

## Croeso i Cors Fochno - rhan o Warchodfa Natur Genedlaethol Dyfi (GNG)

Mae'r warchodfa fawr hon yn cwmpasu dros 2,000 hectar, ac mae'n cynnwys tair prif ardal a nifer o wahanol gynefinoedd ar gyfer bywyd gwylt a phlanhigion.

**Cors Fochno:** one of the largest and finest remaining examples of a raised peat bog in Britain.

**Twyni Ynyslas:** y twyni mwyaf yng Ngheredigion ac er ei bod yr ardal leiaf yng Ngwarchodfa Natur Genedlaethol Dyfi, dyma'r ardal sy'n derbyn y nifer mwyaf o ymwelwyr.

**Aber Afon Dyfi:** gydag ardaloedd eang o bwysigrwydd rhyngwladol o fflatiau llaid, banciau tywod a morfa heli sy'n darparu ardaloedd bwydo pwysig i adar dŵr.

## Welcome to Cors Fochno - part of the Dyfi National Nature Reserve

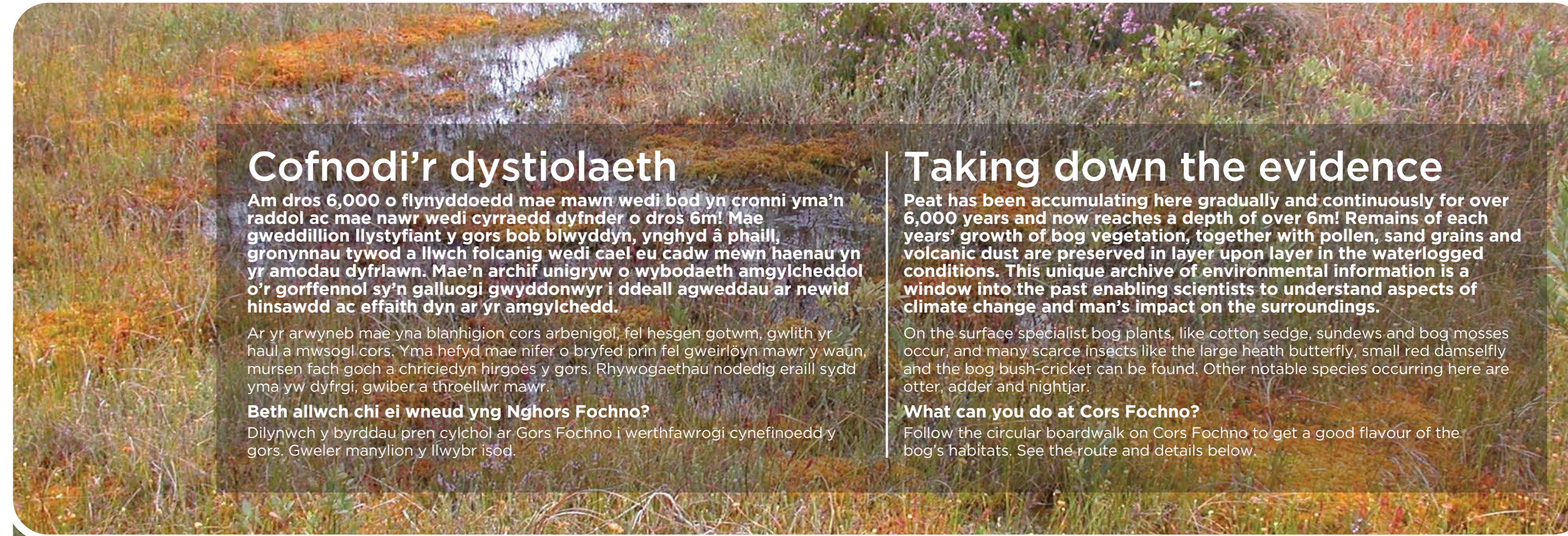
This large reserve covers an area of over 2,000 ha, and is made up of three main areas and many different habitats for wildlife and plants.

**Cors Fochno (Borth Bog):** one of the largest and finest remaining examples of a raised peat bog in Britain.

**Ynyslas Dunes:** the largest dunes in Ceredigion and although the smallest of the three areas of the Dyfi NNR, by far the most visited.

**The Dyfi Estuary:** with large areas of internationally important mudflats, sandbanks and saltmarsh that provide important feeding areas for waterfowl.

## Llwybrau Cerdded Cors Fochno Walk



### Cofnodi'r dystiolaeth

Am dros 6,000 o flynyddoedd mae mawn wedi bod yn cronni yma'n raddol ac mae'n nwr wedi cyrraedd dyfnder o dros 6m! Mae gweddillion llystyfiant y gors bob bliwyddyn, ynghyd â phaili, gronynnau tywod a llwch folcanig wedi cael eu cadw mewn haenau yn yr amodau dyfrlawn. Mae'n archif unigryw o wybodaeth amgylcheddol o'r gorffennol sy'n galluogi gwyddonwyr i ddeall agweddau ar newid hinsawdd ac effaith dyn ar yr amgylchedd.

