

# Dal Crancod

## yn Ardal Gadwraeth

### Arbennig Bae Ceredigion



## Crabbing

### in the Cardigan Bay

### Special Area

### of Conservation

Mae hel crancod yn weithgaredd poblogaidd iawn o waliau'r harbwr yng Nghei Newydd ac Aberaeron.

**Cyn i chi ddechrau, darllenwch ein côd ymddygiad dros y dudalen -Fwynhewch!**

Crabbing is a popular activity from the harbour walls in New Quay and Aberaeron. **Before you start, please read our code of conduct over the page— Happy Crabbing!**

#### Cranc y traeth

Dyma'r cranc mwyaf cyffredin byddwch yn ei ffeindio – gellir eu gweld ar hyd y glannau.

#### Shore crab

This is the most common crab that you will find.—they can be seen all over the shore.



#### Cranc coch

Mae ganddo gragen frown gydag ymylon sy'n debyg i grwstyn pastai! Mae'r crancod ifanc yn wyn.

Dyma'r cranc mwyaf ac arafaf a welwch ar y lan.

Maent yn dibynnu ar eu cregyn cryfion i'w hamddiffyn ac maent yn fwy tebygol o gyrlio i mewn i bêl na'ch pinsio chi! Gallant fyw am hyd at 100 o flynyddoedd!



#### Edible crab

This crab has a brown shell with a pie crust like edge.

The young crabs are white.

This is the largest and slowest moving crab that you will see on the

shore.

They rely on their strong shell for defence and are more likely to curl up into a ball than pinch you.

They can live for up to 100 years!

#### Cranc melfed

Mae ganddo lygaid coch a llinellau glas ar y coesau a'r crafangau.

Mae ganddynt goesau ôl sydd yn wastad ac fel rhwyf.

**Mae'r crancod hyn yn gyflym ac yn fygythiol felly cymerwch ofal.**

#### Velvet swimming crab

This crab has unmistakable red eyes and blue lines on the legs and claws.

They have flat paddle-like back legs.

**These crabs are fast and aggressive so please take extra care.**



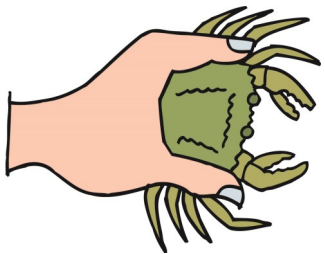
## Cod Crancod / Crabbing code

Cofiwch lenwi eich bwced gyda digon o ddŵr bob tro a chadwch y bwced allan o'r haul.

Cadwch un cranc yn eich bwced ar y tro, am ddigon o amser i edrych arno yn unig – yna rhowch y crancod nôl yn ofalus cyn bod y bwced yn twymo a bod lefelau'r ocsigen yn cwmpo.

Always fill your bucket with lots of water and keep it out of the sun.

Only have one crab in a bucket at a time, just long enough to look at them - then return the crab carefully to where it was found before the water in the bucket heats up and the oxygen level drops.

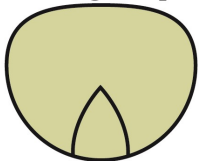


I ddarganfod os ydy'r cranc yn wrywaidd neu'n fenywaidd edrychwch ar y fflap trionglog oddi tano.

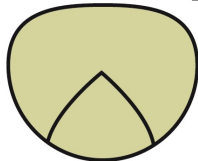
To discover whether a crab is male or female

look at the triangular flap underneath.

**Male/gwryw**



**Female/benyw**

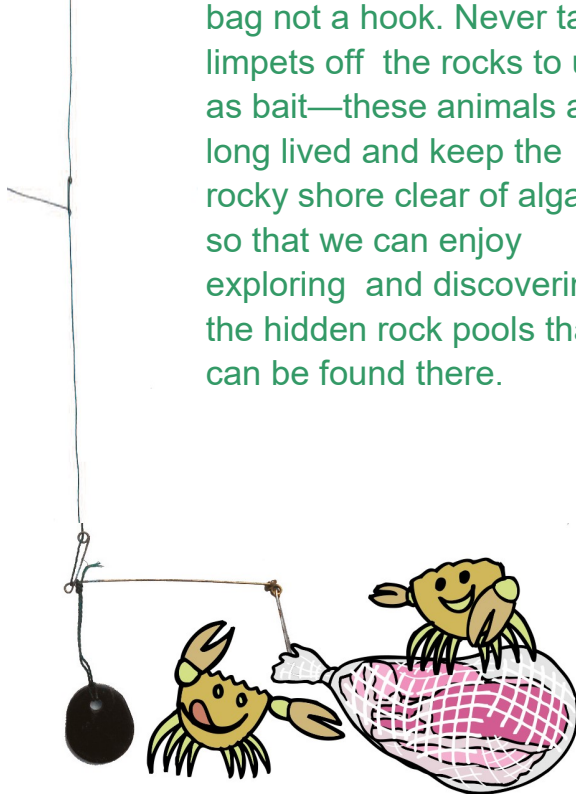


Defnyddiwch facwn neu ddarnau eraill o gig fel abwyd. Defnyddiwch fag, nid bachyn, bob tro. Peidiwch â thynnu brennig / llygaid meheryn oddi ar y creigiau i'w defnyddio fel abwyd - maent yn

cadw'r glannau creigiog yn rhydd o algâu fel y gallwn fwynhau darganfod y pyllau glan môr cuddiedig sydd yno.

Use bacon or other meat bits as bait. And always use bag not a hook. Never take limpets off the rocks to use as bait—these animals are long lived and keep the rocky shore clear of algae so that we can enjoy exploring and discovering the hidden rock pools that can be found there.

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Dydy cragen galed y crancod ddim yn gallu ymestyn na thyfu wrth i'r cranc dyfu mewn maint. Efallai gwelwch y cregyn gwag y mae'r crancod yn eu gadael ar ôl bob tro maent yn bwrw eu cregyn. Os ydych yn darganfod cranc sydd â chragen welw a meddal, dychwelwch ef i'r man wnaethoch ei ddarganfod, gan fod y cranc newydd gael gwared ar ei hen cragen ac yn agored i niwed ar yr adeg hon.

The crabs hard shell (exo-skeleton) cannot stretch as the crab increases in size, You may see the empty shells that crabs leave behind each time they moult - If you find a crab that has a pale, soft shell, return it carefully to the place where you found it, freshly moulted crabs are very vulnerable at this time.

**Ewch â'ch holl offer crabio a sbwriel adref gyda chi neu rhowch ef mewn bin; peidiwch â'i adael ger y môr, gall fod yn niweidiol iawn i fywyd morol.**

**Take all your crabbing kit and litter home with you or put it in a bin; don't leave it near to the sea, it can be very harmful to marine life.**

Mae'r darluniau wedi eu hatgynhyrchu gyda chaniatâd caredig Awdurdod Parc Cenedlaethol Arfordir Penfro. The illustrations have been reproduced with kind permission from Pembrokeshire Coast National Park Authority.