

Croeso i Warchodfa Natur Genedlaethol Pant y Sais

Hafan i fywyd gwylt gerllaw Abertawe ddiwydiannol

Mae llawer o debygrwydd rhwng Gwarchodfa Natur Genedlaethol Pant y Sais a chors gyfagos – ond llawer mwy – Crymlyn, i'r gorllewin. Mae'r gwelyau cyrs a hesg yn gartref i amrywiaeth o blanhigion, adar a phryfed y gwlyptir.

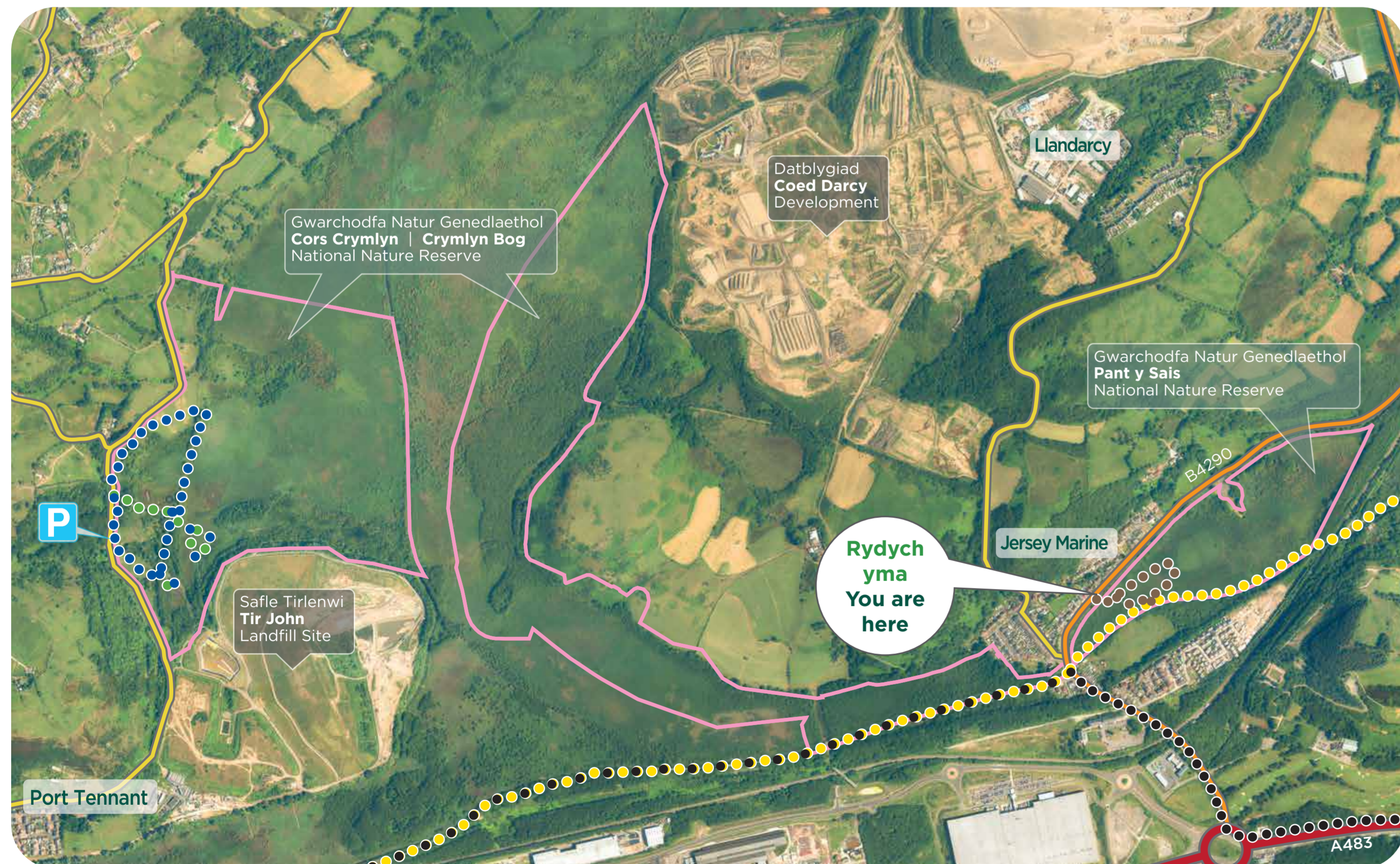
Yn rhedeg ochr yn ochr â Phant y Sais mae Camlas Tennant. Yn ogystal ag amrywiaeth o adar a gweision neidr, mae glan y gamlas hefyd yn gartref i gorrn raffio'r ffen – coryn mwyaf Prydain.

