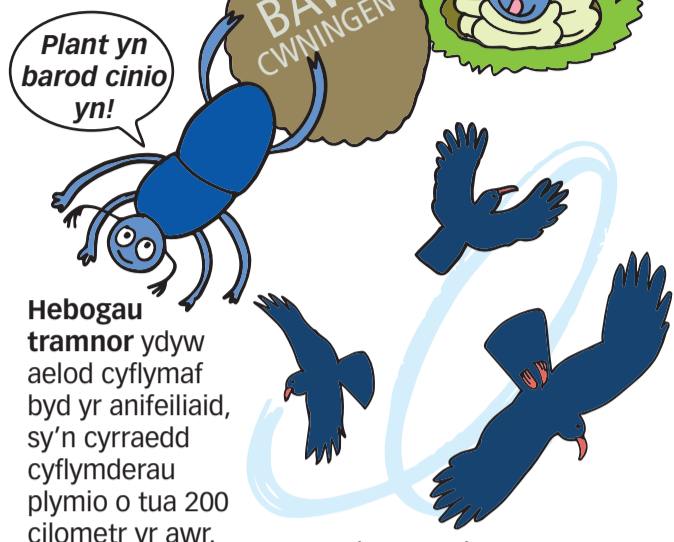


Ffeithiau Ffyni

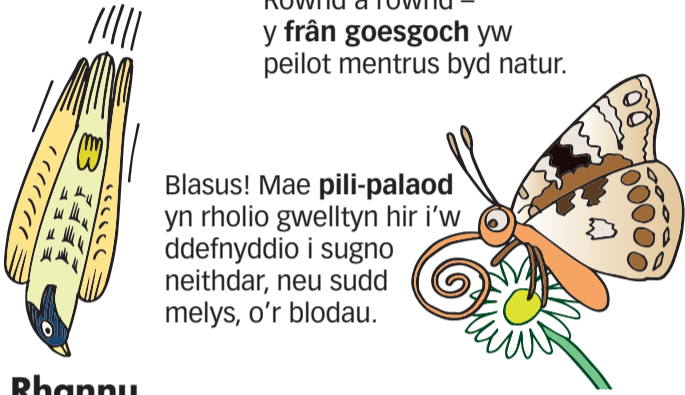
Heb **chwilod dom**, fe fydden ni i fyny at ein gyddfau mewn dom.



Plant yn barod cinio yn!

Hebogau tramnor ydyw aelod cyflymaf byd yr anifeiliaid, sy'n cyrraedd cyflymderau plymio o tua 200 cilometr yr awr.

Rownd a rownd – y **frân goesgoch** yw peilot mentrus byd natur.



Blasus! Mae **pili-palaod** yn rholio gwelltyn hir i'w ddefnyddio i sugno neithdar, neu sudd melys, o'r blodau.

Rhannu

Os hoffech rannu'r hyn yr ydych wedi ei weld:

Twitter: @PembsCoast
Facebook: Pembrokeshire Coast

Am fwy o wybodaeth ymwelwch â www.arfordirpenfro.org.uk

Clawr: Claire Moore Ceffylau: Sinead Vaughan
Lluniau: John Bridges - northeastwildlife.co.uk, Richard Crossen, David Evans
Cynhyrwyd gan Awdurdod Parc Cenedlaethol Arfordir Penfro 2015

