Pam fod morwellt yn bwysig?

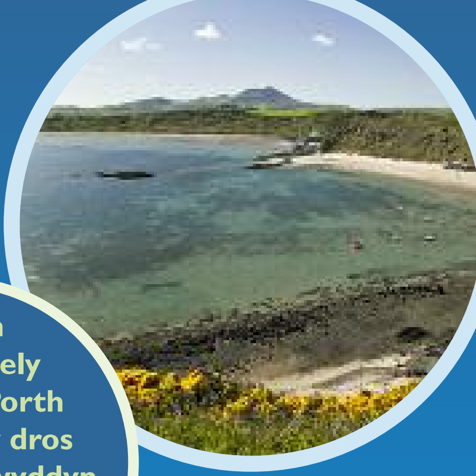
Mae morwellt yn blanhigyn pwysig sydd wedi cael dylanwad positif ar yr ardaloedd lle mae'n tyfu. Gall y morwellt:

- **Amddiffyn glan y môr trwy sefydlogi'r gwaddodion ac arafu'r cerrynt a'r tonnau**
- **Ddarparu ardal fagu i bysgod masnachol**
- **Cefnogi twristiaeth**
- **Amsugno carbon deuocsid a lleihau faint sy'n cael ei ryddhau i'r môr a'r atmosffer**
- **Gylchredeg maetholion a hidlo llygryddion arfordirol**
- **Gynhyrchu ocsigen**
- **Gynyddu bioamrywiaeth drwy ddarparu bwyd a chysgod i greaduriaid morol eraill**

Why is seagrass important?

Seagrass is an important plant that has a positive influence on areas where it grows. It can help to:

- **Provide a natural seashore defence by stabilising the sediment and slowing down currents and waves**
- **Provide a nursery ground for commercial fish**
- **Support tourism**
- **Absorb carbon dioxide and reduce the amount released into the sea and atmosphere**
- **Cycle nutrients and filter coastal pollutants**
- **Produce oxygen**
- **Increase biodiversity by providing food and shelter for other marine life**



Amcan werth gwely morwellt Porth Dinllaen yw dros £364,000 y flwyddyn am gylchu maetholion yn unig!

The estimated value of the seagrass bed at Porth Dinllaen is over £364, 000 per year for nutrient cycling alone!

Beth sy'n byw yno?

What lives there?

Sut allwch chi helpu?

Mae morwellt yn cael ei ddifrodi'n hawdd gan aflonyddwch ffisegol, felly mae'n well:

- **Cerdded o'i amgylch yn hytrach na drosto**
- **Tyllu am abwyd mewn tywod sydd ymhell i ffwrdd o'r morwellt**
- **Angori mewn ardal ble nad oes morwellt yn tyfu yno**
- **Lleihau cyflymder eich cwch wrth deithio dros y morwellt**
- **Os ydych chi'n deifio neu'n snorclo, adrodd am y bywyd gwyllt yr ydych yn ei weld wrth Geidwad Arfordirol yr Ymddiriedolaeth Genedlaethol ym Mhorth Dinllaen**
- **Gwaredu eich gwastraff yn gywir ac yn ystyriol. Ailgylchu cyn gymaint ag y bo modd.**
- **Dweud wrth bobl am werth a sensitifrwydd y morwellt ym Mhorth Dinllaen**

How you can help?

Seagrass is easily damaged by physical disturbance, so it is best to:

- **Walk around it rather than over it**
- **Only dig for bait in open sand well away from the seagrass**
- **Anchor in an area which has no seagrass growing in it**
- **Reduce your boat speed when passing over the seagrass**
- **If you are diving or snorkelling report your wildlife sightings to the National Trust Coastal Ranger at Porth Dinllaen**
- **Dispose of all your litter and waste correctly and considerately. Recycle as much as you can.**
- **Tell others about the value and sensitivity of seagrass at Porth Dinllaen**

Morwellt Porth Dinllaen Seagrass

Dolydd hud o dan y don...

Secret meadows beneath the sea...

