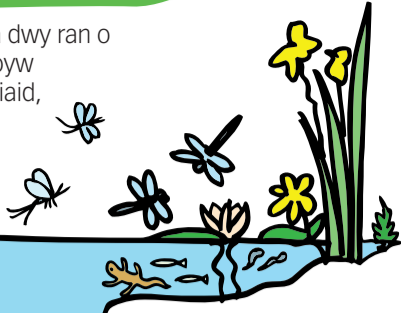


Ffeithiau Ffyni

Mae pylau'n gartref i tua dwy ran o dair o blanhigion dŵr croyw brodorol Prydain, mamaliaid, amffibiaid ac anifeiliaid di-asgwrn-cefn.



Ardal mwyaf amrywiol pwll yw'r dŵr bas o amgylch yr ymyl.

Bydd **nymffau gwas y neidr** yn byw dan y dŵr am 1-2 flynedd cyn dringo allan a throï'n oedolyn.

Mae gan **chwilod bwganod** lygaid arbennig – gallant weld uwchben ac o dan y dŵr ar yr un pryd.



Jôc:
Beth yw hoff ginio broga?
Crawc-ar-dost

Helpu!

Mae pylau'n gynefin pwysig iawn ar gyfer bywyd gwyllt. Mae llai o byllau i gael yn awr nag oedd 100 mlynedd yn ôl. Beth am greu pwll yn eich gardd? Gadewch iddo lanw'n naturiol a chewch eich synnu pa mor gyflym y bydd planhigion ac anifeiliaid yn dod o hyd i gartref newydd. Ymwelwch â www.pondconservation.org.uk i ddysgu sut i greu pwll.

Rhannu

Os hoffech rannu'r hyn yr ydych wedi ei weld:
Twitter: @PembCoast
Facebook: Pembrokeshire Coast

Am fwy o wybodaeth am yr hyn i'w weld a'i wneud yn Sir Benfro, ymwelwch â www.pembrokeshirecoast.org.uk www.pondconservation.org.uk

Darlun y clawr: Andrew Mackay
Lluniau: John Bridges

Funky Facts

Ponds are home to about two thirds of Britain's native freshwater plants, mammals, amphibians and invertebrates



The most diverse area of a pond is the shallow water around the edge.

Dragonfly nymphs live for 1-2 years underwater before climbing out and turning into an adult

Whirligig beetles have special eyes – they can see above and below the water at the same time



Joke:
What do frogs like to drink?
Croak-a-cola

Help!

Ponds are a very important habitat for wildlife. There are fewer ponds now than 100 years ago. Why don't you create a pond in your garden? Let it fill naturally and be amazed at how quickly plants and animals find a new home.

Go to www.pondconservation.org.uk to find out how to make a pond.

Share

If you'd like to share what you've seen:
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For more information visit www.pembrokeshirecoast.org.uk www.pondconservation.org.uk

Cover illustration: Andrew Mackay
Photography: John Bridges



Sglefryn y dŵr

Geloden



Gwas y neidr

Gwybedyn Mai



Grothell

Mursen



Deifio chwilen
Madfalloed ifanc

Pryf gwellt
Neidr y gwair



Pond skater

Leech



Dragonfly

Mayfly



Stickleback

Damsel fly



Diving beetle
Young newt

Caddis fly
Grass snake



Trochi yn y pwll

ble i fynd, beth i'w wybod



Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

Pond dipping

where to go, what to know



Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

Awgrymiadau Defnyddiol Top Tips



Y modd gorau i weld creaduriaid y pyllau yw i fynd i drochi pyllau. Byddwch angen rhwyd â thyllau mân ynddi, jar neu focs plastig a chwyddwydr neu feicrosgop.

- Ysgubwch y rhwyd yn araf a thawel trwy'r dŵr.
- Ceisiwch bysgota creaduriaid o islaw'r dŵr yn ogystal â rhai ar wyneb y dŵr.