Ar yr arwyneb mae yna blanhigion cors arbenigol, fel hesgen gotwm, gwllth yr haul, a mwsogl cors. Yma hefyd mae nifer o bryfed prin fel gweirlynn mawr y waun, mursen fach goch a chriciedyn hirgoes y gors. Rhywogaethau nodedig eraill sydd yma yw dyfrgi, gwiber a throellwr mawr.

#### Beth allwch chi ei wneud yng Nghors Fochno?

Dilynwch y byrddau pren cylchol ar Gors Fochno i werthfawrogi cynefinoedd y gors. Gweler manylion y llwybr isod.

### Taking down the evidence

Peat has been accumulating here gradually and continuously for over 6,000 years and now reaches a depth of over 6m! Remains of each years' growth of bog vegetation, together with pollen, sand grains and volcanic dust are preserved in layer upon layer in the waterlogged conditions. This unique archive of environmental information is a window into the past enabling scientists to understand aspects of climate change and man's impact on the surroundings.

On the surface specialist bog plants, like cotton sedge, sundews and bog mosses occur, and many scarce insects like the large heath butterfly, small red damselfly and the bog bush-cricket can be found. Other notable species occurring here are otter, adder and nightjar.

#### What can you do at Cors Fochno?

Follow the circular boardwalk on Cors Fochno to get a good flavour of the bog's habitats. See the route and details below.

### MEWN ARGYFWNG

Ffoniwch 999.

### PERYGLON

Arhoswch ar y byrddau cerdded pren - peidiwch â suddo na mynd yn sownd!

### FEL Y GALL PAWB EU MWYNHAU

- Dim cŵn os gwelwch yn dda, i osgoi aflonyddu ar fywyd gwylt sensitif
- Dim gwersylla dros nos na defnyddio cerbydau gwersylla yn y Warchodfa
- Dim tanau

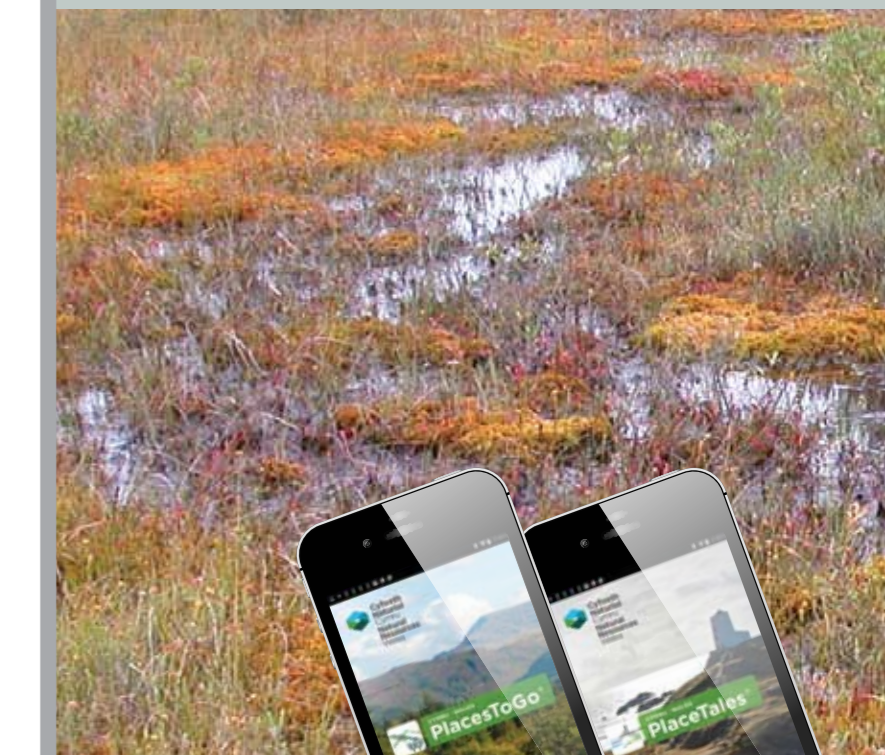
### IN CASE OF AN EMERGENCY Call 999.

### HAZARDS

Please stay on the boardwalk - we don't want you to sink or get stuck.

