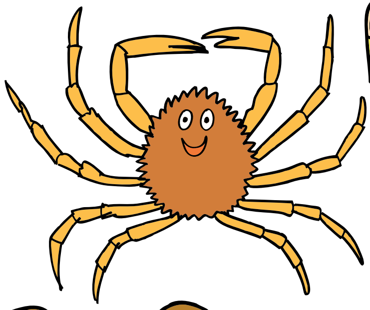
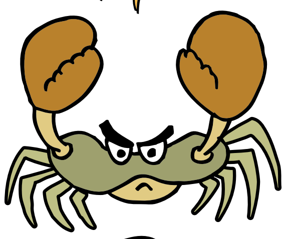
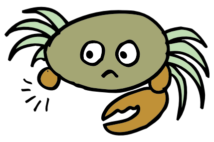
Ffeithiau Ffynci

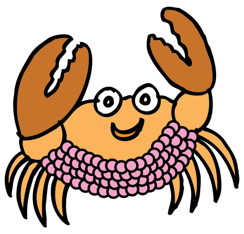
Ni angen bwced mwy!
Y cranc mwyaf a geir oddi ar Arfordir Sir Benfro yw'r Cranc Heglog Pigog. Gall fesur dros un metr o fawd i fawd.



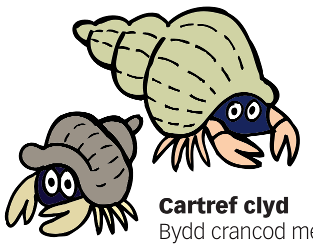


Ysgarmes
Mae crancod yn ymladdgar iawn a byddant yn ymladd â'i gilydd yn aml. Mae tua 5% o grancod â dim ond un bawd.





Teulu dedwydd
Gall crances gario bron i 200,000 o wyau dan ei bol cyn iddynt ddeor.



Cartref clyd
Bydd crancod meudwyol yn creu eu cartref o hen gragen wag.

Rhannu

Os hoffech rannu'r hyn yr ydych wedi ei weld:
Twitter: @PembsCoast
Facebook: Pembrokeshire Coast

Am fwy o wybodaeth ymwelwch â
www.pembrokeshirecoast.org.uk
www.pembrokeshiremarinesac.org.uk
www.pembrokeshiremarinecode.org.uk

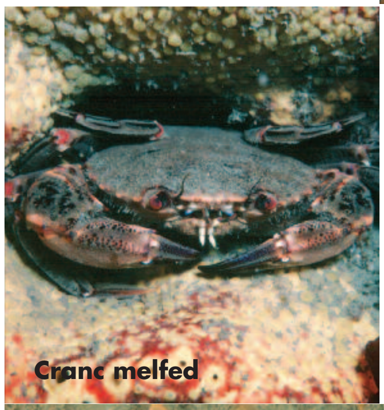
Lluniau: Kate Lock, John Archer-Thomson
Darlun y clawr: Andrew Mackay

Cranc y traeth

Cranc y traeth

Cranc coch

Cranc coch


Cranc melfed

Cranc melfed

Cranc heglog pigog

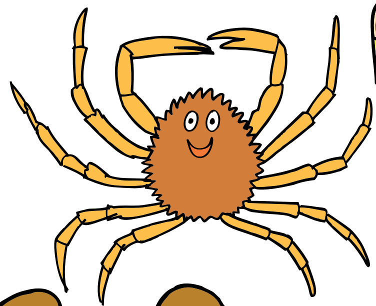
Crancod

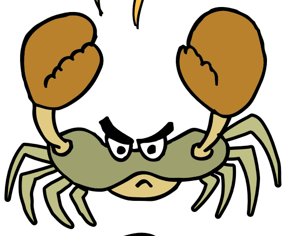
ble i fynd, beth i'w wybod

Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

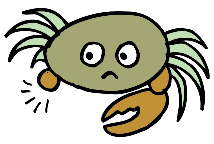
Funky Facts

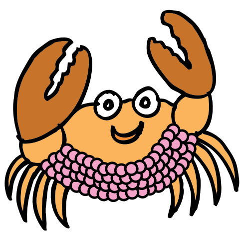
We need a bigger bucket...
The biggest crab off the Pembrokeshire Coast is the Spiny Spider crab. It can measure over a metre between its outstretched claws.



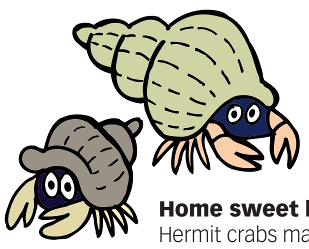


Punch-up
Crabs are very aggressive and often fight with each other. About 5% of crabs only have one claw.





Happy families
A female crab can carry almost 200 000 eggs under her tummy before they hatch.



Home sweet home
Hermit crabs make their home from an empty shell.