Llwydfron
Whitethroat



Hugan
Gannet



Adydd
Adder



Gludlys arfor
Sea Campion



Iâr fach dramor
Painted Lady



Plucen felen
Kidney Vetch



Trochydd mawr
Great Northern diver



Aderyn drycin y graig
Fulmar



Aderyn y llin
Linnet

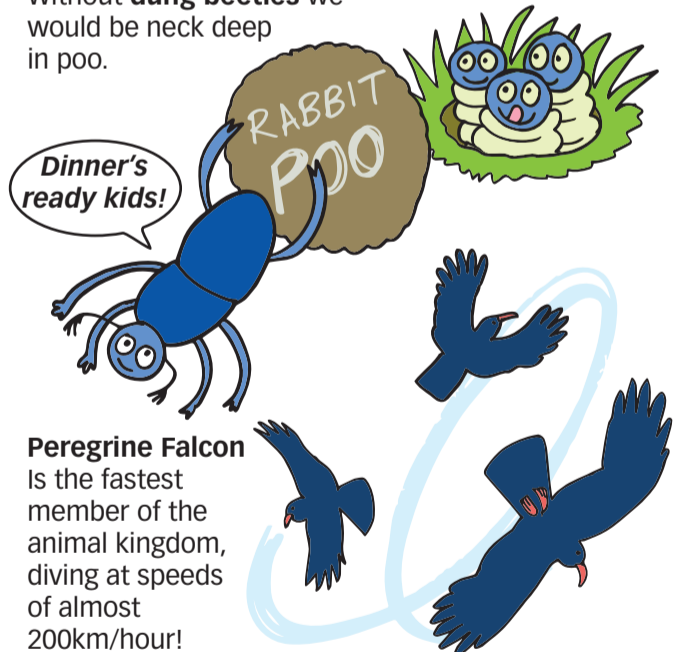


Gweirlöyn y glaw
Ringlet



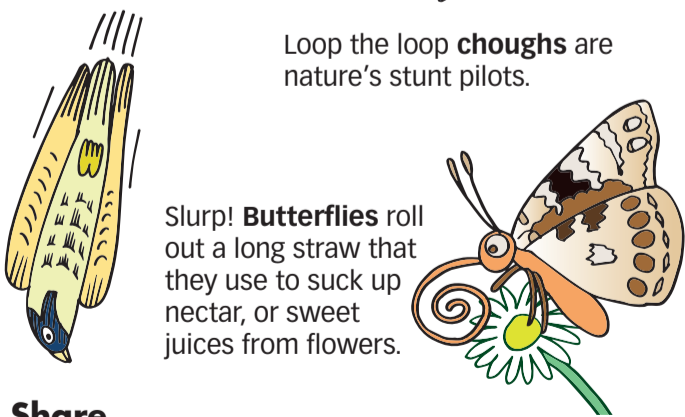
Funky Facts

Without **dung beetles** we would be neck deep in poo.



Peregrine Falcon is the fastest member of the animal kingdom, diving at speeds of almost 200km/hour!

Loop the loop **choughs** are nature's stunt pilots.



Slurp! **Butterflies** roll out a long straw that they use to suck up nectar, or sweet juices from flowers.

Share

If you'd like to share what you've seen:

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For more information visit www.pembrokeshirecoast.org.uk

Cover: Claire Moore Horses: Sinead Vaughan
Photos: John Bridges - northeastwildlife.co.uk, Richard Crossen, David Evans
Produced by Pembrokeshire Coast National Park Authority 2015

Tinwen y garn
Wheatear



Ffrehgig
Gorse



Clochdar y cerrig
Stonechat



Llamhidydd
Porpoise



Clychau'r gog
Bluebell



Clustog Fair
Thrift



Corhedydd y graig
Rock pipit



Cigfran
Raven



Ceidwad y porth
Gatekeeper



Cudyll coch
Kestrel



Ehedydd
Skylark



Madfall
Common lizard



Wild Coast

where to go, what to know



From an original tapestry by Claire Moore

Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

Arfordir gwyllt

ble i fynd, beth i'w wybod



O tapestri gwreiddiol gan Claire Moore

Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

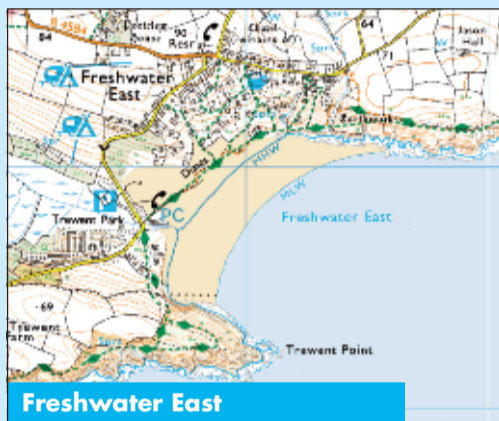


Cer allan am dro ar Lwybr yr Arfordir ac fe gei di fwy nag awyr iach y môr a golygfeydd godidog am dy drafferth. Mae yna lond lle o fywyd gwyllt i'w weld hefyd. Felly, cofia gadw dy lygaid yn agored am chwilod yn troedio ar draws y llwybr, brain coesgoch yn hedfan dros y clogwyni a phili-palaod yn gwibio heibio'n hamddenol. Edrych allan at y môr i weld morloi'n nofio, huganod yn plymio neu lamhdydd yn rholio trwy'r tonau.

Go out for a walk on the Coast Path and you'll be rewarded with more than fresh sea air and stunning views. There's lots of wildlife to see too. So keep an eye out for beetles trundling across the path, choughs swooping above the cliffs and butterflies flitting past. Look out to sea to spot seals swimming, gannets diving or a porpoise rolling through the waves.



Pen-caer • Strumble Head



Freshwater East

Ble a Phryd

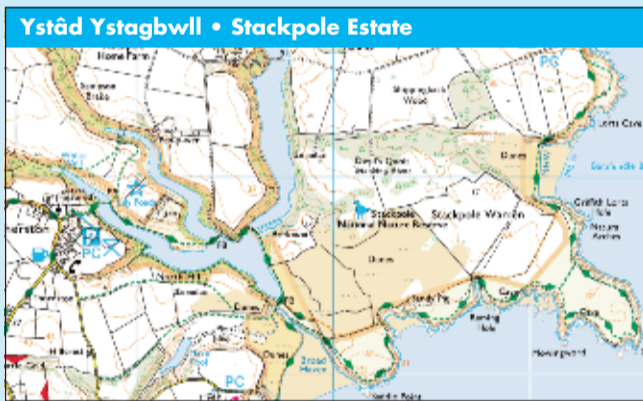
Yn ystod y gwanwyn a'r haf, mae blodau gwyllt lliwgar yn tyfu ar y llethrau heulog ar hyd y morlin. Misoedd cynnes yr haf sydd orau i'r pili-palaod. Mae Llwybr Arfordir Sir Benfro'n ymdroelli am 186 milltir o amgylch arfordir Penfro. Mae'r arfordir a'r bywyd morol o amgylch Sir Benfro wedi'u hamddiffyn. Yn yr hydref, cadwch eich llygaid ar agor am forloi a'u lloi bach ar draethau diarffordd.