Welcome to Pant y Sais National Nature Reserve

A wildlife haven close to industrial Swansea

Pant y Sais National Nature Reserve shares many similarities with the nearby – but much larger – Crymlyn Bog to the west. The reed and sedge beds are home to a range of wetland plants, birds and insects.

Running alongside Pant y Sais is the Tennant Canal. Along with a variety of birds and dragonflies, the banks of the canal are also home to the fen raft spider – Britain's largest spider.



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Llwybr Pant y Sais
Pant y Sais Walk

Hygyrch | Accessible
Pellter | Distance: ¼m | 0.5km
Amser | Time: ¼ awr | hour

UCHAFBWYNTIAU: Profi calon y ffen ar y llwybr pren. Yr haf yw'r amser gorau i ymweld â ni er mwyn clywed cân yr adar a gweld y sioe o flodau gwylt.

HIGHLIGHTS: Experience the heart of the fen on the boardwalk. Summer is the best time to visit to hear the birdsong and see the display of wildflowers.

Beth allwch chi ei wneud oddi yma?

Dilynwch ein llwybr pren cylchol i ganol y ffen. O ben arall y llwybr pren gallwch hefyd ddilyn y llwybr tynnu sy'n rhedeg wrth ochr Camlas Tennant. Gallwch ddilyn y llwybr hwn ar hyd ffen Pant y Sais a thu hwnt i'r warchodfa i'r ddau gyfeiriad, cyn belled ag Abertawe a Chastell-nedd.

What can you do from here?

Follow our circular boardwalk which takes you into the heart of the fen. From the other end of the boardwalk you can also follow the towpath which runs alongside the Tennant Canal. You can follow this along the whole length of Pant y Sais Fen, and beyond the reserve in either direction as far as Swansea and Neath.



Beth i chwilio amdano

Yr haf yw'r amser gorau o'r flwyddyn i ymweld â Phant y Sais, pan fydd y warchodfa'n fyw o swm cân yr adar. Mae'r haf hefyd yn amser da i weld y gwahanol blanhigion gwlyptir, gweision neidr a bywyd gwylt arall sy'n byw yma.

Ffen anhygoel ar gyfer pryfaid

Rhaid i'r wobwr fynd i gorrn raffio'r ffen – coryn mwyaf a mwyaf prin Prydain. Chwiliwch am y gweision neidr niferus a mursennod sy'n hofran a gwibio ar draws y ffen a'r gamlas.

Gwelyau cyrs gwych ar gyfer adar

Mae niferoedd mawr o delorion y cyrs a thelorion yr hesg yn magu yma, ynghyd â thelor Cetti, y troellwr bach, bras y cyrs a'r rhegen ddŵr. Ymwelwyr prinnach, sydd fel arfer yn gysylltiedig â ffeniau Dwyrain Anglia, yw aderyn y bwn, bodda'r gwerni a'r titw barfog.

Planhigion y gwlyptir

Ymysg y cyrs a'r hesg, ceir blodau gwlyptir arbennig fel y gellesgen, pummalen y gors a'r llafnlys mawr. Chwiliwch am glystyrau mawr o redyn cyfrdwy – sy'n arbennig i Bant y Sais.

What to look out for

The best time of year to visit Pant y Sais is during the summer, when the reserve is alive with the sound of bird song. This is also a good time to see the various wetland plants, dragonflies and other wildlife which live here.

Fantastic fen for bugs

The prize has to go to the fen raft spider – Britain's largest and rarest spider. Look out for the numerous dragonflies and damselflies that hover and dart across the fen and the canal.

Reedbeds great for birds

Large numbers of reed warblers and sedge warblers breed here, along with Cetti's warbler, grasshopper warbler, reed bunting and water rail. Scarcer visitors, normally associated with the East Anglian fens, include bittern, marsh harrier and bearded tit.

Wetland flora

Amongst the reed and sedges, special wetland flowers include yellow iris, marsh cinquefoil and greater spearwort. Look out for the big clumps of royal fern – a Pant y Sais speciality.

ER EICH DIOGELWCH:

- Pan fyddwch allan ar y ffen cadwch at y llwybr pren os gwelwch yn dda gan fod tir gwlyb peryglus o gwmpas – nid ydym am i chi suddo a marw.
- Camlas gyda dŵr dwfn – cadwch at y llwybr tynnu, cadwch oddi wrth ymyl y dŵr a phedwch â noffio.
- Gall y llwybr tynnu fod yn fwydlyd mawr tywydd gwlyb – gwisgwch esgidiau sydd â gafael da.

FOR YOUR SAFETY:

- Please stick to the boardwalk when out on the fen as there is dangerous wet ground – we don't want you to sink and die.
- Canal with deep water – stick to the towpath, keep away from the water's edge and do not swim.
- The towpath can be muddy in wet weather – wear footwear with a good grip.