

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 harbyrau trefi darluniadwy Aberaeron a Chei Newydd. Hefyd gellir gweld crancod mewn pyllau glan môr ar hyd yr arfordir .

Crabbing is a popular activity from the harbour walls in the picturesque towns of Aberaeron and New Quay.
Crabs can also be seen in rockpools along the coast.

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.



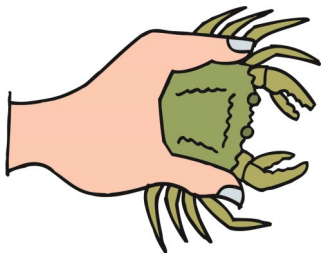
Gair i Gall / Top Tips

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.



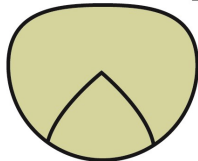
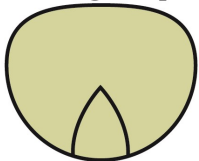
I ddarganfod os ydy'r cranc yn wrywaidd neu'n fenywaidd edrychwch ar y fflap trionglog oddi tano.

To discover whether a crab is male or female

look at the triangular flap underneath.

Male/gwryw

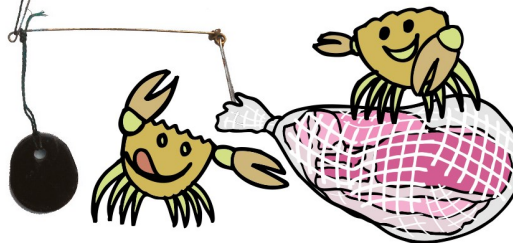
Female/benyw



Defnyddiwch facwn neu ddarnau eraill o gig fel abwyd. Peidiwch â thynnu llygaid mehelynn oddi ar y creigiau i'w defnyddio fel abwyd i ddenu crancod. Mae'r anifeiliaid hyn yn hirhoedlog ac yn chwarae rôl bwysig iawn yn ecoleg y glannau, maent yn cadw'r glannau'n rhydd o algâu fel ein bod ni'n gallu mwynhau archwilio'r glannau creigiog a darganfod y pyllau glan môr cuddiedig sydd yno.



Use bacon or other meat bits as bait. Never take limpets off the rocks to use as bait—these animals are long lived and play an important role in shore ecology—keeping the rocky shore clear of algae so that we can enjoy exploring and discovering the hidden rockpools that can be found there.



Os edrychwch yn ofalus efallai gwelwch y cregyn gwag y mae'r crancod yn eu gadael ar ôl bob tro maent yn bwrw eu cregyn – dydy cragen galed y crancod ddim yn gallu ymestyn na thyfu wrth i'r cranc dyfu mewn maint, felly maent yn cael gwared ar y gragen ar gyfer cael un arall.

Os ydych chi'n 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 gragen ac yn agored i niwed ar yr adeg hon.

You may also see the empty shells that crabs leave behind each time they moult—the crabs hard shell (exo-skeleton) cannot stretch and grow as the crab increases in size, so the shell is discarded for a new one.

If you find a crab that has a pale, very soft shell, please return it carefully to the place where you found it, as this is a freshly moulted crab and they are very vulnerable at this time.

Cynhyrchwyd y daflen wybodaeth hon gyda chyllid wrth Gyfoeth Naturiol Cymru ar ran Grŵp Awdurdodau Perthnasol Ardal Gadwraeth Arbennig Bae Ceredigion. Mae'r darluniau wedi eu hatgynhyrchu gyda chaniatâd caredig Awdurdod Parc Cenedlaethol Arfordir Penfro.

This leaflet was produced with funding from Natural Resources Wales on behalf of the Cardigan Bay SAC Relevant Authorities Group.

This leaflet has been adapted from the Pembrokeshire Coast National Park Authority 'Crab catching' leaflet.

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