Ardal Cadwraeth Arbennig Pen Llŷn a'r Sarnau Special Area of Conservation

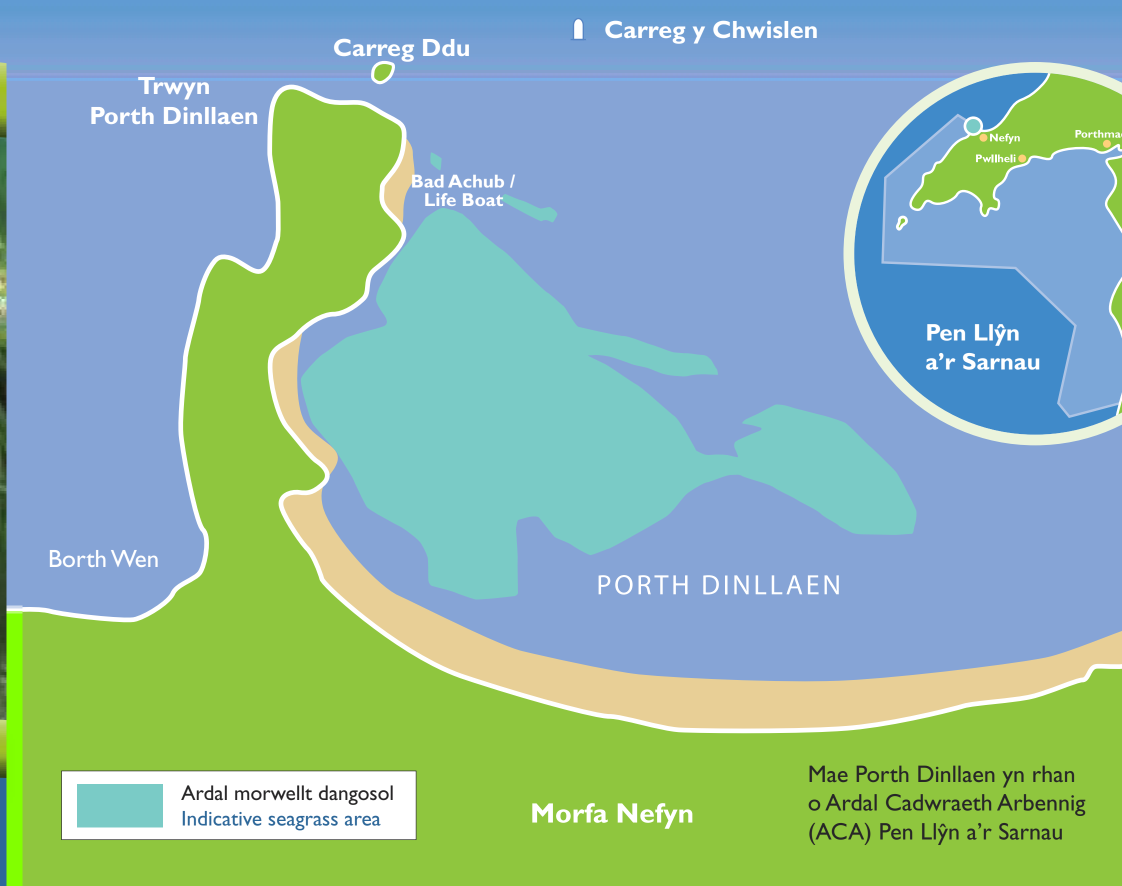
Ymddiriedolaeth Genedlaethol National Trust

Beth yw morwellt?

Nid gwymon yw morwellt, ond planhigion blodeuol sy'n byw mewn ardaloedd cysgodol bas ar hyd ein harfordir. Mae gan forwellt ddail gwyrdd llachar ac fe all ffurfio dolydd gwyrdd trwchus dan y môr. Oherwydd eu lleoliad mae'n hawdd eu difrodi gan weithgareddau dynol ac erbyn hyn mae morwellt yn rhywogaeth wedi'i gwarchod. Collom dros 50% o'n gwelyau morwellt i afiechyd nychu yn y 1930au, felly mae'n hanfodol amddiffyn yr hyn sydd ar ôl.

What is seagrass?

Seagrasses are not seaweeds but flowering plants that live in shallow sheltered areas along our coastline. They have bright green leaves and can form dense green meadows under the sea. Because of where they grow they are very vulnerable to damage from human activities and are now a protected species. In the 1930s we lost more then 50% of our seagrass to a wasting disease so protecting what's left is vital.



