

Your Strandline Search

Your Strandline Search Eich Archwiliad Traethlin

Searching the Strandline Chwilio'r draethlin

Flintshire & Denbighshire Coast Arfordir Sir y Fflint a Sir Ddinbych

Strolling along the beach looking for shells and pebbles is the perfect way to spend a sunny day. Twice a day the tide comes in, refreshing the beach and leaving behind new treasures to be discovered. The strandline marks the highest point that the tide reached and is also known as the high water mark.

This leaflet will help you to identify some of the things you might find along the All Wales Coast Path in Flintshire and Denbighshire. Tick the box as you find each item but don't worry if you don't find them all in one visit, you can always come back another day!

Please take care as you are also likely to find man-made rubbish. Plastics can take years to degrade, so please put any plastic bottles or carrier bags you find in the bin but don't touch anything sharp like glass.

Ffordd wych o dreulio diwrnod braf yw mynd am dro ar y traeth yn edrych am gregyn a cherrig mân. Ddwywaith y dydd bydd y llanw yn dod i mewn gan lanhau'r traeth a gadael trysorau newydd ar ei ôl. Y draethlin yw'r man uchaf y mae'r llanw'n cyrraedd.

Yn y daflen hon cewch help i adnabod rhai o'r pethau a welwch ar Lwybr Arfordir Sir y Fflint a Sir Ddinbych. Ticiwch y blwch wrth ichi ddod o hyd i bob eitem. Peidiwch â phoeni os na allwch ffeindio popeth mewn diwrnod, gallwch ddod yn ôl rywbrdyr eto!

Cofiwch gymryd gofal mawr, efallai bydd sbwriel pobl ar y traeth. Gall pethau plastig gymryd blynyddoedd i fraenu, felly rhowch unrhyw boteli neu fagiau plastig yn y bin, ond peidiwch â chyffwrdd ag unrhyw bethau miniog fel gwydr.



The sandy beach that stretches from Talacre to Prestatyn is the first real beach on the northern section of the All Wales Coast Path, an 850 mile long path that runs around the coastline of Wales.



Ymestynna'r traeth tywodlyd o Dalacre i Brestatyn. Dyma'r rhan ogleddol gyntaf o Lwybr Arfordir Cymru sydd yn draeth go iawn. Mae'r llwybr yn 850 milltir ac yn rhedeg o gwmpas arfordir Cymru.

This leaflet has been co-ordinated in partnership by Flintshire Countryside Service. Phone: **01244 814931**

Email: countryside@flintshire.gov.uk

Cafodd y llyfryn hwn ei gydlynu mewn partneriaeth â Chyngor Cefn Gwlad Sir y Fflint. Ffôn: **01244 814931**

Ebost: cefngwlad@sirymflint.gov.uk

Look out for the companion leaflet 'Pebbles on the Beach', available from libraries and tourist information centres.

Cadwch eich llygad yn agored am y daflen 'Cerrig ar y Traeth' sydd ar gael mewn llyfrgelloedd a chanolfannau croeso.



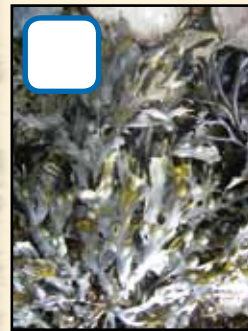
Edible crab *Cancer pagurus*

Edible crabs have a pinky brown shell that looks a bit like a pie crust around the outside! They have huge pincers with black tips that they use to catch shellfish. Often you will find just part of a shell or the claws washed up.



Bladder wrack *Fucus vesiculosus*

Bladder wrack has lots of common names including popweed because of the air sacs or gas bladders found along the frond. It was the original source of iodine, discovered in 1811 and was used to treat goitre, a swelling of the thyroid gland.



Gwymon codog Size/Maint 25cm

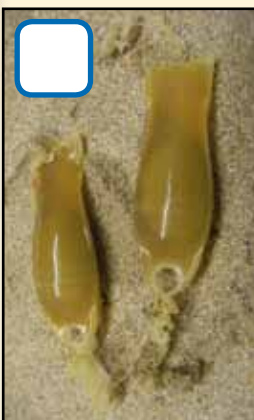
Mae gan y cranc bwytladwy gragen sy'n llwyr pinc-frown ac yn debyg i grwslyn pasta o gwmpas y tu allan. Mae pinsiynau mawr ganddyn nhw gyda blaen du i ddal pysgod cregyn. Yn aml iawn, byddwch yn gweld rhan o'r gragen neu'r grafanc wedi ei golchi i'r lan.

