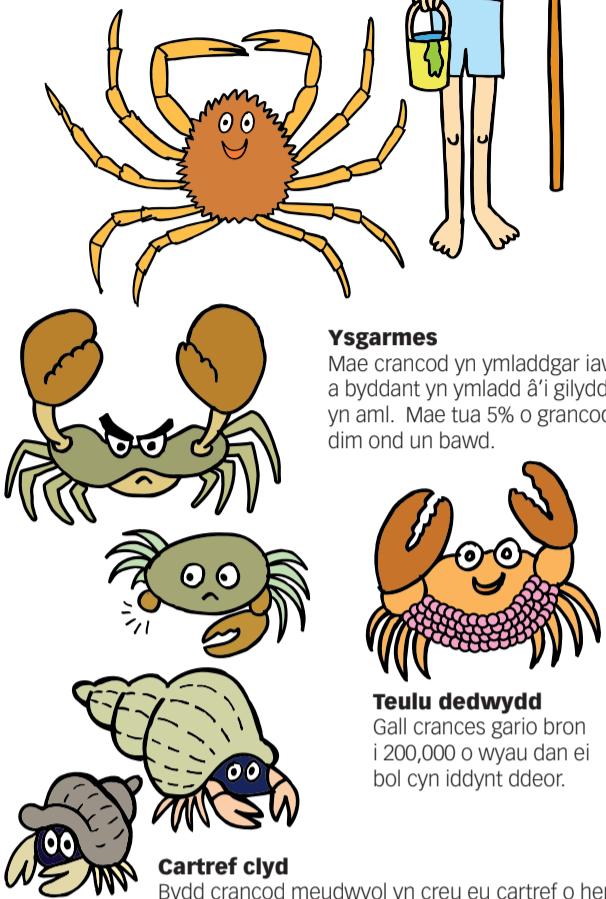


Ffeithiau Ffynchi

Ni angen bwced mwy!

Y cranc mwyaf a geir oddi ar Arfordir Sir Benfro yw'r Cranc Heglog Pigog. Gall fesur dros un metr o fawd i fawd.



Rhannu

Os hoffech rannu'r hyn yr ydych wedi ei weld:

Twitter: @PembsCoast

Facebook: Pembrokeshire Coast

Am fwy o wybodaeth ymwlwch â

www.pembrokeshirecoast.org.uk

www.pembrokeshiremarinesac.org.uk

www.pembrokeshiremarinecode.org.uk

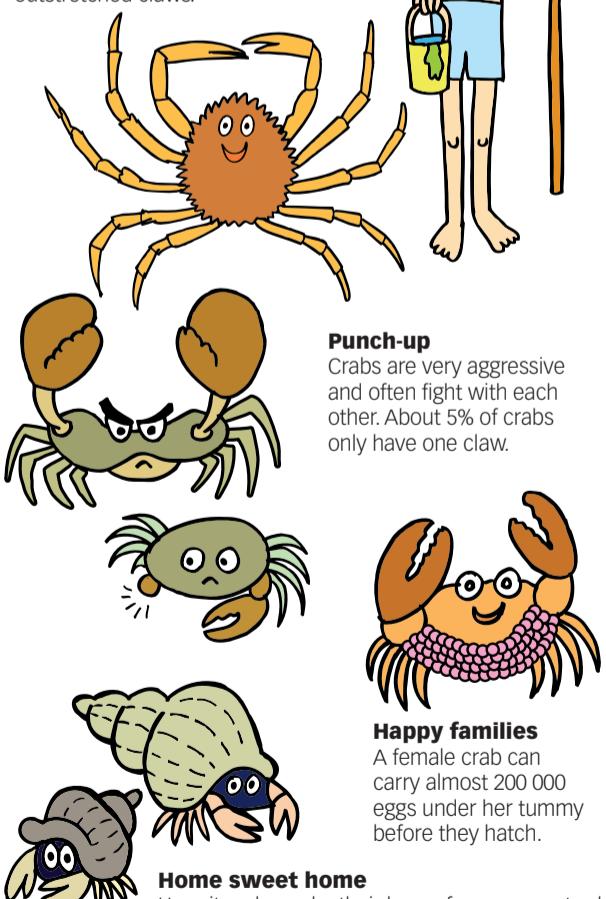
Lluniau: Kate Lock, John Archer-Thomson

Darlun y clwr: Andrew Mackay

Funky Facts

We need a bigger bucket...