### FOR EVERYONE TO ENJOY

- No dogs please, to avoid disturbing sensitive wildlife
- No overnight camping or use of motorhomes on the Reserve
- No fires



LAWRLWYTHWCH EIN **HAPIAU DI-DŌL** ar gyfer Android ac iPhone

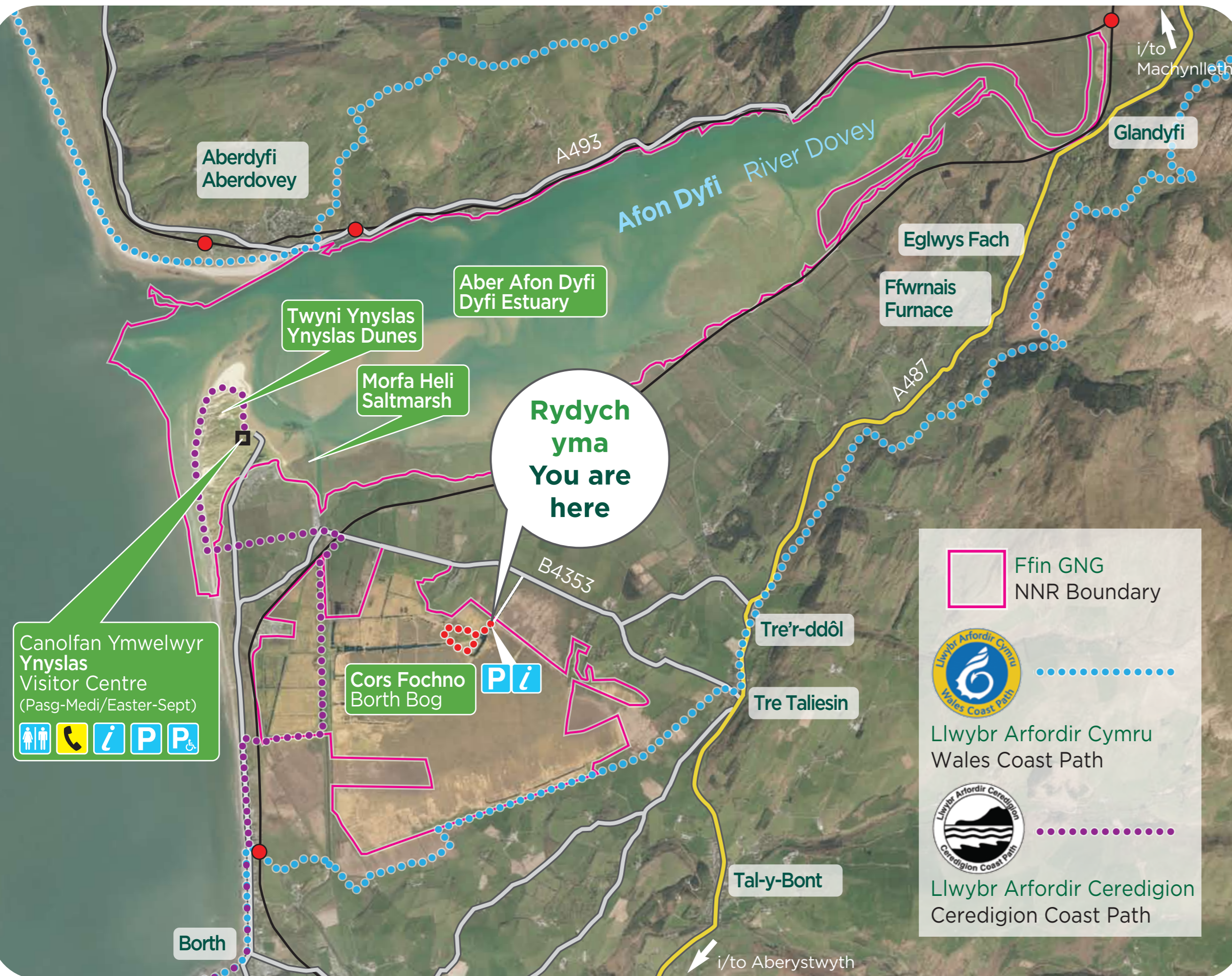
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I ganfod nodweddion hynod ddfyr yng nghoedwigoedd CNC a Gwarchodfeydd Natur Cenedlaethol. To discover fascinating features in NRW forests and National Nature Reserves.



Rydych yma  
You are here

Rydych yma  
You are here

### Llwybr Cors Fochno Cors Fochno Walk

Dilynwch yr arwyddion coch  
Follow the red waymarker symbol

**Hawdd**  
Pellter: 1 milltir/1½km  
Amser: ¾ - 1 awr

**UCHAFBWYNTIAU:**  
Arwyneb lliwgar y gors - tapestri aur a choch o fwsoglau migwyn. Edrychwch am rywogaethau prin ac anghyffredin yn cynnwys gweirlynn mawr y waun (ym Mehefin), mursen fach goch (canol haf) a phlanhigion sy'n bwyta pryfed fel gwllth yr haul.

**Easy**  
Distance: 1 mile/1½km  
Time: ¾ - 1 hour

**HIGHLIGHTS:**  
The bog's colourful surface - a tapestry of gold and red sphagnum mosses. Look out for rare and unusual species including large heath butterfly (in June), the small red damselfly (mid summer) and insect-eating plants like the sundew.



Gwllthlys mawr  
Greater sundew



Gweirlynn mawr y waun  
Large heath butterfly

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