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Wales

Arweiniad i'r Warchodfa  
Guide to Reserve



## Gwarchodfa Natur Genedlaethol

# Cadair Idris

## National Nature Reserve

// Darganfyddwch y warchodfa fynyddig hon a pharcdir Dôl Idris

Discover this mountain reserve and  
Dôl Idris parkland



[cyfoethnaturiol.cymru](http://cyfoethnaturiol.cymru)  
[naturalresources.wales](http://naturalresources.wales)



**Cymru  
Wales**



## Croeso i barcdir Dôl Idris a Gwarchodfa Natur Genedlaethol Cadair Idris

**Parcdir hardd wrth droed Cadair Idris yn ne Parc Cenedlaethol Eryri yw Dôl Idris. Mae yma lwybrau hygyrch o amgylch y parcdir, canolfan ymwelwyr a chaffi tymhorol efo lluniau byw o'r creaduriaid swil sy'n byw yno, llyn bach trawiadol a'i risiau pysgod, a choed egsotig.**

Mae hwn yn fan cychwyn poblogaidd i gerddwyr sy'n awyddus i weld a mwynhau harddwch Cadair Idris, ac i'r rhai sydd eisiau dysgu mwy am fywyd gwyllt a daeareg anhygoel y Warchodfa Natur Genedlaethol (GNG), sy'n codi tu cefn i'r Ganolfan Ymwelwyr.

Mae sawl llwybr y gallwch ei ddewis. Os yw'n well gennych dir gwastad rhowch gynnig ar daith gerdded hygyrch **Llyn Dôl Idris** Parc Cenedlaethol Eryri neu **Gylchdaith y Ddôl** sy'n hamddenol.

Mae'r ddwy daith - **Taith y Ceunant** gyda'i golygfeydd o'r rhaeadrau a **Thaith Pont Nant Cadair** â'i dringfa hirach yn mynd drwy'r 'Goedwig Law Geltaidd' lle mae'r awyr laith yn cynnig amodau delfrydol i fwsoglau sydd o bwys rhyngwladol.

I'r rheini ohonoch sy'n ddigon heini ac sydd wedi paratoi'n briodol, gallwch hefyd gerdded i ben Cadair Idris ar hyd **Llwybr Minffordd**. Nid oes arwyddbyst i'w cael ar y llwybr hwn a byddwch angen sgiliau darllen mapiau a llywio addas. Ceir mwy o fanylion ar banel Llwybr Minffordd.

Mae'r safle'n agos iawn i'r A487 ac mae yma faes parcio Talu ac Arddangos a thoiledau cyhoeddus, a reolir gan Awdurdod Parc Cenedlaethol Eryri.

Taith bum munud ar droed yw hi i Ganolfan Ymwelwyr Cadair Idris a Thŷ Te Cadair.

Mae'r llwybrau hygyrch ar y safle yn llydan a gwastad.

Cover image: © Gary Short Photography

## Welcome to Dôl Idris parkland and Cadair Idris National Nature Reserve

**Dôl Idris is a beautiful parkland in the foothills of Cadair Idris, in the south of Snowdonia National Park. It offers accessible paths around the parkland, a seasonal visitor centre with a live webcam of some shy residents, a picturesque little lake and its fish ladder, and some exotic specimen trees.**

This is a popular starting point for walkers keen to experience the rugged beauty of Cadair Idris and those who want to find out more about the striking geology and wildlife of the National Nature Reserve (NNR) which lies behind the Cadair Idris Visitor Centre.

There are several trails to choose from. If you prefer a gentle stroll on flatter ground or a peaceful picnic by the lake try Snowdonia National Park Authority's accessible **Dôl Idris Lake Walk** or easy **Parkland Circuit**.

There are also two Natural Resources Wales waymarked trails which take you part way up the steep climb onto the mountain: the short **Gorge Climb** with views of the waterfalls, and the longer climb on the **Nant Cadair Bridge Walk** both of which go through the 'Celtic Rainforest' where the damp air benefits internationally important mosses.

If you are suitably fit and well equipped you can also walk the **Minffordd Path** to the summit of Cadair Idris. This path is not waymarked and a suitable map and navigational skills are required; see Minffordd Path panel in car park for further details.

The entrance to Dôl Idris is near to the A487 where there is a Pay and Display car park and public toilet, owned and managed by Snowdonia National Park Authority.

A five-minute walk will take you to **Cadair Idris Visitor Centre and Tŷ Te Cadair Tea Room**.

The accessible path to the visitor centre and around the site is even and wide.



