# TROEDIWCH YN OFALUS

## Beth sydd mor arbennig am Sabellaria alveolata (y llyngyr diliau) Ardal Gadwraeth Arbennig Bae Ceredigion?

### Beth yw e?

Mae'r llyngyr diliau'n byw mewn tiwbiau maen nhw'n eu hadeiladu o dywod a chregyn. Mae'r llyngyr diliau'n byw'n agos at ei gilydd ac yn ffurfio rîff fawr.

Mae i'r riffiau byw yma batrwm nodedig iawn tebyg i ddiliau mêl.

Gallant fod hyd at sawl metr o led a metr o drwch, er mai digon bach yw'r llyngyr unigol!

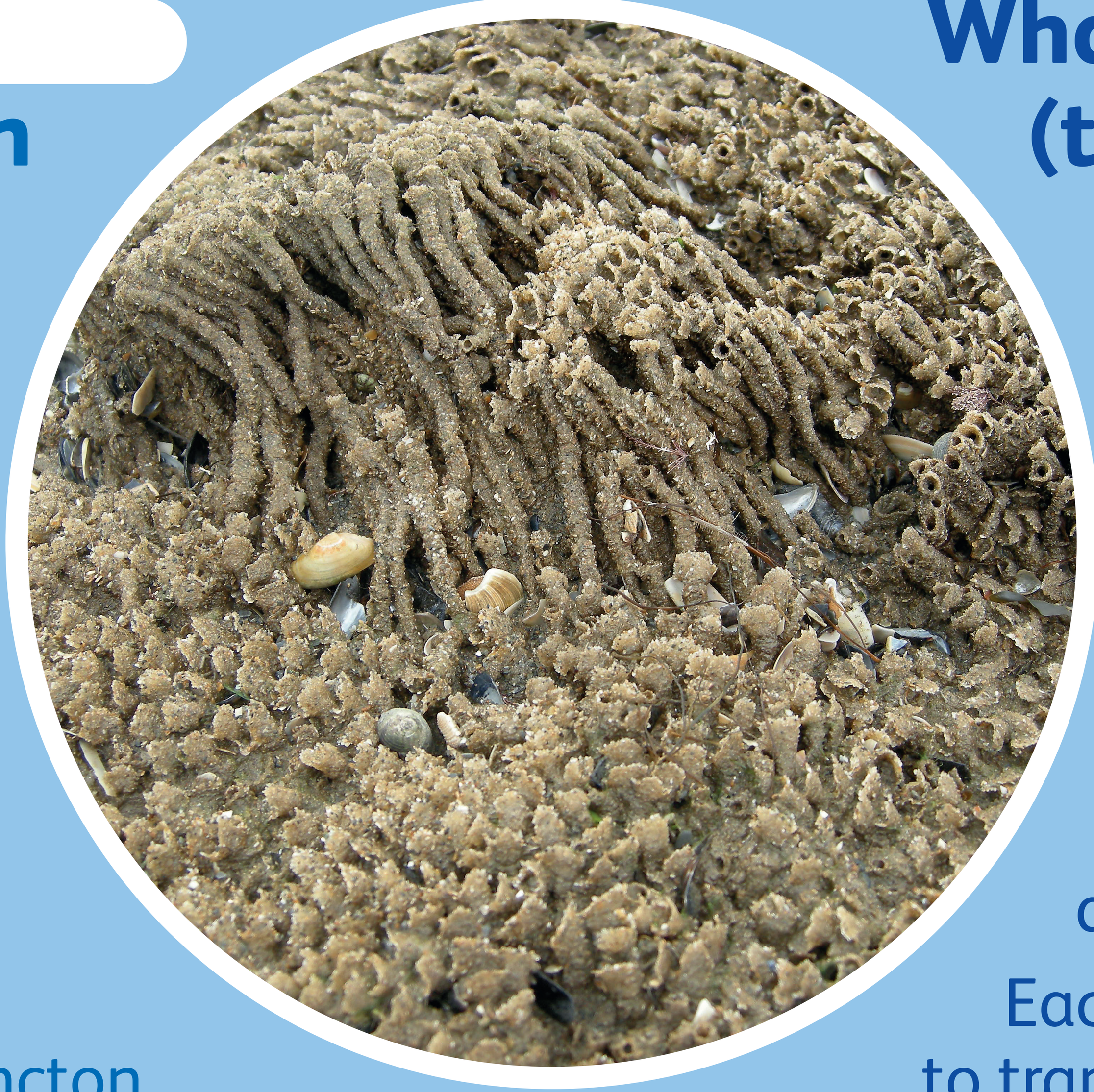
Mae gan bob un nifer o dentaclau bwydo pluog ar gyfer dal plancton.

### Pam maen nhw mor bwysig?

Mae rîff y llyngyr diliau'n cynnig cynefinoedd pwysig ar gyfer rhywogaethau morol eraill, megis malwod môr, anemonïau a chrancod y glannau.

Mae Cyfarwyddeb Cynefinoedd Undeb Ewropeaidd yn eu gwarchod.

Mae llygredd a chael eu sathru dan draed yn fygythiad iddyn nhw.



# TREAD CAREFULLY

## What is special about Sabellaria alveolata (the honey comb worm) in the Cardigan Bay Special Area of Conservation?

### What is it?

Honeycomb worms live inside tubes that they build from sand and shell. The worms live close together forming a large reef.

