

# Awgrymiadau Defnyddiol

Os y byddwch yn troi'r creigiau trosodd cofiwch eu rhoi yn ôl yn yr un man.

**Gadewch bob creadur ble y daethoch o hyd iddynt** – maent yn llawer hapusach yn eu cartref eu hunain.



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



Holwch beth yw amserau'r llanw – mae'n well mynd i drochi pyllau trai pan fo'r llanw allan. Cadwch lygad pan fo'r llanw'n dod i mewn yn gyflym – **gwnewch yn swr nad ydych yn cael eich ynysu gan y llanw.**

## Rhannu



Os hoffech rannu'r hyn yr ydych wedi ei weld  
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Am fwy o wybodaeth ymwelwch â  
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Cynnwys darlun: Andrew Mackay  
Lluniau: Norman Hughes, John Archer-Thomson

## Top Tips

If you turn over rocks put them back in the same position.

**Leave all creatures where you found them** – they are much happier in their own homes.



Rocks and seaweed can be **very slippery** – take care.



Check the tides – it is best to go rockpooling at low tide.

Be aware of the tide coming in quickly – **make sure you don't get cut off by the tide.**

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Cover illustration: Andrew Mackay  
Photography: Norman Hughes, John Archer-Thomson



Cregyn gleision

Corgimwch cyffredin

Gwichiad

Cragen foch

Llygad maharen

Anemoni gleiniog

Cranc y traeth  
Top (môr) llwyd

Shani  
Crancod meudwy

Mussel

Prawn

Periwinkle

Dogwhelk

Limpet

Beadlet anemone

Shore crab  
Purple Top shell

Blenny  
Hermit crab

# Drochi Pyllau Trai

ble i fynd, beth i'w wybod



Parc Cenedlaethol Arfordir Penfro  
Pembrokeshire Coast National Park

# Rockpooling

where to go, what to know



Parc Cenedlaethol Arfordir Penfro  
Pembrokeshire Coast National Park

# Ffeithiau Ffynchi Funky Facts

## Bechgyn a merched...

Mae'r gragen long yn wryw a benyw ar yr un pryd ac mae'n byw gan llynu ei phen i graig.

## Boys and girls...

Barnacles are boys and girls at the same time and live with their heads stuck to the rock.

## Awel ffres y môr...

Defnyddir gwymon i helpu i greu pâst dannedd.

## Popeth i mewn a mas...

Dim ond un agoriad sydd gan anemonïau môr, felly bydd eu bwyd yn mynd i mewn a'u gwastraff yn dod allan o'r un twll.

## Pryd ar glud...

Bydd llygaid meheryn yn symud o amgylch i chwilio am fwyd, ac yna'n dilyn eu llwybr yn ôl gartref.



## Ocean-fresh...

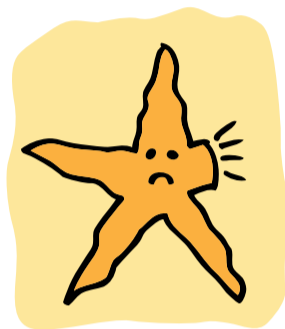
Seaweeds are used to help make toothpaste.

## What goes in must come out...

Sea anemones only have one opening, so their food goes in and their waste comes out the same hole.

## Fast food...

Limpets move about to find food, then follow their trail back home.



## Seren aur...

Os y bydd seren fôr yn colli braich gall dyfu un arall yn ei lle.

## Bright star...

If starfish lose an arm they can grow another one.