## Canolfan Ymwelwyr Cadair Idris a Thŷ Te Cadair

Dewch i weld yr arddangosfa, sy'n dangos rhyfeddodau natur a daeareg Gwarchodfa Cadair Idris, a chwedlau'r mynydd. Mae gêm ryngweithiol yno, a ffilm fer yn egluro sut naddwyd y mynydd gan rewlifoedd 12,000 o flynyddoedd yn ôl, ac un arall yn awgrymu mae Idris Gawr ffurfiodd y tirlun mewn brwydrau taflu cerrig! Elfen boblogaidd arall yw'r camerâu is-goch sy'n gwylio ystumod pedol lleiaf yn y to.

Cyfoeth Naturiol Cymru sy'n berchen ar y ganolfan, ac yn ei rheoli mewn partneriaeth gyda staff Tŷ Te Cadair. Mae'r adeilad yn gwbl hygyrch, gyda lifft a thoiledau anabl.

Mwynhewch deisennau traddodiadol, cawl blasus, brechdannau a baguettes, neu ginio poeth, a hynny mewn lleoliad gwych.

### Oriau Agor

Canolfan Ymwelwyr a Thŷ Te - Dyddiau Sadwrn a Sul, gwyliau banc a gwyliau ysgol Gwynedd, rhwng y Sadwrn cyn Dydd Gwener y Groglith hyd Medi'r 16eg. 10.00 yb - 5.00 yh

Cysylltwch cyn teithio i gael y manylion agor diweddaraf  
**Ffôn 01654 761505**

 /TŷTeCadairTeaRoom

Gall y Ganolfan a'r Tŷ Te agor ar ddyddiau ychwanegol trwy'r gwanwyn, haf a hydref hefyd.

### Trwy'r Flwyddyn

Gallwn agor yr arddangosfa ar gyfer cymdeithasau, clybiau, ysgolion a cholegau trwy drefniant. Ymholiadau trwy ein canolfan gyswilt neu'r dudalen Gweplyfr:

**Ffôn 0300 065 3000**

## Cadair Idris Visitor Centre and Tŷ Te Cadair Tea Room

Visit our exhibition, showcasing the wildlife, geology and stories of Cadair Idris National Nature Reserve. We have interactive games and short films which explain how the last Ice Age, 12,000 years ago, shaped the mountain, and another suggesting that Idris the Giant created it during stone-throwing battles! A popular feature is the live infrared footage of rare lesser horseshoe bats in the roof space.

The centre is owned by Natural Resources Wales, and managed in partnership with the staff of Tŷ Te Cadair Tea Room. The building is fully accessible and has a lift and disabled toilet facilities.

Enjoy traditional home made cakes, scrumptious soups, freshly made sandwiches, baguettes and hot lunches, in a stunning location.

### Opening Hours

Visitor Centre and Tea Room - Saturday, Sunday, Bank holidays and Gwynedd school holidays, from the Saturday before Good Friday - 16th September.  
10.00 am - 5.00 pm

Please check before travelling for updates to opening times

**Phone 01654 761505**

 /TyTeCadairTeaRoom

Please note that both the Visitor Centre and Tea Room may open on additional days during spring, summer and autumn.

### All Year

We can open the exhibition for societies, clubs, schools and colleges, by prior arrangement. Enquiries through our contact centre or Facebook page:

**Phone 0300 065 3000**






# Allwedd/Map Key

 ffin y warchodfa GNG  
NNR reserve boundary

 gwybodaeth  
information

 Llwybr Minffordd  
Minffordd Path

 toiledau  
toilets


 llwybrau eraill  
other footpaths

 toiledau hygrych  
accessible toilets

 caffï  
café

 parcïo talu ac arddangos  
pay & display parking

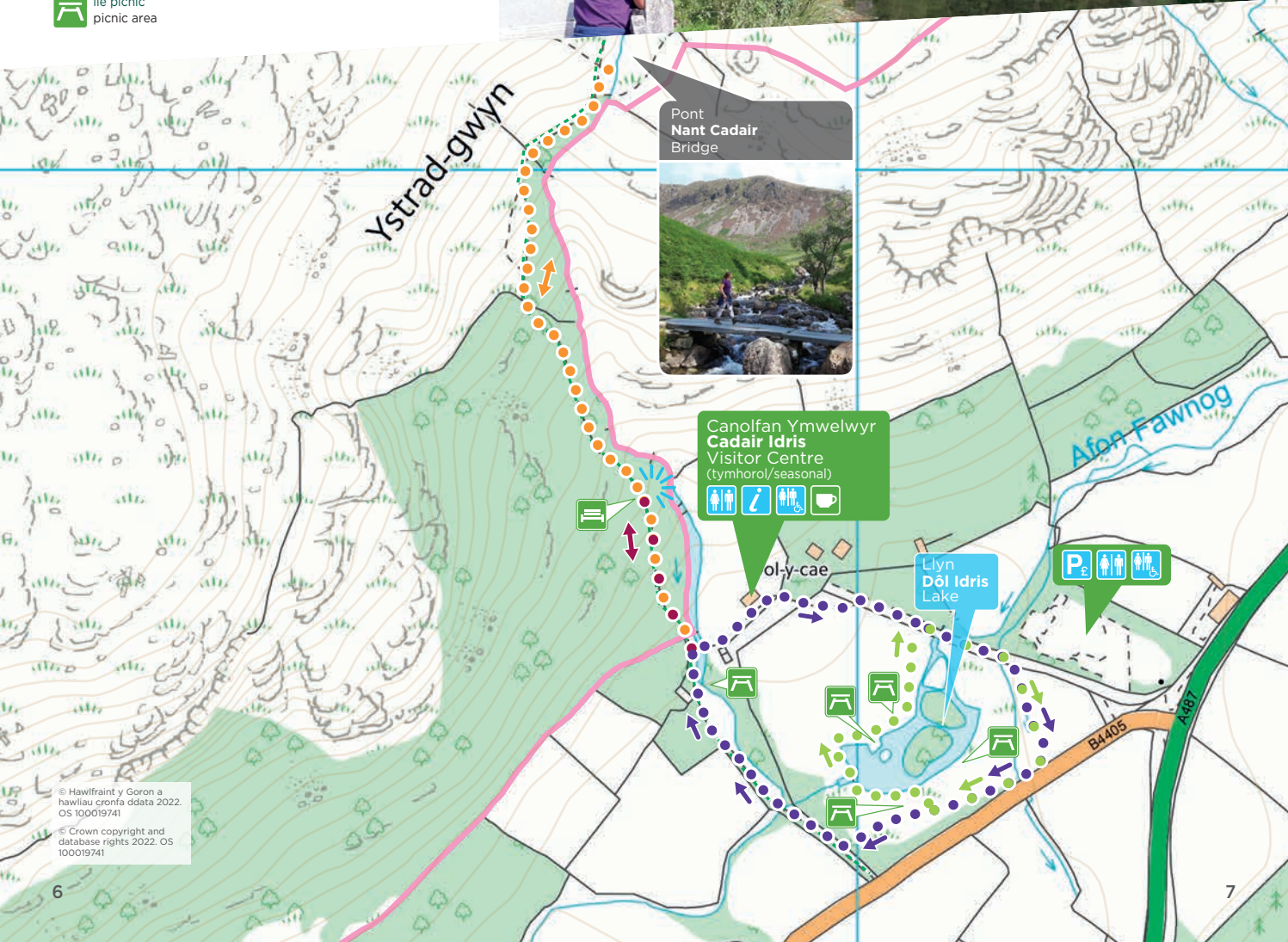
 maïnc  
bench

 llwybrau hygrych  
accessible trails

 lle picïc  
picnic area



Llyn Dôl Idris Lake



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## LLYN DÔL IDRIS

**Hygyrch**  
**Pellter:** 1/3m/0.6km  
**Amser:** ¼-½ awr  
**Dringo:** Gwastad

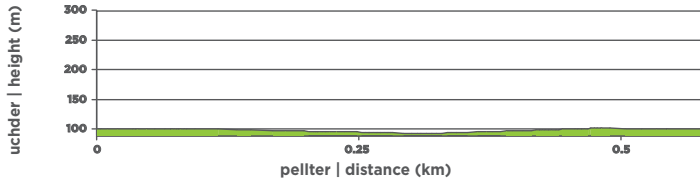
**UCHAFBWYNTIAU:** Mae bronwen y dŵr a'r siglen lwyd yn nythu yma ar lan y llyn. Llwybr hygyrch 1.7m o led ag wyneb da o amgylch y llyn. Mae manau gorffwys bob 150m ac nid oes unrhyw risiau na chamfeydd ar y llwybr. Ceir byrddau picnic ger y llyn.

## DÔL IDRIS LAKE

**Accessible**  
**Distance:** 1/3m/0.6km  
**Time:** ¼-½ hour  
**Climb:** Flat

**HIGHLIGHTS:** Breeding dippers and grey wagtails on the lakeshore. A 1.7m-wide well-surfaced accessible trail around the lake. There are resting places every 150m and no steps or stiles on the route. There are picnic tables by the lake.

PROFFIL Y LLWYR | ROUTE PROFILE



## CYLCHDAITH Y DDÔL

**Anodd**  
**Pellter:** 980tr/ft | 300m  
**Amser:** ½-1 awr  
**Dringo:** 5lm  
**Allan ac yn ôl**

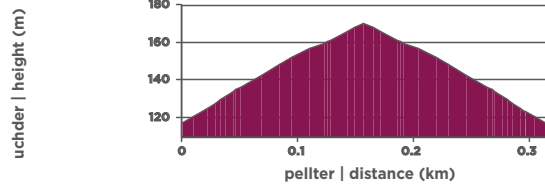
**UCHAFBWYNTIAU:** Cyfres o raeadrau yn y ceunant serth. Dilynwch y symbolau browngoch i fyny'r ceunant serth ar lwybr ag wyneb naturiol trwy'r 'Fforest Law Geltaidd' at faic lle ceir golygfeydd draw at y rhaeadr. Wrth ddringo i fyny ac i lawr mae yna sawl rhes o risiau carreg a phren. Dilynwch yr un llwybr i fynd yn ôl i lawr.