The biggest crab off the Pembrokeshire Coast is the Spiny Spider crab. It can measure over a metre between its outstretched claws.



Share

If you'd like to share what you've seen:

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www.pembrokeshirecoast.org.uk

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Cranc y traeth



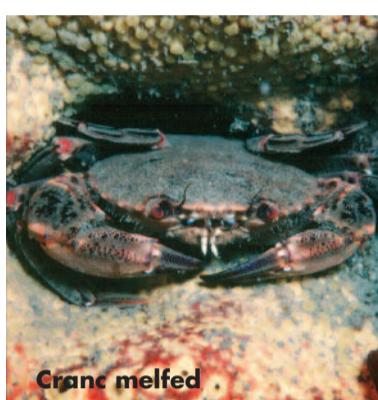
Cranc y traeth



Cranc coch



Cranc coch



Cranc melfed



Cranc melfed



Cranc heglog pigog



Shore crab



Shore crab



Edible crab



Edible crab



Velvet swimming crab



Velvet swimming crab



Spider crab

Cran cod

ble i fynd, beth i'w wybod



Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

Crab catching

where to go, what to know



Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

Awgrymiadau Defnyddiol

Top Tips

Daliwch y
cranc gerfydd
ochr y gragen
fel nad oes
modd iddo
eich pinsio.
Hold crabs by the edge of the shell so they can't nip you.

Defnyddiwch lein
gyda bag rhwyd
bychan yn
cynnwys bacwn
neu ddarnau o
bysgod neu gig
arall ynddo.

Male/gwryw Female/beny

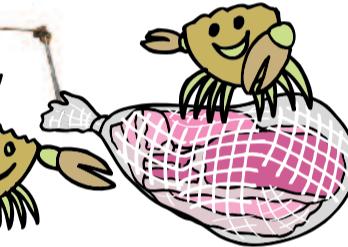
Gallwch ddweud beth yw
rhyw cranc trwy edrych ar y
caead trionglog oddi tano.
You can tell the sex of a
crab by looking at the
triangular flap underneath.

Rhoddwch y crancod mewn
bwced gyda digon o ddŵr a'u
cadw allan o'r haul.
**Rhoddwch y crancod yn ôl
yn y môr yn ofalus.**

Put them in a bucket with
plenty of water and out of the
sun and **return them
carefully.**

Byddwch yn daclus – ewch â'ch offer
dala crancod i gyd gartref gyda chi.

Be tidy – take all your crabbing
equipment home with you.



