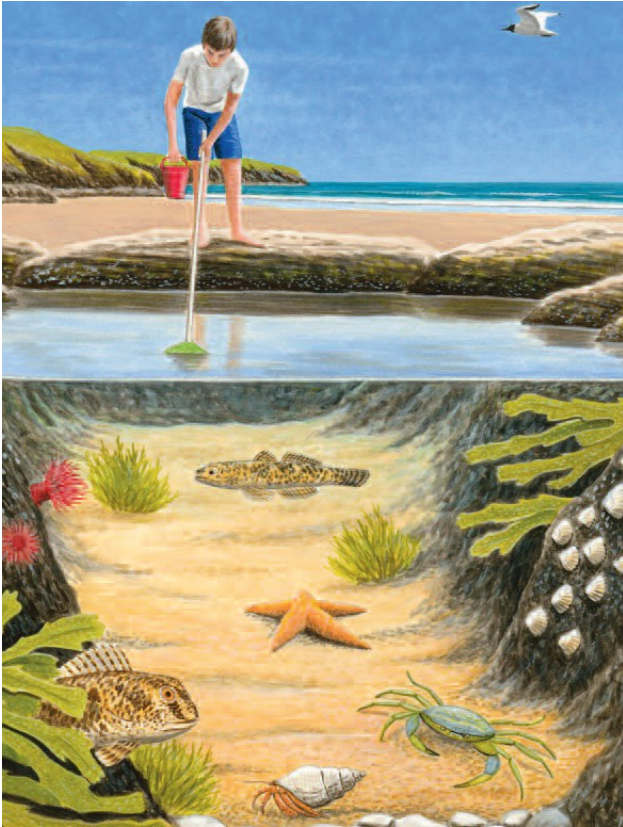


# Pyllau Glan Môr yn Ardal Gadwraeth Arbennig Bae Ceredigion



## Rockpooling in the Cardigan Bay Special Area of Conservation

### Where and When

There are fantastic rock pools all along the coast. It is best to go at low tide, and you will see more animals in the warmer months.



### The Seashore Code

Any trip to the shore has the potential to impact on the wildlife found there. By following the Seashore Code you will minimise the effect on animals and plants.

Tread carefully – to avoid trampling any animals or their homes.

Fill trays or buckets with sea water first before you begin netting or searching.

Always place animals in water as quickly as possible and then observe them.

Handle all shore life very carefully and with respect - hold creatures low and still.

Some animals such as limpets and anemones should not be removed from their rocky home;

never kick or poke them or try and prise them off the rocks. If in doubt, don't touch.

Do not leave any animal in a bucket for too long. Return it to where it was found before the water in the bucket becomes too warm and the oxygen level drops.

Return shore animals to the place where you found them; that is their home and they may be guarding eggs.

Always carefully place rocks back the same way up that you found them.

If you do want to take shells away, please make sure that they are empty first.

Make sure that you have not left any litter behind on the shore – take it back with you.



Rocks and seaweed can be very slippery so please take care.

Check the tides – it is best to go rockpooling at low tide. Please be aware that the tide can come in very quickly.



## Ble a Phryd

Mae pyllau glan môr anhygoel ar hyd yr arfordir. Mae'n well ymweld â nhw pan fo'r llanw allan, ac fe welwch fwy o anifeiliaid yn ystod y misoedd cynhesach.



## Y Cod Glan Môr

Gall unrhyw drip i'r traeth effeithio ar y bywyd gwylt sy'n byw yno. Trwy ddilyn y Cod Glan Môr byddwch yn lleihau'r effaith ar anifeiliaid a phlanhigion.

Troediwch yn ofalus – i osgoi sathru ar anifeiliaid neu'u cartrefi.

Dechreuwch drwy lenwi hambyrddau neu fwcadi gyda dŵr y môr cyn ichi fynd ati i rwydo neu chwilota.

Rhowch yr anifeiliaid yn y dŵr cyn gynted â phosib bob tro ac yna mynd ati i'w gwyllo.

Cofiwch drafod unrhyw fath o fywyd ar y traeth gyda gofal a pharch bob amser - daliwch y

creaduriaid yn isel ac yn llonydd.

Ni ddylid symud rhai creaduriaid fel llygaid meheryn ac anemonïau o'u cartrefi ar y graig; peidiwch byth â'u cicio, eu procio na cheisio'u tynnu oddi ar y graig. Os ydych yn ansicr, peidiwch â'u cyffwrdd.

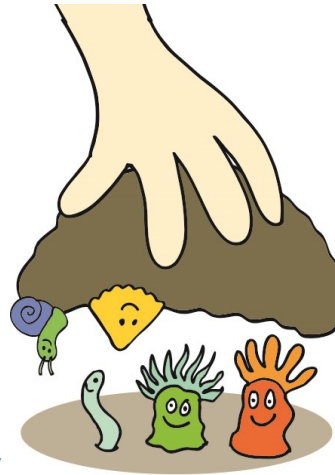
Peidiwch â gadael unrhyw anifail mewn bwced am rhy hir. Dychwelwch ef i'w gartref cyn i'r dŵr yn y bwced gynhesu gormod a lefel yr ocsigen gwmpo.

Dychwelwch anifeiliaid y traeth i ble bynnag y daethoch chi o hyd iddyn nhw; dyna'u cartref nhw ac mi allent fod yn gwarchod eu hwyau.

Rhowch ddarnau o graig yn ôl yn ofalus yr un ochr i fyny ag y daethoch o hyd iddyn nhw.

Os ydych chi am fynd â chregyn oddi ar y traeth, gwnewch yn siŵr eu bod yn wag yn gyntaf.

Gwnewch yn siŵr nad ydych wedi gadael unrhyw sbwriel ar y traeth—ewch ag ef gyda chi.



Gall y creigiau a'r gwymon fod yn llithrig iawn – cymerwch ofal.

Gwiriwch y llanw – mae'n well mynd i archwilio pyllau glan môr pan fo'r llanw allan. Cofiwch fod y llanw'n gallu dod i mewn yn gyflym iawn.



Am fwy o wybodaeth ymwelwch â:  
For more information please visit:  
[www.cardiganbaysac.org.uk](http://www.cardiganbaysac.org.uk)  
[www.mba.ac.uk/learningzone/sealifeinfo/species](http://www.mba.ac.uk/learningzone/sealifeinfo/species)

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.

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Cyfoeth Naturiol Cymru  
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Trinity House