Jelly fish

Sleiren fôr Size/Maint 30cm



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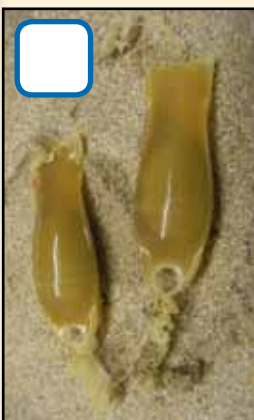
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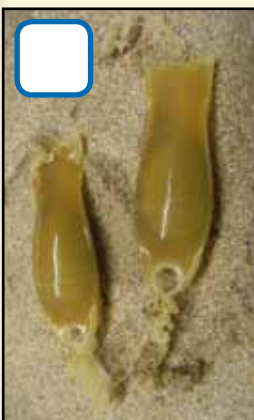
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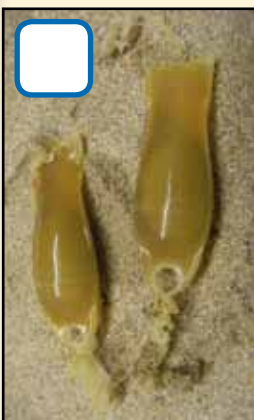
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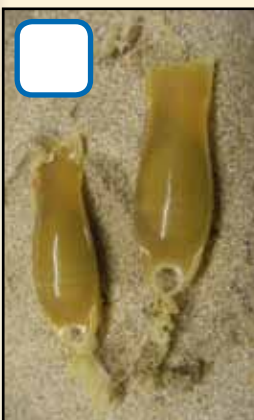
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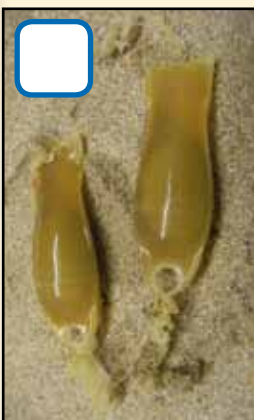
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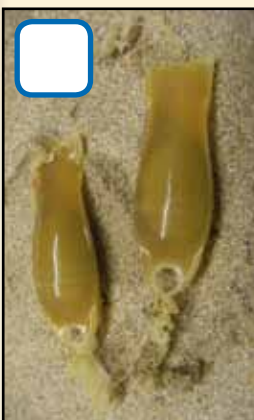
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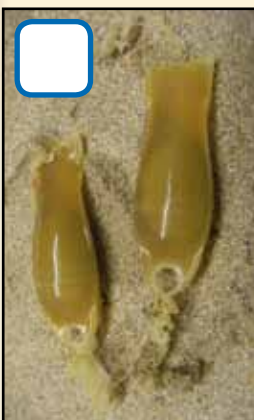
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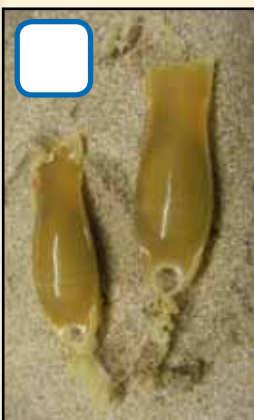
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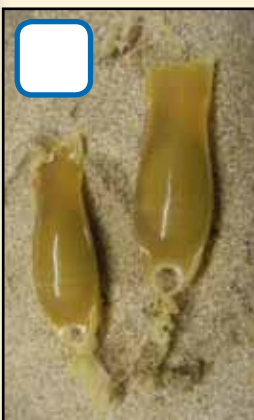
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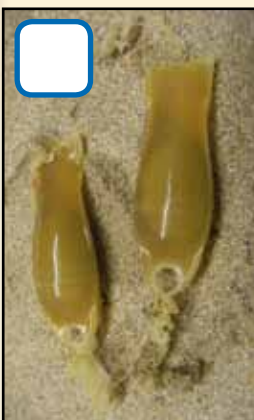
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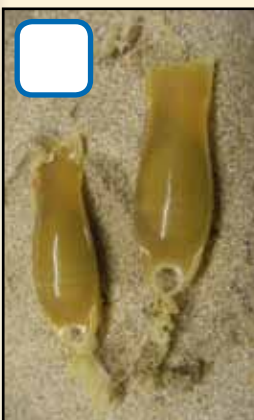
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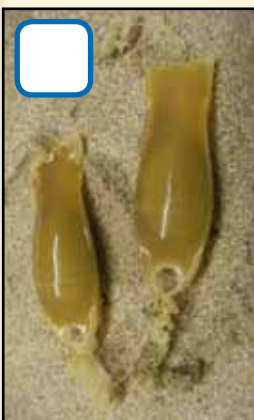
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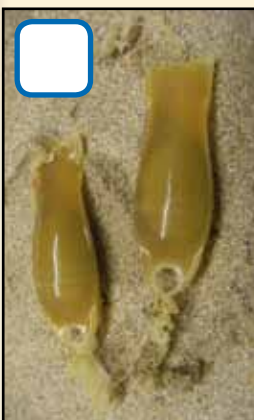
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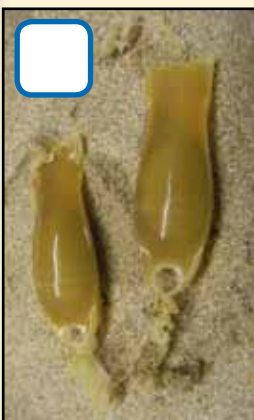
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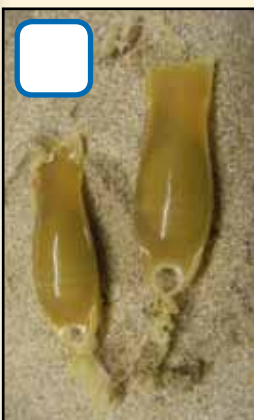
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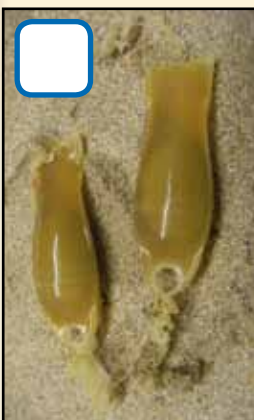
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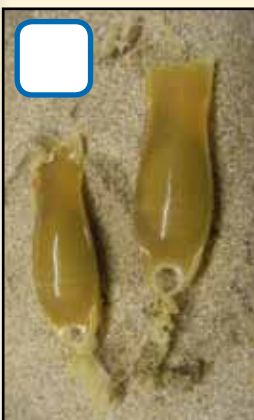
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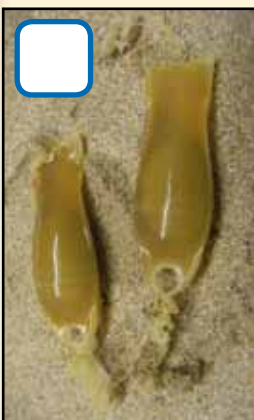
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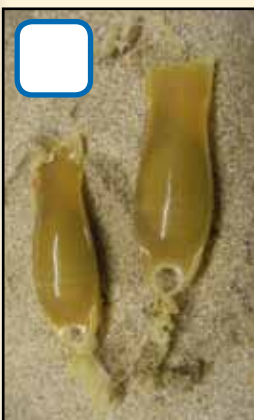
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Eich Archwiliad Traethlin