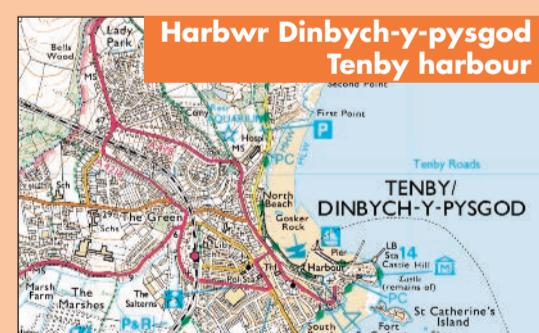
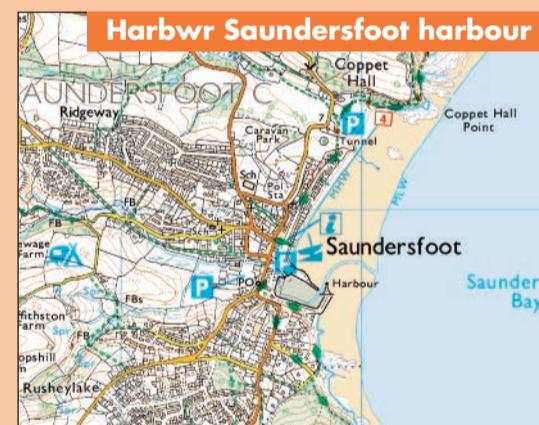
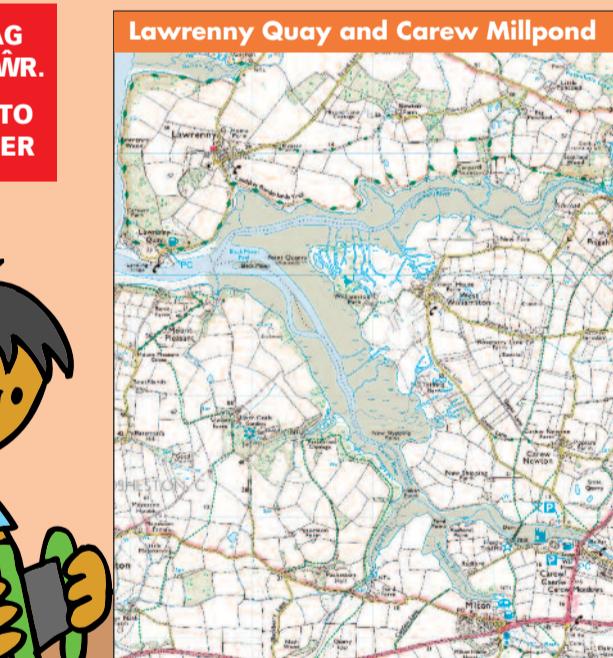
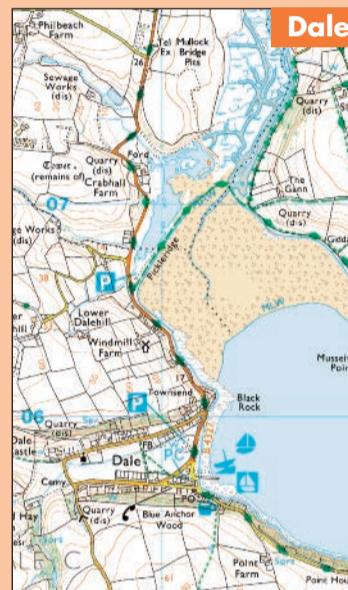
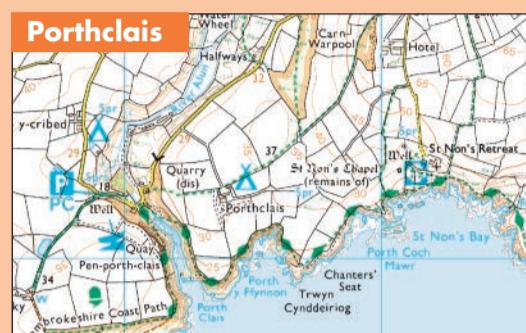
**GOFALWCH RHAG
CWYMPPO YN Y DŴR.**
**TAKE CARE NOT TO
FALL IN THE WATER**

Yn Sir Benfro ceir milltiroedd ar filltiroedd o arfordir, nifer o harbyrau a cheiau cysgodol a phyllau trai arbennig, ble y dewch o hyd i wahanol grancod yn cuddio dan greigiau yn y rhan fwyaf o fannau y byddwch yn chwilio. Mae crancod bwyteddwy'n un o ddanteithion Sir Benfro. Wedi diwrnod prysur yn dala crancod, beth am dynnu dŵr o'ch dannedd, a chefnogi'r economi lleol, trwy fwynhau brechdan flasus yn llawn cig cranc?