## GORGE CLIMB

**Strenuous**  
**Distance:** 980tr/ft | 300m  
**Time:** ½-1 hour  
**Climb:** 5lm  
**Out and back**

**HIGHLIGHTS:** A series of waterfalls in the steep gorge, with its range of internationally important species of moss. Follow the maroon symbols up the steep gorge on a naturally-surfaced path through the 'Celtic Rainforest' to a bench with views across to the waterfall. There are many flights of stone and timber steps on the climb up and down. The trail returns by the same route.

PROFFIL Y LLWYBR | ROUTE PROFILE



## CYLCHDAITH Y DDÔL

**Hawdd**  
**Pellter:** 1/2m/0.9km  
**Amser:** ½ awr  
**Dringo:** 17m

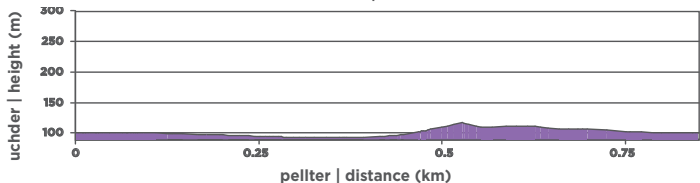
**UCHAFBWYNTIAU:** Taith o amgylch coed egsgotig y parcdir. Llwybr 1.4m o led ag wyneb da sy'n addas ar gyfer cadeiriau gwthio a sgwteri symudedd oddi ar y ffordd. Mae gwaith dringo graddol o 16% drwy'r coed y tu hwnt i'r llyn, cyn mynd heibio'r ganolfan ymwelwyr a dychwelyd ar hyd llwybr garw tir fferm i'r maes parcio. Mae manau gorffwys bob 300m ac nid oes unrhyw risiau na chamfeydd ar y llwybr.

## PARKLAND CIRCUIT

**Easy**  
**Distance:** 1/2m/0.9km  
**Time:** ½ hour  
**Climb:** 17m

**HIGHLIGHTS:** A tour of the exotic parkland trees and the visitor centre bat boxes, home to 9 species! A 1.4m-wide well-surfaced trail suitable for pushchairs and off-road mobility scooters. There is a gradual climb of 16% through the woods beyond the lake, before passing the visitor centre and returning along a rough farmland track to the car park. There are resting places every 300m and there are no steps or stiles on the route.

PROFFIL Y LLWYBR | ROUTE PROFILE



## PONT NANT CADAIR

**Anodd**  
**Pellter:** 2/3m/1.2km  
**Amser:** 1½-2 awr  
**Dringo:** 187m  
**Allan ac yn ôl**

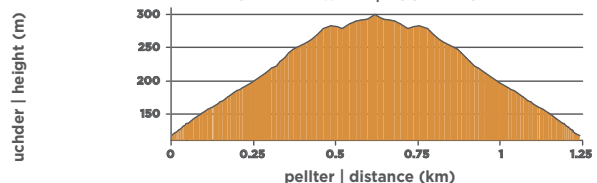
**UCHAFBWYNTIAU:** Gorchudd grug y mynydd agored a chrawc y cigfrain. Dilynwch y symbolau oren ar ddringio serth hir i fyny'r ceunant a heibio'r rhaeadrau, lle ceir mainc i ddal eich gwynt, ac allan wedyn ar y mynydd agored. Wyneb naturiol sydd i'r llwybr ac mae yna sawl rhes o risiau carreg wrth fynd i fyny ac i lawr. Ar ôl cyraedd y bont lechi, bydd y llwybr yn mynd yn ôl i lawr yr un ffordd.

