

# TRAIL GUIDE

a million voices for nature



RSPB Conwy nature reserve



Wonder at the amazing views of Snowdonia and Conwy Castle from our coffee shop. We have quizzes, trails and activities to keep even the smallest visitors entertained. Our wetland habitat – it's the ideal way to get closer to nature in Conwy Valley.

## Finding your way around Conwy nature reserve



- Blue tit trail**  
 Just a short walk (a third of a mile) and accessible to all, this trail leads you along the Boardwalk, through the reedbed and back up through our wildlife garden. This is your chance to get a glimpse of wetland wildlife, as well as some of the more regular visitors to our bird feeders.
- Redshank trail**  
 This path incorporates the Blue tit trail and also takes you a little further onto the reserve, to our first and second viewing hides. The trail is almost a mile long and crosses the bridge pond, bringing you back through the wildlife garden. Accessible to all but may be muddy or uneven in places. Redshanks are one of the wetland birds you may see from the hides.
- Grey heron trail**  
 This trail is about two miles and takes you right around the perimeter of the reserve. Check out the wildlife on the estuary saltmarsh or enjoy the stunning views of the Carneddau mountain range and Conwy Castle. Accessible to all but muddy and uneven in places, with areas that may be more challenging to wheelchair users.

**Key:**

- Water
- Reedbed
- Grassland and shrubs
- Saltmarsh
- Visitor centre
- Car park
- Toilets
- Railway line
- Viewpoint

**Did you know?**  
 The word Conwy comes from "cawn" meaning reeds, and "wy" meaning bend. This makes Conwy the reeds on the bend of the river!

**Other local RSPB reserves and events you might like to visit:**  
**RSPB South Stack Cliffs, near Holyhead, Anglesey**  
 Tel: 01407 764973 Web: [www.rspb.org.uk/southstack](http://www.rspb.org.uk/southstack)  
 Enjoy a close-up view of a wonderful cliff-side nesting colony. See gullinests, razorbills and puffins raising their young from April to July, and get great views of rare choughs too.  
**Glaslyn ospreys Date with Nature event**  
 Tel: 029 2035 3008 Web: [www.rspb.org.uk/datewithnature/sites/glaslyn](http://www.rspb.org.uk/datewithnature/sites/glaslyn)  
 An amazing chance to see Wales' only regular breeding pair of ospreys from April to August. Situated on the picturesque Glaslyn estuary near Porthmadog.

We would like to thank the following organisations for their support:

We have a guided walk every Saturday morning at 11am where you can learn more about the wildlife of Conwy wetlands from one of our experts. We run lots of other events throughout the year, including bird bingo and minibeast hunting for children, grown-up pond dipping, photography workshops and much more.

**For dates, prices and full details about all our events, please visit [www.rspb.org.uk/conwy](http://www.rspb.org.uk/conwy)**

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The RSPB speaks out for birds and wildlife, tackling the problems that threaten our environment. Nature is amazing – help us keep it that way.

Map: © Crown copyright. All rights reserved. RSPB licence 100021787  
 The Royal Society for the Protection of Birds (RSPB) is a registered charity. England and Wales no. 207076, Scotland no. SC037654. GCYK1628-09-10 (all rspb-images.com).  
 Images: front cover by Jodie Randall and Iapwing by Andy Hay

# Welcome

What can you make from the mud left over from the building of a tunnel under the Conwy estuary? A nature reserve!

We created RSPB Conwy nature reserve to be a great place for wildlife and people. Your encounter with nature at the edge of Snowdonia will leave you feeling relaxed and refreshed.

Start your visit with a warm welcome in our visitor centre, where you can learn about the wildlife you might see on the reserve. Our Waterside coffee shop has brilliant views and is well worth a visit in its own right, or to rest your legs after a walk. Pop into the RSPB shop to find a fantastic range of gifts, wildlife gardening products and a specialist binocular and telescope department.