These living reefs have a very distinctive honey comb pattern.

They can be up to several metres across and a metre deep, although each individual worm is very small!

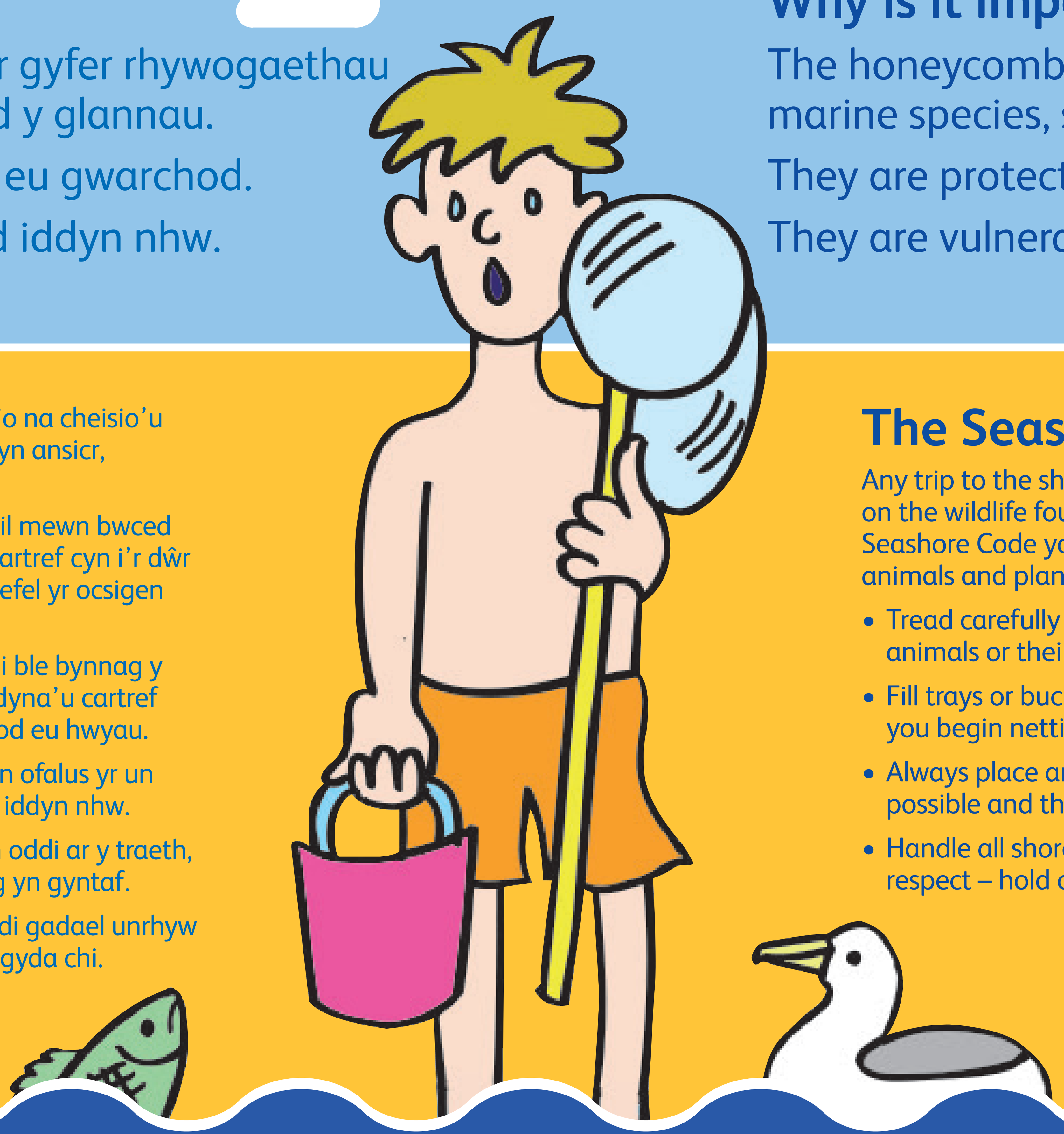
Each worm has many feathery feeding tentacles that they use to trap plankton.

### Why is it important?

The honeycomb worm reef provides important habitats for other marine species, such as marine snails, anemones, and shore crabs.

They are protected under the EU Habitats Directive.

They are vulnerable to pollution and from trampling.



## Y Cod Glan Môr

Gall unrhyw drip i'r traeth effeithio ar y bywyd gwyllt 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 fwcedi 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 gwylio.
- 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 gwympo.
- 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.

## 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 home.
- 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 away with you.

Am fwy o wybodaeth ymwelwch â:
**www.cardiganbaysac.org.uk**

Cafodd yr hysbysfwrdd hwn ei gynhyrchu gyda chyllid gan Gyfoeth Naturiol Cymru ar ran Grŵp Awdurdodau Perthnasol Ardal Gadwraeth Arbennig Bae Ceredigion.
Cafodd y lluniau eu hatgynhyrchu gyda chaniatâd caredig Awdurdod Parc Cenedlaethol Arfordir Sir Benfro.

Caru Love Ceredigion

Ardal Forol Warchodedig Bae Ceredigion / Cardigan Bay Marine Protected Area

CYNGOR SIR CEREDIGION COUNTY COUNCIL

For more information please visit:
**www.cardiganbaysac.org.uk**

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