## NANT CADAIR BRIDGE

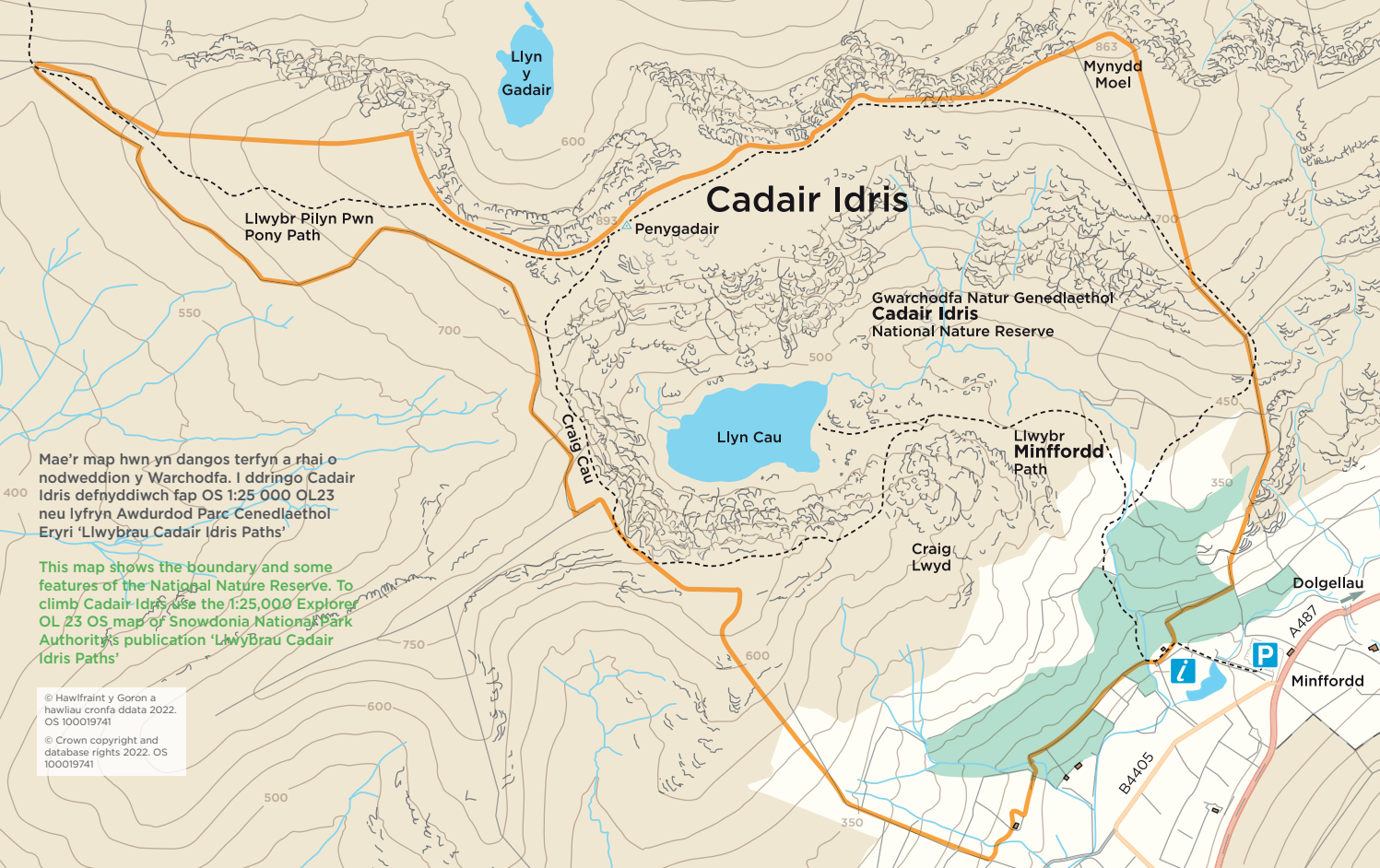
**Strenuous**  
**Distance:** 2/3m/1.2km  
**Time:** 1½-2 hour  
**Climb:** 187m  
**Out and back**

**HIGHLIGHTS:** The heather clad open mountain and the call of ravens. Follow the orange symbols on a long steep climb up the gorge, past the waterfalls, where there's a bench to catch your breath, and out onto the open mountain. The path is naturally surfaced and there are many flights of stone steps on the climb and descent. Once at the slate bridge the trail returns by the same route.

PROFFIL Y LLWYBR | ROUTE PROFILE







Mae'r map hwn yn dangos terfyn a rhai o nodweddion y Warchodfa. I ddringo Cadair Idris defnyddiwch fap OS 1:25 000 OL23 neu lyfryn Awdurdod Parc Cenedlaethol Eryri 'Llwybrau Cadair Idris Paths'

This map shows the boundary and some features of the National Nature Reserve. To climb Cadair Idris use the 1:25,000 Explorer OL 23 OS map of Snowdonia National Park Authority's publication 'Llwybrau Cadair Idris Paths'

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## Hyd eithaf y ddaear

Mae Cadair Idris ymysg mannau harddaf Cymru. Ac yn lle gwyllt hefyd. Cadwyn o fynyddoedd uchel lle mae planhigion a chreaduriaid yn byw mewn amodau gerwin. Mae Cyfoeth Naturiol Cymru yn rheoli ardal o'r mynyddoedd gwyh yma fel Gwarchodfa Natur Genedlaethol, lle mae dau fyd yn cwrdd: dyma ffin ddeheuol rhai planhigion a ffin ogleddol ambell un arall.

