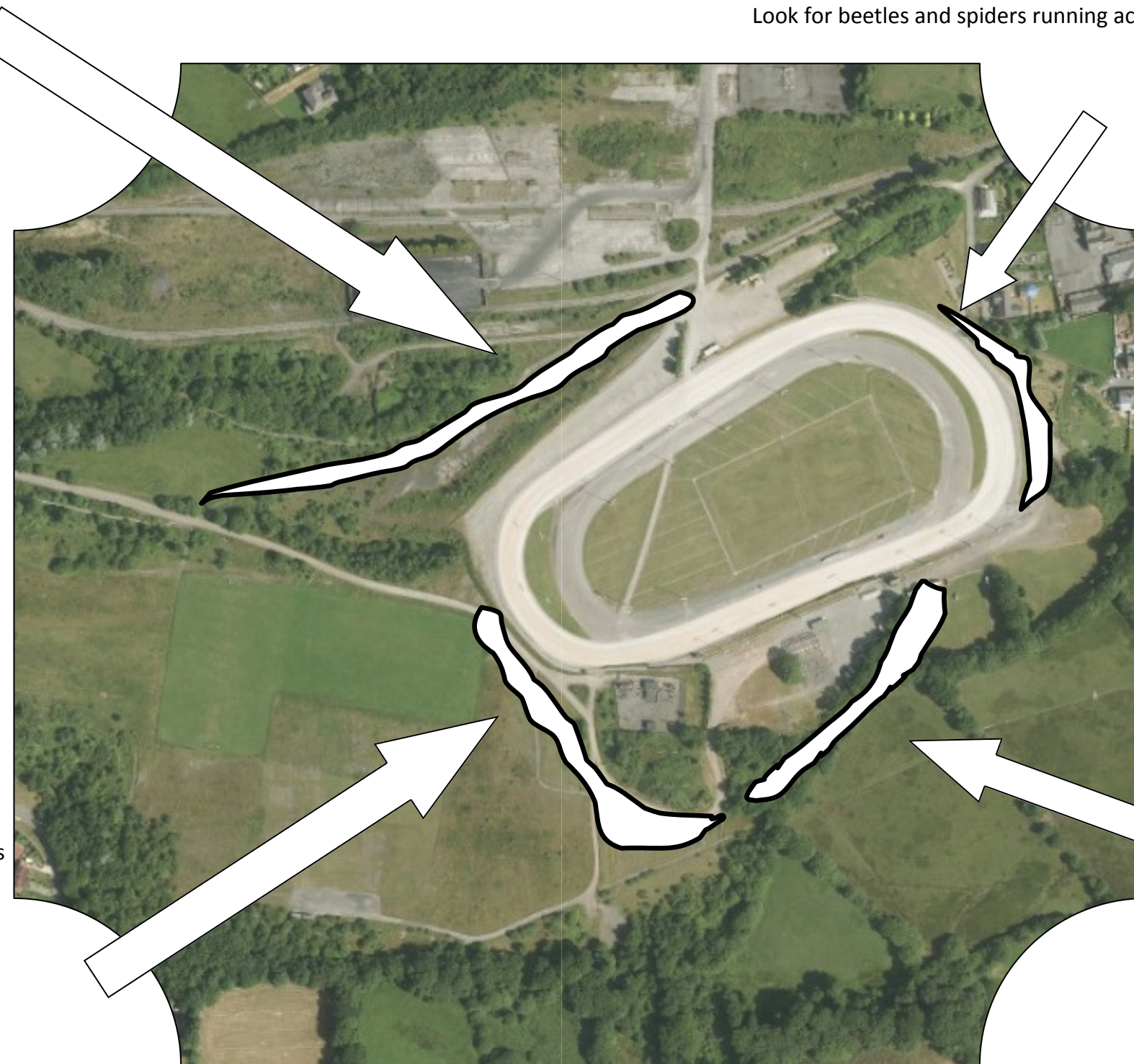
The grassland at the Trotting Track is species rich—this means it has lots of different plant species living in it. See how many different ones you can spot. We have to be very careful how we manage this grassland and have to cut it later than other areas which is why it may look untidy, but this is just plants that have flowered and are now setting seed. Look out for birds feeding on these seeds.

GLASWELLTIR

Mae'r glaswelltir ger y Llwybr Trotian yn llawn rhywogaethau - mae hyn yn golygu bod ganddo lawer o rywogaethau'n byw ynddo. Edrychwch ar faint y gallwch eu gweld. Mae'n rhaid i ni fod yn ofalus iawn sut rydym yn rheoli'r glaswelltir hwn ac mae'n rhaid i ni ei dorri'n hwyrach nag ardaloedd eraill. Dyma'r rheswm mae'n ymddangos yn flêr, ond y planhigion sydd wedi blodeuo yw'r rhain ac maent bellach yn hadu. Cadwch lygad am yr adar sy'n bwydo ar yr hadau hyn.

TRACK

When walking around the track look out for birds like Red Kites flying overhead. Also keep looking at the ground. It may look like there is not much around but think small! Look for beetles and spiders running across the path or small flowers along the side of the track like Wild Strawberries.



LLWYBR

Wrth gerdded o amgylch y llwybr, cadwch lygad am farcutiaid coch yn hedfan uwch eich pennau.

Dylech hefyd edrych ar y ddaear. Efallai ymddengys nad oes llawer o gwmpas ond meddyliwch yn fach! Chwiliwch am chwilog a phryfed cop yn rhedeg dros y llwybr neu flodau bach ar hyd ochr y llwybr fel mefus gwyllt.

WOODLAND

The woodland is a great place to see wildlife. Turn over some fallen wood or stones and you will see lots of different bugs such as worms, woodlice and millipedes. Look up in the trees and lots of different birds will be feeding such as Blue Tits. Some of the earliest flowers to come out, like Bluebells, are found in the woodland.

COETIR

Mae'r coetir yn lle gwych i weld bywyd gwyllt. Edrychwch dan ddarnau o bren neu gerrig a byddwch yn gweld llawer o bryfed gwahanol megis mwydod, moch coed a nadroedd miltroed. Edrychwch i fyny yn y coed a byddwch yn gweld llawer o adar gwahanol yn bwydo fel titw tomos las. Byddwch yn gweld rhai o'r blodau cynharaf i flodeuo, megis clychau'r gog, yn y coetir.

Dewch i archwilio'r ardaloedd gwahanol i weld y bywyd gwyllt gwych ar y Llwybr Trotian.

LLWYBR TROTIAN