

Steeped in history, culture and wildlife, the Severn Estuary has a unique landscape that's just waiting for you to explore! In this booklet you'll find lots of information on how you can Discover the Severn from your local community by bus, train, bike or on foot.

The Severn Estuary has something for all who visit its coastline, whether it be walking along the coast path or having a picnic on the beach. We have one of the highest tidal ranges in the world, so expect to see the water level change – as much as 1 metre in little more than 20 minutes on some tides – as you wander along the coast. Home to a wide range of important wildlife, the estuary has many visitors, with over 80,000 birds arriving every winter. Its rich archaeological heritage boasts amongst the greatest in Britain, so be sure to keep an eye out for evidence of the past.

Pick up one of our Wildlife or Plant life guides if you want to know more about the fascinating habitats of the Severn or pick up one of our History Guides if you would like to discover more about the varied past of the Severn Estuary.

A hithau'n llawn hanes, diwylliant a bywyd gwyllt, mae tirwedd unigryw Aber Hafren yn eich gwahodd i'w darganfod! Yn y llyfryn hwn, mae llawer o wybodaeth ynglŷn â Darganfod Afon Hafren gyda'r bws neu'r trên a thrwy seiclo neu gerdded o ardal.

Mae gan Aber Hafren rywbeth i bawb sy'n ymweld â'i arfordir boed gerdded ar hyd y llwybr arfordirol neu fwynhau picnic ar y traeth. Mae'r gwahaniaeth rhwng y llanw a'r trai ymhlith rhai mwya'r byd, a gallwch chi weld y lefel yn newid cymaint â metr cyn pen 20 munud wrth grwydro'r arfordir. Mae amrywiaeth helaeth o fywyd gwyllt ar draws yr aber, a bydd dros 80,000 o adar yn cyrraedd bob gaeaf. Mae'i dreftadaeth archeolegol ymhlith rhai mwyaf diddorol Prydain ac mae tystiolaeth o'r gorffennol i'w gweld mewn sawl man.

Mae rhagor am gynefinoedd hynod ddiddorol Aber Hafren yn ein llawlyfrau am fywyd gwyllt a phlanhigion, ac mae llawlyfrau am hanes yr ardal gyda ni, hefyd.

Cover photo | llun clawr: Ben Salter

Severn Estuary Partnership

We champion an integrated approach to the sustainable use, management and enjoyment of the Severn Estuary. We aim to connect people, ideas and the Severn Estuary landscape to ensure it is protected for our future generations. This booklet has been produced as part of the **Discover the Severn** project which aims to connect local communities with the iconic coastline of the Severn Estuary, inspiring people to live healthier lives through improving access to nature on their doorstep. To find out more visit our website at: severnestuarypartnership.org.uk.

Mae Partneriaeth Aber Hafren

Mae Partneriaeth Aber Hafren yn hyrwyddo ffordd gyfun o ddefnyddio, rheoli a mwynhau'r aber yn gynladwy. Ein nod yw cysylltu pobl, syniadau a thirwedd Aber Hafren i ofalu y bydd yn ddiogel er lles cenedloedd y dyfodol. Mae'r llyfryn hwn yn rhan o brosiect **Darganfod Afon Hafren** sy'n anelu at gysylltu cymunedau lleol ag arfordir enwog Aber Hafren gan ysgogi pobl i fyw'n iachach trwy wella mynediad i natur yn eu bro. Mae rhagor o wybodaeth ar ein gwefan: severnestuarypartnership.org.uk.

If you're out and about **Discovering the Severn** today, why not share your images with us on Twitter and Instagram and use the **#DiscoverTheSevern**.

Os ydych chi wrthi'n **Darganfod Afon Hafren** heddiw, beth am ledaenu'ch lluniau trwy gyfrwng Twitter ac Instagram a defnyddio **#DarganfodAfonHafren**.



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Cyhoeddwyd gan Bartneriaeth Aber Hafren yn rhan o brosiect Darganfod Afon Hafren. Noddir trwy gymorth Cyfoeth Naturiol Cymru.



Discover *your* Severn Darganfod *Afon* Hafren



How to reach your local coastline from Grangetown
Sut i gyrraedd glan y môr o gyffiniau Grangetown



Cardiff Caerdydd