Mae taith trwy'r Warchodfa fel dringo o ris i ris, o gynefin i gynefin. O ddyffryn ffrwythlon i gopa creigiog un o fynyddoedd uchaf Cymru. O ddyffryn Tal-y-llyn, a'i siâp U clasurol, byddwch yn cerdded trwy geunant serth, coediog, i ddyffryn crog a chwam rhewlifol. Uwchlaw, mae clogwyni Craig Cau a chopa Penygadair, a'u creigiâu garw, moel.

## Extremes of the earth

Cadair Idris is one of the most beautiful and rugged spots in Wales. The National Nature Reserve is managed by NRW, and includes part of a range of high mountains, where extraordinary plants and creatures survive in a tough environment. It's also a place where extremes meet; some species of plants are at the most southerly edge of their range here, others at their northernmost location.

A walk through the reserve is like climbing a ladder from habitat to habitat, from a fertile valley to the rocky peak of one of Wales's highest mountains. You will ascend from the classic U-shaped Tal-y-llyn valley through a steep gorge, to a hanging valley and glacial Cwm Cau. Above lie the cliffs of Craig Cau and the Penygadair summit, with their bare jagged rocks.



## Y Daith

Wrth adael y maes parcio a cherdded tuag at Ganolfan Ymwelwyr Cadair Idris, mi welwch amrywiaeth o goed brodorol a choed bytholwyrdd. Mae nifer o goed addurniadol ac egsotig yma, fel y cewri coch Americanaidd, i'n hatgoffa y bu'r tir yn rhan o ystâd y teulu Idris ar un adeg. Gallwch ddilyn llwybr **Llyn Dôl Idris** neu **Gylchdaith y Ddôl**, yn fan hyn.

Mae'r adrannau isod yn disgrifio ardaloedd o'r Warchodfa Natur Genedlaethol lle mae'r dirwedd yn serth a lle gall y tywydd newid yn gyflym. Gwisgwch ddillad ac esgidiau addas.

Mae Awdurdod Parc Cenedlaethol Eryri yn darparu gwybodaeth fanwl am ddiogelwch mynydd ar eu gwefan, [www.eryri-npa.gov.uk](http://www.eryri-npa.gov.uk)

## Trwy'r ceunant coediog

Ychydig heibio'r ganolfan ymwelwyr, mae mynedfa'r warchodfa. Oddi yma fe welwch y ceunant serth a'i afon fyrlymus. O fan hyn gallwch ddilyn **Taith y Ceunant a Thaith Pont Nant Cadair**. Dyma'r goedwig law Geltaidd. Mae canopi'r coed derw yn cadw'r awryglch yn llaith, ac yn creu cynefin perffaith i fwsoglau a rhedynau. Ceir amrywiaeth dda o gennau yma hefyd. Yn y gwanwyn a'r haf daw adar ymfudol fel y gwibedog brith, tingoch a thelor y coed yma i nythu. Nid ydym yn clirio pob coeden sy'n marw; wrth iddynt bydru'n araf maen nhw'n bwysig fel noddfa a bwyd i adar, pryfetach, a ffwng, ac yn rhan hanfodol o gylch bywyd y goedwig.

Wrth gyrraedd y mynydd agored, mi welwch fforch yn y llwybr. O fan hyn, gall cerddwyr profiadol efo'r offer cywir barhau ar Lwybr Minfordd i'r copa a dilyn Llwybr Mynydd Moel i lawr os dymunwch. Rhaid caniatáu 5-6 awr i gwblhau'r daith hon.

O'r fforch, gallwch ddilyn y llwybr i'r dde am ychydig er mwyn cyrraedd pen Taith Pont Nant Cadair.

Mae gwybodaeth llwybrau manwl a mapiau i'w cael yn adran Llwybrau Mynydd [www.eryri-npa.gov.uk](http://www.eryri-npa.gov.uk).

## Setting off

As you leave the car park and walk towards Cadair Idris Visitor Centre, you will see a mixture of native trees and conifers including some exotic and ornamental trees such as giant American redwoods, evidence that this land was once part of the Idris family estate. A detour into the parkland will take you to peaceful **Dôl Idris Lake** or the **Parkland Circuit**.

The following sections describe the upland areas of the National Nature Reserve, where the terrain is steep and the weather changeable. Please wear appropriate footwear and clothing.

**Snowdonia National Park Authority** provide detailed mountain safety information on their website. [www.eryri-npa.gov.uk](http://www.eryri-npa.gov.uk)

## The wooded gorge

Entering the reserve, a little way past Cadair Idris Visitor Centre, you are at the start of a deep ravine cut through by rushing water. The **Gorge Walk** and **Nant Cadair Bridge Walk** start here. This is the Celtic Rainforest. The canopy of oak trees keeps in the moisture, creating an environment where mosses and ferns flourish. The wood also supports a variety of lichens. Look out for woodland birds, especially spring and summer visitors like pied flycatcher, redstart and wood warbler. Some dead trees are left on site; as they gradually rot down they provide an important resource for birds, insects and fungi and maintain the full cycle of life in the wood.

