

Mae gwledd i'r synhwyrâu'n eich disgwyl yr haf hwn ar ein llwybr synhwyrâu. Dilynwch y symbolau, teimlwch eich ffordd drwy'r glaswellt hir, gwrandwch ar yr adar yn canu a gwylwch y cysgodion yn dawnsio wrth i chi grwydro'r parcdir.

Creodd y teulu Morgan y lle arbennig hwn i allu mwynhau'r byd naturiol o'u cwmpas. Ymgollwch eich hun yn y synau a'r golygfeydd – gadewch i fyd natur sbarduno eich synhwyrâu!

Excite your senses this summer with a sensory trail. Follow the symbols, feel your way through long grass, listen to the birds and watch the dancing shadows as you explore the parkland.

The Morgan family created this magnificent place so they could enjoy the natural world around them. Immerse yourself in the sights and sounds, let nature spark your senses!



Ar eich marciau, barod, ewch!










Get set, ready, go!



Porthdai Gatehouses



KEY	
	Water
	Tarmac/gravel
	Light vegetation/rocks
	Dense vegetation/woodland
	Path
	Boundary
	Car park





1

Teimlwch y coblau anwastad oddi tanoch.
Sut maen nhw'n teimlo wrth i chi symud drostyn nhw?

Feel the lumpy bumpy cobbles beneath you.
How do they feel as you move across them?



2

Gwrandwch ar y dŵr yn byrlymu wrth lifo.
Sut fyddech chi'n disgrifio'r sŵn?

Listen to the bubbling water as it flows.
How would you describe the sound?



3

Gwylwch y cysgodion tywyll yn dawnsio ar draws y llwybr.
Ydyn nhw'n newid wrth i'r haul symud y tu ôl i'r cymylau?

Watch the dappled shadows dance across the path.
Do they change as the sun moves in and out of the clouds?

4

Symudwch eich llaw ar draws rhisgl y Cochwydd Enfawr.
Sut mae'n teimlo? Caled a garw, neu feddal a sbyngaidd?



Move your hand across the bark of the towering Giant Redwoods. How does it feel? Is it hard and gnarly, or soft and spongy?



5

Mae adar yn hoff iawn o ynysoedd y llyn. Maen nhw'n rhoi lle diogel iddyn nhw nythu a gorffwys.
Ydych chi'n gallu eu clywed nhw'n sgwrsio?

The lake islands are a favourite spot for birds, they provide a safe space for them to nest and rest. Can you hear their chatter?



6

Yw'r arogleuon yn yr aer yn newid wrth i chi grwydro o'r llwybr deiliog i'r coetir llawn pridd? Sut mae'n arogli?

Can you notice the different scent in the air as you wander from the leafy path and into the earthy woodland?
How does it smell?





Y boncyffion hyn yw'r cartref perffaith i bryfed, gyda'u siapiau a gweadau unigryw. O'r rhisgl tolcio i fwsogl meddal, allwch chi deimlo'r gwahaniaethau rhwng pob boncyff?

7 These logs make the perfect home for insects with their unique shapes and textures. From bumpy bark to fuzzy moss, can you feel the differences between each log?



8 Stopiwch am eiliad ac edmygu'r olygfa. Sawl math gwahanol o wyrdd allwch chi weld?

Take a moment to pause and admire the view. How many shades of green can you spot?



9 Dolydd naturiol yw'r cynefin perffaith i bryfed. Edrychwch drwy'r glaswellt hir. Faint allwch chi ffeindio?

Natural meadows make the perfect habitat for insects. Take a peek into the long grass, how many can you find?



10 Cyffyrddwch yn dyner â dail y coed o'ch cwmpas. Pa weadau gwahanol allwch chi deimlo? Ydyn nhw'n llyfn, yn llawn rhychau neu'n bigog hyd yn oed?

Gently touch the leaves on the trees around you. What are the different textures you can feel? Are they smooth, ridged or even spikey?



Mentrwch oddi ar y llwybr i mewn i ardal chwarae'r coed. Mae 'na lawer o siapiau, lliwiau a gweadau o'ch cwmpas. Faint o wahaniaethau allwch chi weld wrth grwydro?

11 Venture off the path and into the wooded play area. There are lots of shapes, colours and textures all around you. How many differences can you spot as you explore?



Mae'r pwll dŵr bob amser yn fwrlwm o fywyd gwyllt. Mae gwenyn, pili-palod ac ieir bach yr haf yn dwlu ar y lle 'ma! Stopiwch a gwrandwch. Beth allwch chi glywed?

The pond is always busy with wildlife. Birds, bees and butterflies love it here! Stop and listen, what you can hear?





Adeiladodd y teulu Morgan y stabl yma fel cartref i'w ceffylau, ond ry'n ni'n croesawu gwesteion llai o faint yn yr haf. Edrychwch i fyny – ydych chi'n gallu gweld y gwenoliaid yn plymio i mewn ac allan o'u nythod?

13

The Morgan family built this stable as a home for their horses, but it seems we have some smaller summer guests. Look up and see if you can see the swooping swallows diving in and out of their nests.



14

Symudwch eich llaw dros y cerrig yn y cylch. Sut maen nhw'n teimlo? Ydyn nhw'n boeth neu oer, yn arw neu'n llyfn?

Move your hand over the stones in the circle. How do they feel? Are they warm or cold, rough or smooth?



15

Gwrandwch ar y cerrig mân yn crensiân. Yw'r sŵn yn newid os symudwch chi drostyn nhw mewn ffordd wahanol?

Listen to the crunchy gravel, does it sound different if you change the way you move across it?

Dewch yn ôl a chrwydro'r parcdir gydol y flwyddyn!
Sblasiwch o gwmpas yng nglaw'r haf neu ciciwch eich ffordd drwy bentyrrau o ddail yr hydref.

Come back and explore the parkland all year round!
Splash around in the summer rain or rustle through the autumn leaves.
Let nature inspire you!