## Jôc:

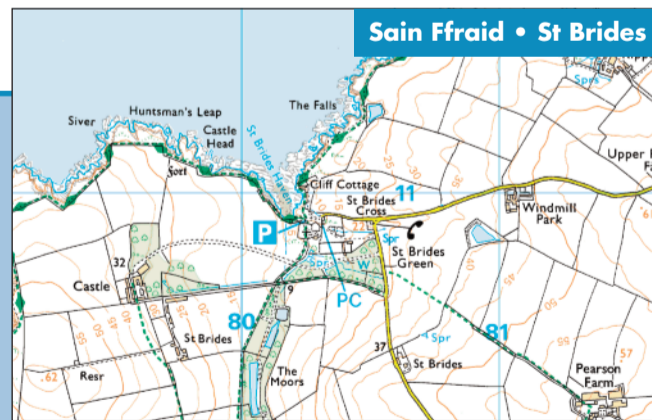
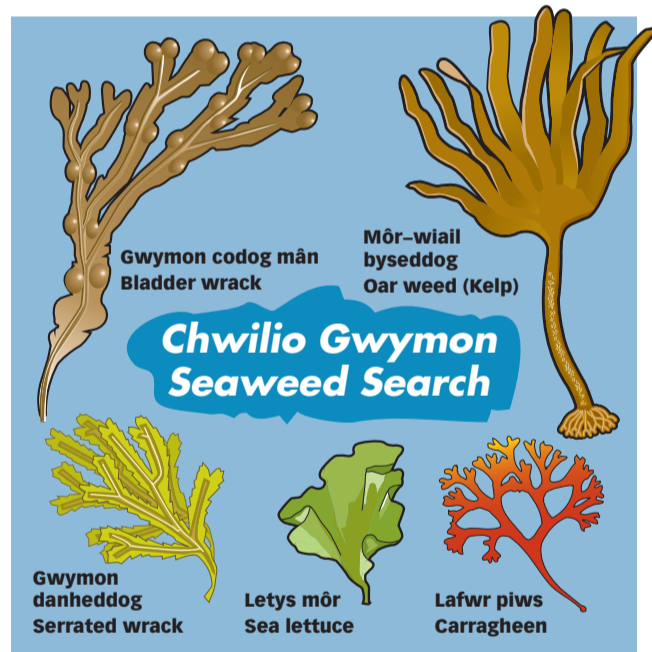
Pa bysgodyn sydd ond yn nofio wedi nos?

Seren fôr

## Joke:

What fish only swims at night?

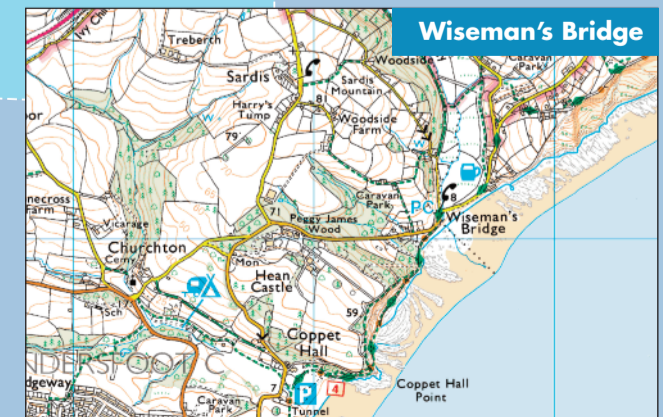
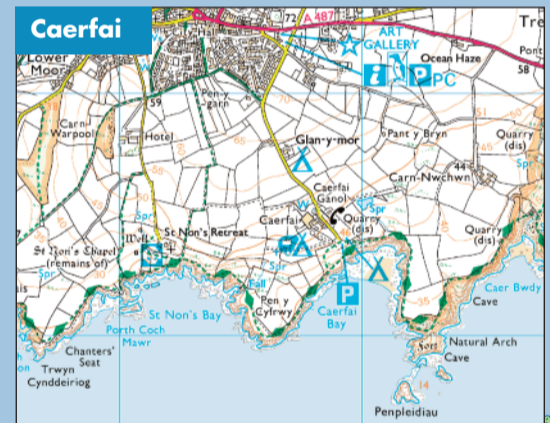
A starfish



Mae glannau creigiog arfordir Sir Benfro'n ferw o greaduriaid od a rhyfeddol. Maent yn byw mewn amodau sych a gwlyb ac maent yn ddiogon clyfar i llynu i'r creigiâu a'r gwymon neu i guddio mewn agennau rhag cael eu golchi i'r môr gan y tonnau a'r llanw.



The rocky shores around the Pembrokeshire Coast are teeming with weird and wonderful creatures. They live in both wet and dry conditions, and are clever enough to stick onto rocks and seaweed or hide away in crevices so they don't get washed away by the waves and the tide.



## Ble a Phryd

Ceir pyllau trai gwych ar hyd arfordir Sir Benfro. Mae'n well ymweld â nhw pan fo'r llanw allan, ac fe welwch fwy o amrywiaeth yn ystod y misoedd cynhesach. Caiff yr arfordir a'r bywyd morol o amgylch Sir Benfro eu gwarchod. Os y byddwn yn gofalu amdanynt gallwn eu mwynhau yn awr ac am flynyddoedd i ddod.

## Where and When

There are great rockpools dotted all along the Pembrokeshire Coast. It's best to go at low tide, and you will see more variety in the warmer months. The coast and marine life around Pembrokeshire are protected. If we look after them we can enjoy them now and for years to come.