We manage the wetland habitats, so that they're in perfect condition for breeding lapwings.

## Take part

We have a guided walk every Saturday morning at 11am where you can learn more about the wildlife of Conwy wetlands from one of our experts. We run lots of other events throughout the year, including bird bingo and minibeast hunting for children, grown-up pond dipping, photography workshops and much more.

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“ We loved bird bingo which got us all involved – what a beautiful oasis for wildlife. ”

Listen for a noise like a pig squealing in the reedbed, it's a water rail letting the world know you are there.

Sometimes we graze ponies around the Grey heron trail to keep the grass short for breeding lapwings.

The Bridge pond on the Redshank trail is a good place to see a kingfisher.

The wildlife garden on the Blue tit trail might provide inspiration for your garden.

In the pine trees on the other side of the estuary, you might spot herons and little egrets.

Follow the coastal footpath and cycle way to Llandudno or Conwy, along the banks of the river Conwy.

Dewch i ryfeddau y golygfeydd lwybrau a drwy ein cynefin ddyfodol i agosáu at fyd natur yn Conwy o'n stop goffi.

Mae yma ymweiliwr lleiaf: Nffryn Conwy.



**ARWEINIAD LLWYBRAU**  
Gwarchodfa natur RSPB Conwy

miliwn o leisiau dros fyd natur

**Crwydro'r warchodfa Gwarchodfa natur Conwy**



**Llwybr y titw tomos las**  
Taith fer (tua thraean o filltir) a hawdd i bawb, sy'n eich tywys ar hyd y Llwybr Pren, drwy'r cyrs ac yn ôl i fyny drwy'r ardd fywyd gwyllt. Dyma eich cyfle i gael cipolwg ar fywyd gwyllt y gwlyptir, yn ogystal â rhai o'r ymweiliwr mwyaf rheolaidd â'n bwydyr adar.

**Llwybr y pibydd coesgoch**  
Mae'r llwybr hwn yn cynnwys llwybr y titw tomos las ac yn eich tywys ychydig ymhellach i'r warchodfa at ddwy o'n cuddfannau gwlyio adar. Mae'r llwybr bron i filltir o hyd ac yn croesi pwll y bont, cyn dod â chi'n ôl drwy'r ardd fywyd gwyllt. Llwybr hawdd i bawb ond fe all fod yn lleidiog ac yn anwastad mewn mannau. Mae'r pibydd coesgoch yn un o'r adar yr ydych yn debygol o'i weld o'r cuddfannau.

**Llwybr y creyr glas**  
Mae'r llwybr hwn tua dwy filltir o hyd ac yn eich tywys o amgylch ffiniau'r warchodfa. Dewch i wylio'r bywyd gwyllt ar forfa heli'r aber neu i fwynhau'r golygfeydd bendeddig o grib mynyddoedd y Carneddau a Chastell Conwy. Llwybr ar gyfer pawb ond yn lleidiog ac yn anwastad mewn mannau, gydag ambell i fan a all fod yn dipyn o her i ddefnyddiwr cadair-olwyn.

**RSPB**  
Mae'r RSPB yn gweithio dros adar a bywyd gwyllt ac yn mynd i'r afael â'r problemau sy'n bwyntu ein hamgylchedd. Mae byd natur yn anhygoel – dewch i'n heipau i'w warchod.

Map: @hawtraith  
Mae'r Gymdeithas Frenhinol o'r Cwarchod Adar (RSPB) yn elusen gofrestrig: Cymru a Lloegr nhl 207076, yr Alban nhl SC037664. GCY1628-09-10 (rspb-images.com i gyd).

**Digwyddiad Amser i Fyd Natur Gweilch y Pysgod Glaslyn**  
Ffôn: 029 2035 3008  
Gwefan: [www.rspb.org.uk/datwethnatures/sites/glaslyn](http://www.rspb.org.uk/datwethnatures/sites/glaslyn)

Cyfle anhygoel rhwng mis Ebrill ac Awst i weld yr unig bâr o weilch y pysgod sy'n nrythu'n rheolaidd yng Nghymru. Mae'r safle ar lannau'r afon Glaslyn hardd ar y Traeth Mawr ger Porthmadog.