Mae Porth Dinllaen yn rhan o Ardal Cadwraeth Arbennig (ACA) Pen Llŷn a'r Sarnau

Porth Dinllaen is part of Pen Llŷn a'r Sarnau Special Area of Conservation (SAC)

Beth nesaf…?

ACA Pen Llŷn a'r Sarnau a'r Ymddiriedolaeth Genedlaethol a luniodd y daflen hon i ddarparu gwybodaeth am y gwely morwellt ym Mhorth Dinllaen a pham bod angen gwneud rhywbeth i'w warchod ar gyfer y cenedlaethau i ddod.

Dros y misoedd nesaf, byddwn yn siarad â grwpiau ac unigolion i drafod syniadau ar sut i gefnogi gweithgareddau cwch a defnydd hamdden a masnachol, tra'n diogelu'r gwely morwellt ar yr un pryd. Hoffem glywed eich barn chi am hyn ac edrychwn ymlaen at glywed eich adborth.

Am fwy o wybodaeth, ewch draw i **www.penllynarsarnau.co.uk** neu cysylltwch â'r Swyddog ACA ar **01286 679495** / **info@penllynarsarnau.co.uk** neu Geidwad Arfordirol yr Ymddiriedolaeth Genedlaethol ar **07825255719** / **llyn@nationaltrust.org.uk**

What's next…?

This leaflet has been produced by the Pen Llŷn a'r Sarnau SAC and the National Trust to provide some background information about the seagrass bed at Porth Dinllaen and why we all need to look after it for future generations.

Over the coming months we will be speaking with groups and individuals to discuss ideas for supporting boating, recreational and commercial use whilst at the same time safeguarding the seagrass bed. We would like to hear your views on this and look forward to your input.

For more information please visit **www.penllynarsarnau.co.uk** or contact the SAC Officer on **01286 679495** / **info@penllynarsarnau.co.uk** or the National Trust Coastal Ranger on **07825255719** / **llyn@nationaltrust.org.uk**

Beth all niweidio'r morwellt ym Mhorth Dinllaen?

- Gall angorau godi'r morwellt a'i wreiddiau gan adael i'r cerrynt ddisodli ardaloedd eang
- Rydym wedi colli oddeutu 10% o'r gwely morwellt ym Mhorth Dinllaen oherwydd effaith sgwriad y cadwyni mwrio
- Mae cerdded dros y morwellt yn torri'r dail
- Gall gychod cyflym dorri drwy'r planhigion
- Gall ysbwriel, llygredd a gwastraff fygu'r planhigion ac effeithio ar eu tyfiant

What can cause damage to the seagrass at Porth Dinllaen?

- Anchors can pull up seagrass plants complete with their roots allowing currents to undermine and wash away larger areas
- We have lost approximately 10% of the seagrass bed in Porth Dinllaen due to the scour effect of mooring chains
- Walking over the seagrass breaks the plants
- Propellers on boats travelling at high speeds can cut through the plants
- Litter, pollution and waste can smother the plants and affect their growth

Cynnal morwellt iach i'r dyfodol

Dyma rai opsiynau posib:

- Defnyddio angorfeydd nad ydynt yn effeithio ar y morwellt
- Creu ardal ble na cheir mwrio nag angori
- Sefydlu ardal angori mewn llefydd lle na fydd hynny'n effeithio ar y morwellt
- Cael cyfyngiad cyflymder is o fewn ardal y morwellt
- Darparu gwybodaeth yn egluro pwysigrwydd morwellt a pham bod angen ei warchod
- Byddai creu ardal 'snorclo' o fudd i fusnesau lleol drwy hybu twristiaeth

Maintaining healthy seagrass for the future

Some possible options are:

- Using moorings that don't damage the seagrass
- Having some areas that are free from mooring or anchoring
- Establishing an anchoring zone in an area that will not affect the seagrass
- Having a lower speed limit around the seagrass bed
- Providing information about the seagrass and its importance and care
- Creating a snorkel zone that might help increase visitor numbers and help local businesses