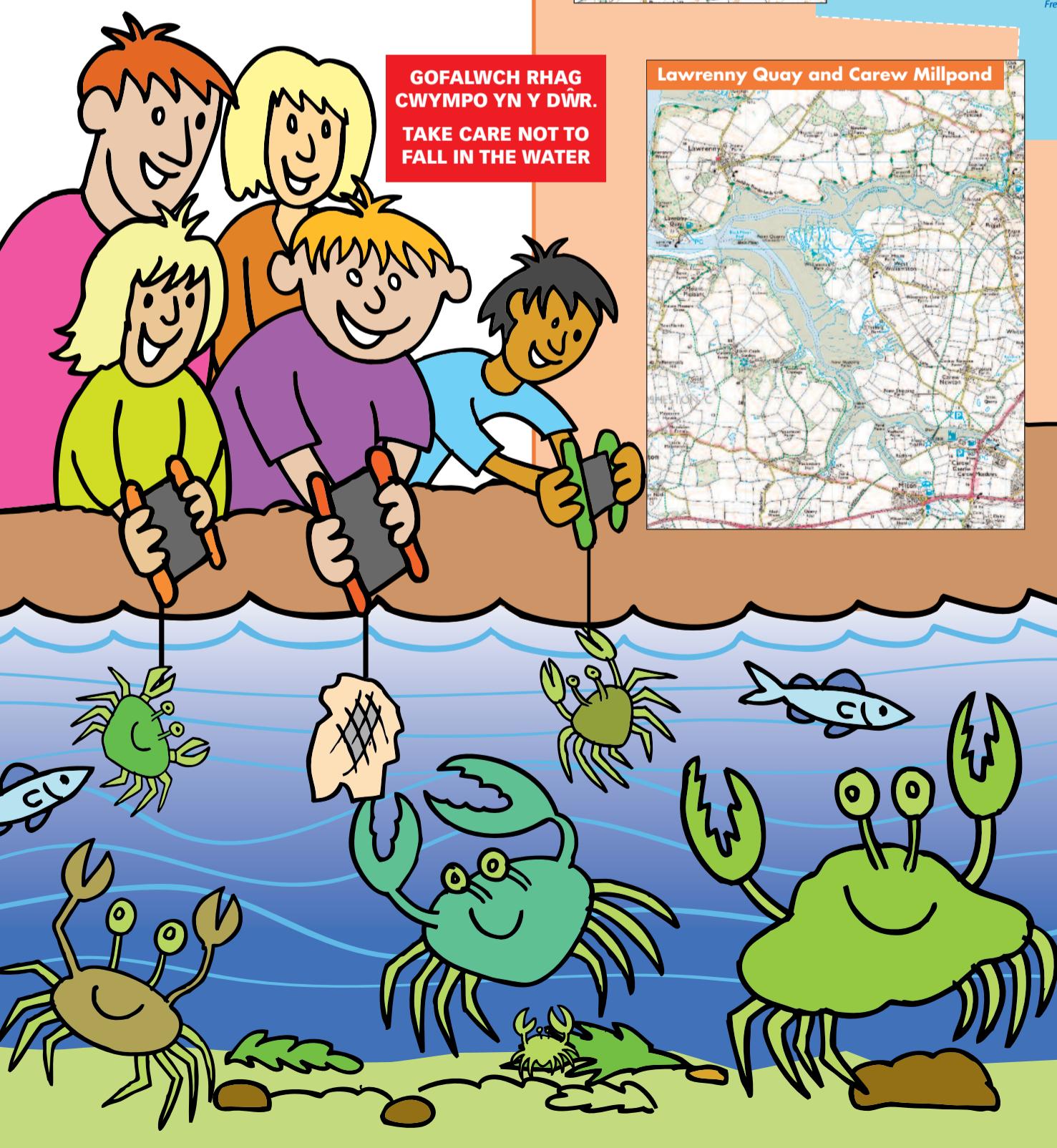
With miles of coastline, several sheltered harbours, quays and rockpools you'll find different crabs hiding under rocks almost everywhere you search. Edible crabs are a delicacy in Pembrokeshire. After an active day crabbing why not tempt your tastebuds and support the local economy by trying a yummy crab sandwich?



Harbwr Abergwaun (Y Dref Isaf)
Lower Town Fishguard



JOC: Sut myddo loch chi fod cranc mewn tymor drwg?
Pan fydd o'n grancyd
Joke: Where do all the crabs go on a Saturday night?
A rock concert



Ble a Phryd

Yn aml, fe welwch grancod mewn pyllau trai o amgylch yr arfordir neu gallwch fynd i ddala crancod oddi ar wal yr harbwr. Cadwch olwg am y cregyn gweigion y bydd crancod yn eu gadael ar eu hól pan fyddant yn bwrrw eu cragen. Caiff yr arfordir a'r bywyd morol o amgylch Sir Benfro eu gwarchod – er mwyn inni allu eu mwynhau yn awr ac am flynyddoedd i ddod.

Where and when

You will often see crabs in the rockpools around the coast, or you can go crabbing off a harbour wall. Look out for the empty shells crabs leave behind when moulting. The coast and marine life around Pembrokeshire are protected. If we look after them we can enjoy them now and for years to come.