

Glaswelltiroedd Gwlyb

Gweddnewidiwyd y ddôl hon trwy feddwl yn glyfar. Ar un adeg, roedd wedi ei gorchuddio gan laswelltau a brwyn trwchus. Yna, fe dorrodd y ffermwr y rhain yn ôl a daeth â gwartheg duon Cymreig i'r ddôl.

Gwledd o liw

Gyda digon o le i dyfu a hadu, mae'r ddôl wedi'i gorchuddio dan flodau gwyllt. Y carwe troellog yw'r blodyn mwyaf nodedig sydd yno, sef blodyn Sir Gaerfyrddin. Mae'n gyffredin yn ne-orllewin Cymru ond prin iawn y caiff ei weld mewn ardaloedd eraill. Ym mis Gorffennaf, mae ei flodau gwyn mor doreithiog fod rhannau o'r cae hwn yn edrych fel petaent wedi eu gorchuddio gan eira'r Haf.

Mwy o newidiadau

Wrth sathru'r tir gyda'u carnau trymion, mae ein gwartheg yn parhau i greu amodau perffaith i bryfed a phlanhigion, megis blodyn llefrith, i ffynnu.

Seiniau swynol yr Haf

Wrth i chi gerdded trwyddo, gwrandewch am sgyrtian sioncyn y gwair a'r cricsyn, a mwman y gwybed hofran a'r gwenyn sy'n peillio.

Wet Grasslands

This meadow has been transformed by some clever thinking. It used to be covered by thick grasses and rushes. Then the farmer cut these back and brought in Welsh black cattle.

An explosion of colour

With space to flower and seed, the meadow has blossomed with wild plants. Most notable is Carmarthenshire's county flower, the whorled caraway. This is common in south-west Wales but rare elsewhere. In July its white flowers are so abundant that parts of this field look like they are covered by summer snow.

More change

By poaching the ground with their heavy hooves, our cattle continue to create conditions for insects and plants, like lady's smock, to thrive.

Summer brings new sounds

As you pass through, listen out for the fizzing chatter of grasshoppers and crickets, and the buzz of hoverflies and pollinating bees.



Carwe Troellog
Whorled Caraway
- *Carum verticillatum*



Blodyn Llefrith
Lady's Smock
- *Cardamine pratensis*



Sioncyn Gwyrdd y Gwair
Green Grasshopper
- *Omocestus viridulus*