As you reach the open mountain you will come to a fork in the path. From here you have the option of a circular walk to the summit, up the Minfordd path and coming down the Mynydd Moel path. This takes 5-6 hours and is for suitably equipped and prepared walkers only.

Walk a short distance along the right-hand fork and you will arrive at the end of the Nant Cadair Bridge walk.

**Check out Mountain Walks at [www.eryri-npa.gov.uk](http://www.eryri-npa.gov.uk) for excellent mapping and route information.**





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## Yn y cwm crog

Tu hwnt i'r fforch mae olion hafoty, lle byddai anifeiliaid fferm yn dod yn ystod yr haf, ac ar un adeg, eu perchennog hefyd. Cyn cyrraedd Cwm Cau, fe welwch greigiau mawr llyfn yn codi o'r tir fel morfilod llonydd. Dyma'r cerrig myllt sy'n dangos crafiadau'r rhewlif a ffurfiodd y cwm yn yr oes iâ diwethaf.

Yr ydym yn rheoli'r warchodfa gyda phori ysgafn, ac fe welwn sut gall y llystyfiant newid yn y dyfodol yn y pedair ardal sydd wedi'u ffensio. Y coed cyntaf i dyfu byddai bedw, criafol, helyg a drain gwynion, wrth i'r gwynt ac adar wasgaru eu hadau.

## 'Yng nghesail y moelydd unig'

Daeth Charles Darwin ac eraill i astudio'r ddaeaereg ryfeddol yma. Mae Cwm Cau ymysg y gorau o'i fath yn Ewrop, wedi ei naddu gan rewlif, gan adael clogwyni ar dair ochr. Saif Craig Cau 1000 o droedfeddi (300 metr) uwch eich pen.

Fan hyn, fan draw ar y clogwyni mae silffoedd o dyfiant ffrwythlon, ac arnynt blanhigion Arctig-Alpaidd. Mae rhai na welwch chi ymhellach i'r de na Chadair Idris. Hyd yn oed yn y llecynnau mwyaf llwm, mae creaduriaid fel y blaidd-gorryn mynyddig, a phryfetach prin eraill yn dangos fod natur yn medru ffynnu yn y llyfeydd mwyaf anial.

## In the hanging valley

Just beyond the fork, are the remains of an old hafod – the upland farmstead, where the family tending livestock lived during summer. As you approach the enclosed cwm you will see large rocks, looking like beached whales, they are remnants of the last Ice Age and still bear the scars left by glaciers scratching their surface.

We manage the reserve by light grazing, and four small fenced areas show what might grow here in the future. The first trees to establish themselves would be those that are spread by the wind and seed-carrying birds: birch, rowan, willow and hawthorn.

## Under the rock face

Charles Darwin came to study the amazing geology here. Cwm Cau is one of the most striking cirques of its kind in Europe. A cirque is an amphitheatre-like bowl carved at the head of a valley glacier. Craig Cau rises about a 1,000 feet (300 metres) above you.

Ledges of luxuriant growth are found here and there on the cliffs. Some of these plants are usually found in colder Arctic-Alpine regions and are at the southernmost edge of their range. Even on the barest rocks, creatures like the mountain wolf-spider and other rare invertebrates show that nature can take hold in the most inhospitable places.



tormaeln llydandroed - planhygyn Arctig-Alpaidd  
mossy saxifrage - Arctic Alpine plant



## Uwch y clogwyn

Mae'r llwybr i ben Craig Cau ymhlith y mwyaf dramatig yn Eryri. Bob hyn a hyn, cewch gipolwg rhwng y creigiau o Lyn Cau ymhell islaw. Dyma un o lynnoedd naturiol dyfnaf Cymru. Ond yn ôl y chwedl, mae'n ddi-waelod, ac yn gartref i greaduriaid dirgel! Chwiliwch am adar y mynydd, fel tinwen y garn, y frân goesgoch, a mwyalchen y mynydd.

## At y copa

Wrth ddringo at Benygadair, mae talpiau o gerrig cnapiog llwyd i'w gweld. Dyma glustogau o lafa a oerodd yn gyflym a chaledu wrth gyffwrdd dŵr oer gwely'r môr pan grëuwyd hwy.