Share

If you'd like to share what you've seen:
Twitter: @PembsCoast
Facebook: Pembrokeshire Coast

For more information visit
www.pembrokeshirecoast.org.uk
www.pembrokeshiremarinesac.org.uk
www.pembrokeshiremarinecode.org.uk

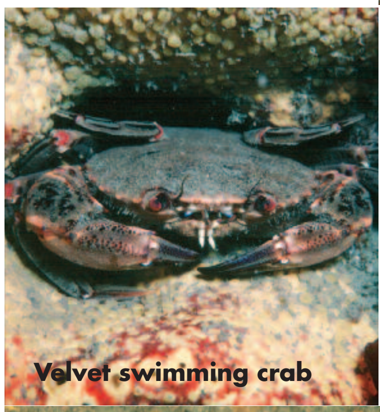
Photography: Kate Lock, John Archer-Thomson
Cover illustration: Andrew Mackay

Shore crab

Shore crab

Edible crab

Edible crab


Velvet swimming crab

Velvet swimming crab

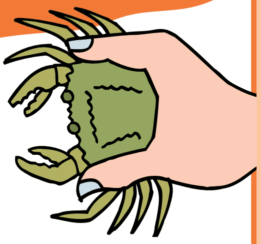
Spider crab

Crab catching

where to go, what to know

Parc Cenedlaethol Arfordir Penfro
Pembrokeshire Coast National Park

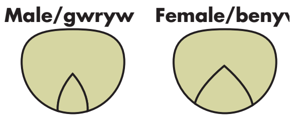
Awgrymiadau Defnyddiol
Top Tips



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.

Use a line with a small net bag containing bacon or other meat or fish bits.

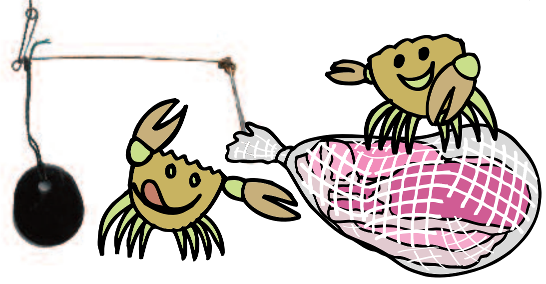


Gallwch ddweud beth yw rhyw cranc trwy edrych ar y caead trionglog oddi tano.
You can tell the sex of a crab by looking at the triangular flap underneath.

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.



Jôc: *Sut wyddoch chi fod cranc mewn tymer drwg?* Pan fydd o'n grancyd
Joke: ***Where do all the crabs go on a Saturday night?*** A rock concert

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

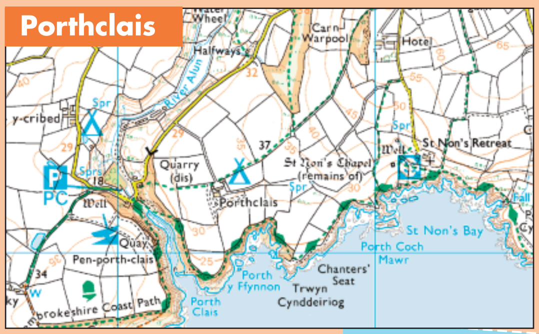
Yn Sir Benfro ceir milltiroedd ar filltiroedd o arfordir, nifer o harbyrau a cheiau cysgodol a phyllau trai arbennig, ble y dewch o hyd i wahanol grancod yn cuddio dan greigiau yn y rhan fwyaf o fannau y byddwch yn chwilio. Mae crancod bwytadwy'n un o ddanteithion Sir Benfro. Wedi diwrnod prysur yn dala 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?

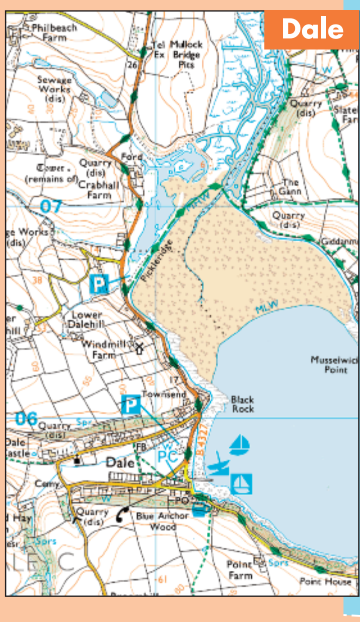
Abergwaun • Fishguard

Harbwr Abergwaun (Y Dref Isaf)
Lower Town Fishguard

Porthclais

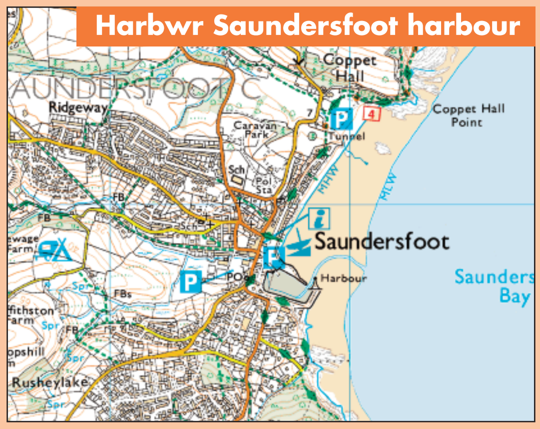


Dale



Lawrenny Quay and Carew Millpond

Harbwr Saundersfoot harbour



Harbwr Dinbych-y-pysgod Tenby harbour

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 hôl pan fyddant yn bwrw 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.