

Dewch i fwynhau Llwybr Iechyd a Llesiant y Gweirgloddiau



Golygfa o'r weirglodd Meadow view



Pysen y ceirw Common bird's-foot-trefoil



Y bengaled Common knapweed



Come and enjoy the Meadows Health and Wellbeing Route

Profwch Llwybrau Iechyd a Llesiant y Gweirgloddiau sy'n cysylltu Ysbyty Prifysgol Cymru â gweirgloddiau Parc y Mynydd Bychan. Mae tro drwy'r gweirgloddiau'n cynnig pob math o liwiau, arogleuon a synau ym mhob tymor.

Mae'r lle gwyrdd a hardd yma ar gael i staff, cleifion, ymwelwyr a'r gymuned leol i ymlacio a mwynhau bod ymysg blodau ac anifeiliaid y weirglodd. Rhowch gynnig ar y llwybr oren am gylchdaith hamddenol braf 15 munud o'r ysbyty ac o gwmpas y weirglodd agosaf. Mae'r llwybr porffor yn mynd â chi am dro 35 munud o gwmpas dolydd gwlyb y parc. Y llwybr glas yw Llwybr Crwydro Parc y Mynydd Bychan.



Sganiwch y cod QR yma i fynd at weithgaredd i blant i ddod i nabod bywyd gwylt ym Mharc y Mynydd Bychan

Oeddech chi'n gwybod?
Gall edrych ar ddôl o flodau gwylt am ddim ond chwe eiliad ostwng eich pwysedd gwaed!



Am rithdaith ar hyd y llwybr porffor, sganiwch y cod QR neu ewch at <https://arcg.is/DXXar>

Experience the Meadows Health and Wellbeing Routes connecting University Hospital of Wales to the meadows at Heath Park. A walk through the meadows provides an array of colours, smells, and sounds in all seasons.

This beautiful green space is available for staff, patients, visitors, and the local community to unwind, and enjoy being among meadow plants and animals. Try the orange route for a gentle 15-minute circular walk from the hospital and around the nearest meadow. The purple route takes you on a 35-minute stroll of the park's wet meadows. The blue route is Heath Park's Explorer Trail.



Scan this QR code to access a children's activity for exploring wildlife at Heath Park

Did you know?
Looking at a wild flower meadow for just six seconds can lower your blood pressure!

Key

Llwybrau cerdded | Walking routes

- Oren - 1km, 15mun
- Glas - 1.8km, 60mun
- Porffor - 2km, 40mun
- Orange - 1km, 15mins
- Blue - 1.8km, 60mins
- Purple - 2km, 40mins

- Llwybrau troed | Footpaths
- Ffyrdd | Roads
- Nant/Dŵr | Stream/Water
- Coetir | Woodland
- Dôl | Meadow
- Pwll | Pond
- Mynedfa | Entrance
- Ardaloedd mwdlyd iawn Extra muddy areas
- Meinciau Benches
- Maes chwarae Playground
- Coed ceirios Cherry trees



Llysiâu'r gingroen Common ragwort



Coden hadau pysen y ceirw Common bird's-foot-trefoil seed pod



Haidd y mur Wall barley



Hwb Dolydd (Cymraeg) meadows.plantlife.org.uk/cy/home-2/



Darlun gan | Illustration by Andrew Evans



Meadows' Hub (English) meadows.plantlife.org.uk/