Ar y llwyfandir rhwng Penygadair a Mynydd Moel mae'r ddaear ar ei mwyaf llwm yn nannedd y gwynt. Yng nghysgod y cwm, mae'r grug yn rhoi gorchudd piws hardd dros y llethrau yn yr haf, ond mae'r tyfiant yn deneuach yn yr uchelfannau. Dyma gynefin rhostir y copa, gyda'r mwsog llwydyn gwlanog yn amlwg, ambell gnwpfwsgol a hyd at dri math o aeron mynyddig: llus, creiglus, a llus coch, i gyd yn tyfu'n isel rhag chwipio didrugaredd y gwynt.

## Yn ôl i'r dyffryn

Wrth ddilyn y llwybr yn ôl i lawr, mae'r dirwedd yn fwy amrywiol eto. Yma ac acw ar y mynydd mae ardaloedd o rostir gwlyb a mawnogydd lle mae planhigion cors fel tegeirian brych y rhos a gwllithlys yn tyfu.

Mae Cadair Idris yn llawn eithafion ac os bydd newid hinsawdd yn parhau, yna o gynefinoedd fel hyn y byddwn yn gweld rhai o'r planhigion a chreaduriaid yn diflannu gyntaf.

clustogau o lafa  
lava outcrops

## On the cliff edge

The path to the top of Craig Cau is one of the most dramatic in Snowdonia. Every now and then you catch glimpses of Llyn Cau down steep gullies. The lake is one of the deepest natural lakes in Wales. According to legend, though, it is bottomless and home to mysterious creatures! Look for mountain birds, such as wheatear, chough and ring ouzel.

## To the summit

As you approach the summit of Penygadair itself, you will see knobbly clumps of grey rock. These are outcrops of lava that cooled quickly as they came into contact with water on erupting through the sea bed.

The plateau between Penygadair and Mynydd Moel is the most inhospitable of all. Lower down, heather cloaks many of the slopes in rich purples during the summer, but vegetation is sparser up here. This is where we find patches of summit heath, usually dominated by the woolly hair moss, with the occasional clubmoss and up to three types of upland berry: bilberry, crowberry and cowberry, all hugging the ground to avoid the unrelenting winds.

## Back to the valley

As you follow the path back down, the terrain becomes more varied again. Here and there on the mountain are patches of wet heath and blanket bog where marsh plants like heath spotted orchids and sundew are found. Cadair Idris is a place of extremes and if climate change continues it is from these habitats, at the edge of their range, that plants and creatures will first be lost.

tegeirian brych y rhos  
heath spotted orchid



## Os wnaethoch fwynhau eich ymweliad, beth am alw yn un o'n safleoedd eraill?

### Gwarchodfa Natur Genedlaethol Dyfi

Mae hon yn warchodfa enfawr, ac mae'n cynnwys tair prif ardal, sef twyni tywod, cyforgors fawn, a morfa heli ar aber Afon Ddyfi. Darganfyddwch fwy am y cynefinoedd arbennig hyn a'u bywyd gwyllt trwy alw yn ein canolfan ymwelwyr tymhorol (ar agor rhwng y Pasg a diwedd Medi).

### Coed y Brenin

Rhowch gynnig ar amrywiaeth o lwybrau cerdded a beicio mynydd drwy goedwig ysblennydd, sy'n gartref i nifer o blanhigion ac anifeiliaid arbennig. Yna torrwcw eich syched yn ein caffi.

### Coedwig Dyfi

Ardaloedd eang o elltydd coediog a dyffrynnoedd creigiog, o Nant Gwernol, i Foel Friog, a Than y Coed. Mae'r trên bach a gludai lechi gynt yn cludo ymwelwyr bellach, ac mae'r coed yn frith o olion hanesyddol. Mae nifer o lwybrau i'w dilyn.

## If you enjoyed your visit today, why not explore one of our other nearby sites?

### Dyfi National Nature Reserve

Enjoy the sweeping panorama of river, sea and mountains at this huge reserve which includes sand dunes, a rare example of a raised peat bog and the saltmarsh and sandbanks of the Dyfi estuary. Discover more about the remarkable range of habitats at our visitor centre.

### Coed y Brenin Forest Park

Try our range of waymarked walking and mountain bike trails through a stunning forest which is home to many special plants and animals. Refresh yourself afterwards at our cafe.

### Dyfi Forest

Rugged peaks loom above the forested hillsides that are dotted with atmospheric ruins and slate spoil heaps. Steam trains chug along the hillsides on tracks which once carried slates from quarry to coast. Explore one of three different woodlands.





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[www.cyfoethnaturiol.cymru](http://www.cyfoethnaturiol.cymru)

[www.naturalresources.wales](http://www.naturalresources.wales)

Cyngor ar ddiogelwch mynydd gan Awdurdod  
Parc Cenedlaethol Eryri

Mountain safety advice from Snowdonia  
National Park Authority

[www.eryri-npa.gov.uk](http://www.eryri-npa.gov.uk)

Ffôn/Phone: 01766 770274

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