Hoffem ddiolch i'r sefydliadau canlynol am eu cefnogaeth:

**Am ddyddiadau, prisiau a manylion llawn am ein holl weithgareddau, ewch i [www.rspb.org.uk/conwy](http://www.rspb.org.uk/conwy)**

**Gwarchodfeydd a digwyddiadau lleol eraill yr RSPB yr hoffech ymweld â hwy:**  
Clogwyni Nys Lawd yr RSPB, ger Gaerbybi, Ynys Môn  
Ffôn: 01407 764973  
Gwefan: [www.rspb.org.uk/southstack](http://www.rspb.org.uk/southstack)

**Cymryd rhan**

Rydym yn cynnal taith gyda thwyysydd bob bore Sadwrn am 11 y bore. Dewch i ddyfsgu mwy am fywyd gwyllt gwlyptiroedd Conwy gydag un o'n hardenigwyr. Rydym yn cynnal llawer o ddiwyddiadau eraill drwy gydol y flwyddyn, yn cynnwys bingo adar a chwiliadau am chwiliod i'r plant, rhywot'r pwll, gweithdai ffotograffiaeth a mwy.

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**Yn yr ardal hon...**  
Gwarchodfeydd a digwyddiadau lleol eraill yr RSPB yr hoffech ymweld â hwy:



**Crosso**

Beth allwch chi ei greu o'r llaid a adewir ar ôl wedi adeiladu twnnel o dan aber Conwy? Gwarchodfa natur Cweryd gwarchodfa natur RSPB Conwy i fod yn fan gwyth i fywyd gwyllt a phobl. Rhydych yn siŵr o fwynhau eich ymweliad â byd natur ar gyron Eryri. Cewch golygfeydd gyda chrosso cynefn yn ein canolfan ymweiliwr, lle gallwch ddysgu am y bywyd gwyllt sydd i'w weld ar y warchodfa. Ceir golygfeydd gwych o'n stop goffi Glan y Dŵr – dewch i brofi'r bwyd blasus neu i offtwysu ar ôl crywdro. Cofiwch ymweld hefyd â stop yr RSPB lle mae ystod wych o anrhegion, cynnyrch gardd o'i fywyd gwyllt ac adran ysbiedndrych a thelesgop arbenigol.

**Allwedd:**

- Dŵr
- Cyrs
- Glaswelltir a phrysgwydd
- Morfa heli
- Canolfan ymweiliwr
- Maes parcio
- Toiletau
- Rheilffordd
- Golygfan

**Wyddoch chi?**  
Daw'r gair Conwy o'r gair "cawn" sy'n golygu hesg, ac "wy" sy'n golygu tro. Ystyr Conwy felly yw'r hesg ar y tro yn yr afon!

**Bydd yr ardd fywyd gwyllt ar Llwybr y titw tomos las yn eich ysbrydoli gyda syniadau ar gyfer eich gardd.**

**Mae Pwll y Bont ar Llwybr y pibydd coesgoch yn llecyn da i weld glas y dorlan.**

**Ambell dro rydym yn pori merlod o amgylch Llwybr y creyr glas i gadw'r glaswellt yn fyrlai bod y corchwiglod yn gallu nythu.**

**Gwrandewch am siŵn fel mochyn yn gwichian yn y cyrs. Rhegen y dŵr yw hon sy'n gadael i'r byd wybod eich bod chi yno.**

**Dilynwch llwybr yr arfordir a'r ffordd felciau i Landudno neu Gonwy, ar hyd glannau'r afon Conwy.**

**Yn y coed pin yr ochr draw i'r aber, efallai y gwelwch y creyr glas a'r creyr bach.**