Where and When

The Pembrokeshire Coast Path stretches 186 miles around the Pembrokeshire coast. In spring and summer, colourful wildflowers grow on the sunny slopes along the coastline. The warm summer months are best for butterflies. In autumn look out for seals and their pups on secluded beaches.



Fferm Treginis ac Ynys Dewi • Treginnis and Ramsey



Ystâd Ystargwll • Stackpole Estate



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Beth am Hela Chwilod

- Chwilia goesynnau'r blodau a'r perthi am lindys, gwybed, corynod a chîer.
- Defnyddia bren i chwilio am chwilod dom mewn tomenni dom gwartheg.
- Edrych o dan foncyffion a cherrig, ond cofia'u rhoi nhw nôl yn ofalus.
- Defnyddia botyn chwilod er mwyn edrych yn agos ar y pryfed.
- Bydd yn ofalus wrth i ti drafod y chwilod a chofia'u rhoi nhw nôl yn ofalus.

Try Bug Hunting

- Check flower stems and bushes for caterpillars, spittlebugs, spiders and flies.
- Use a stick to search for dung beetles in cow pats.
- Look under logs and stones, putting them back really carefully.
- A bug pot will give you a close up view of insects.
- Please be gentle when you handle the bugs and put them back carefully.



Chwilen Deigr Werdd
Green Tiger beetle

Natur yn dom-inyddu

Mae ceffylau llwglyd yn ein helpu i ofalu am y llethrau ar yr arfordir, fel bod chwilod, adar, gwenyn a phili-palaod yn gallu ffynnu yno.

Neighture conservation

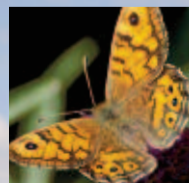
Hungry horses help us look after the slopes on the coast so that beetles, birds, bees and butterflies can thrive there.



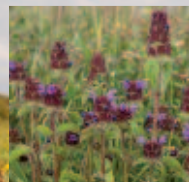
Clafrllys y maes
Scabious



Wenyn
Bumblebee



Iâr fach y fagwyr
Wall brown



Feddyges las
Selfheal

Ceffylau Horses



Mae ceffylau wrth eu bodd yn bwyta llawer o'r borfa, ond dydyn nhw ddim yn bwyta cymaint o flodau gwyllt. Trwy fwyta porfa'n bennaf, mae ceffylau'n gwneud lle i fwy o flodau gwyllt dyfu. Wrth gwrs, mae hyn yn golygu bod mwy o neithdar ar gael i wenyn a phili-palaod.

Horses like to eat lots of grass but they don't eat wildflowers as much. By eating mostly grass, horses make room for more wildflowers to grow. This means more nectar for bees and butterflies.

Chwilen dom Dung beetle



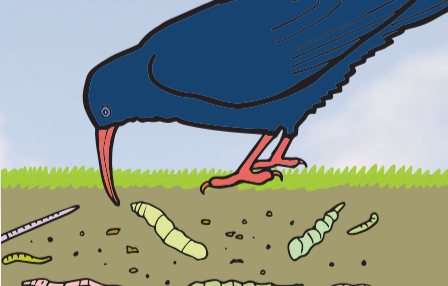
Mae chwilod dom yn bwyta'r dom ceffyl! Maen nhw'n rholio peli o dom i fwydo'u rhai bach sy'n byw mewn nythod o dan y ddaear.

Dung beetles eat the horse poo! They roll balls of dung to feed the grubs (their young) living in nests underground.

Jôc

Pa chwilen sy'n ennyn y mwyaf o chwilfrydedd?
Y chwilen dom dom dom.

Brân goesgoch Chough



Mae brain coesgoch yn bwyta chwilod bach. Maen nhw'n dod o hyd iddyn nhw trwy wthio'u pig coch, hir, i mewn i'r ddaear.

Choughs eat beetle grubs. They find them by poking their long red beaks into the ground.

Joke

Which insect likes a good cliff-hanger?
The dung dung dung beetle.

Bydd yn Ddiogel

- Cymer ofal ar y clogwyni a chadw i ffwrdd oddi wrth yr ymylon.
- Cofia gadw at y llwybrau.
- Gwisga ddillad cynnes a dillad sy'n dal dŵr. Gwisga eli haul a het.
- Dewisa ddiwrnod mwyn, heb lawer o wynt.
- Gwisga esgidiau cryf gyda gafael da, sy'n cynnal dy bigyrnau.

Be Safe

- Take care on the cliffs and keep away from the edge.
- Keep to the paths.
- Take warm clothes and waterproofs. Wear sunscreen and a hat.
- Choose a calm day with little wind.
- Wear strong footwear with a good grip and ankle support.