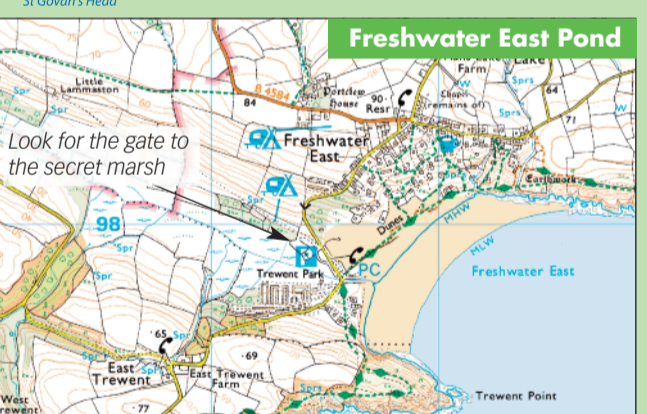
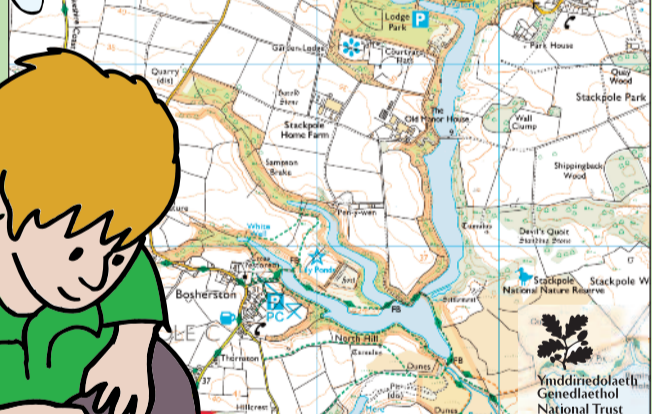
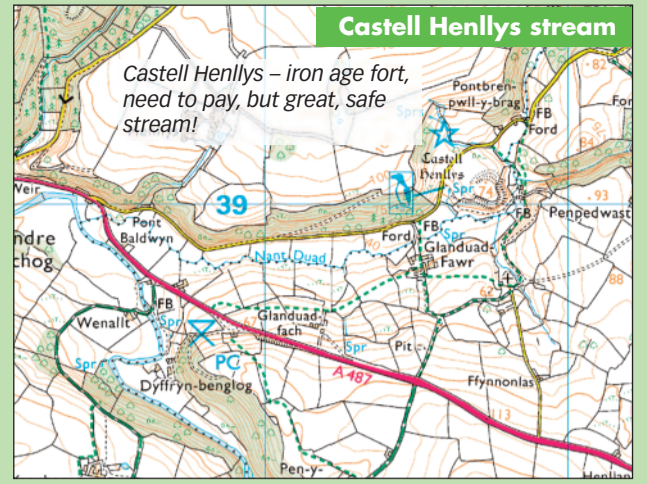
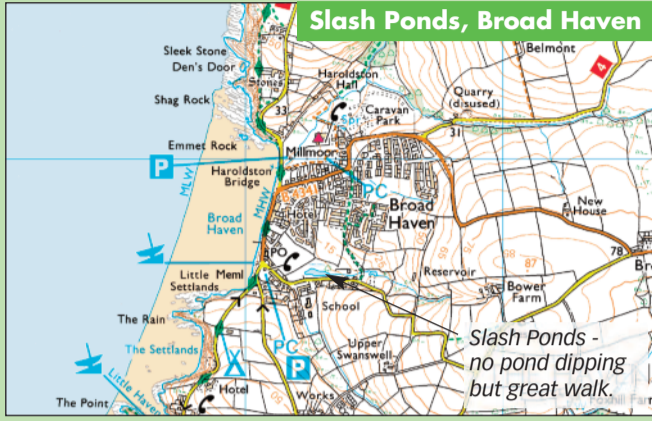
- Gwagiwch y rhwyd yn ofalus i mewn i'ch jar neu focs.
- Edrychwch ar y creaduriaid i gyd – a oes ganddyn nhw goesau, cynffon, crafangau, adenydd?
- Rhoddwch y creaduriaid a'r dŵr yn ôl yn y pwll yn ofalus.

The best way to spot pond creatures is to **go pond dipping**. You'll need a **net** with tiny holes, a **plastic jar or container** and a **magnifying glass** or microscope.

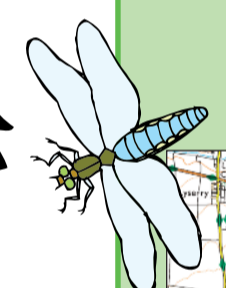
- Sweep your net gently through the water
- Try to scoop creatures from below the water as well as on the surface
- Empty it carefully into your container
- Look at all the creatures – do they have legs, tails, claws, wings?
- **Return the creatures and the water back in to the pond carefully**

Mae Sir Benfro'n adnabyddus am ei arfordir, ond ceir digonedd o safleoedd dŵr croyw â thoreth o fywyd gwylt ichi eu harchwilio.

Pembrokeshire is renowned for its coast, but there are plenty of fresh water sites with a wealth of wildlife for you to explore.



Yellow flag iris
Iris felen



Dragonfly
Gwas y neidr



Grey wagtail
Siglen Lwyd



Marsh marigold
Gold y gors



Frog
Broga
Frog spawn
Broga griff



Whirligig beetle
Chwyrlligwgan



Pond skater
Sglefwr y dŵr



Mayfly
Ceren Fai



Toad
Llyffant



Tadpoles
Penbwl



Water boatman
Ceffyl dŵr



Midge larvae
larfa gwybed



Pond snail
Malwen y pwll



Dragonfly nymph
Nymff gwas y neidr



Ramshorn snail
Malwen corn maharen



Diving beetle
Chwilen blymio fawr



Damselfly nymph
Nymff mursen



Water louse
Llau'r dŵr



Mayfly nymph
Nymff cleren Fai



Caddisfly larva
Larfae pry gwellt



Newt
Madfall y dŵr



Freshwater shrimp
Berds y dŵr croyw



Water scorpion
Sgorpion y dŵr