Common cockle

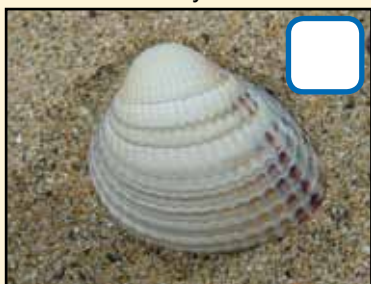
Cerastoderma edule

Cocosen
Size/Maint 5cm

Cockles are edible and have been fished locally for many years. They live in vast numbers below the surface of the sand and feed by filtering the seawater for tiny creatures and other organic matter. The shells are white or dirty brown coloured and you may find one with the two halves still attached.

Gallwch fwyta cocos . Bu pobl yn eu dal yma ers blynnyddoedd.

Mae'r cocos yn byw mewn tyrfa fawr o dan wyneb y tywod gan fwydo drwy hidlo dŵr y môr i ddod o hyd i greaduriaid bach neu fater organig arall. Gwyn neu frown budr yw lliw eu cregyn, ac efallai gallwch ddod o hyd i un sydd â'r ddau hanner yn dal efo'i gilydd.



Heart urchin

Echinocardium cordatum

Taten fôr
Size/Maint 10cm

Heart urchins look like hairy potatoes when they are alive which is why they are also called sea potatoes. They use their long spines to dig themselves into the sand where they feed on organic waste using their feet! The empty 'test' or skeleton is heart shaped but it is very fragile and so is quickly broken up by the waves.

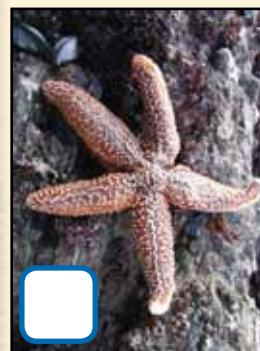


Pan fyddant nhw'n fyw, mae'r tatws môr yn debyg i datws blewog. Maen nhw'n defnyddio'u drain hir i gloddio i mewn i'r tywod ac yn bwydo ar wastraff organig gan ddefnyddio'u traed. Mae'r sgerbwd wag sydd fel siâp calon yn fregus iawn ac yn cael ei falu'n hawdd gan y tonnau.

Common starfish

Asterias rubens

Seren fôr gyffredin
Size/Maint 20cm



Starfish have five arms which they can re-grow if they lose one! They are experts at opening shells, using their tube feet to pull the two halves apart. Eventually the bivalve opens just enough for the starfish to push its stomach inside and start to digest the shellfish.

Pum braich sydd gan y seren fôr. Gall dyfu braich arall os bydd yn colli un ohonyn nhw. Maen nhw'n bencampwyr am agor cregyn, gan ddefnyddio'u traed tiwbiau i dynnu'r ddau hanner oddi wrth ei gilydd. Yna bydd y ddeufalf yn agor yn ddigon i'r seren fôr wasgu cyhyrau ei stumog i mewn a dechrau treulio'r pysgodyn cragen.

Common whelk

Buccinum undatum

Gwichiad moch
Size/Maint 20cm

Whelks are really large, edible sea snails. They are unpopular with fishermen as they eat shellfish including oysters and scallops, breaking into the shell to scrape out the soft flesh. Whelk shells are very strong and once empty they make safe homes for hermit crabs.



Malwod môr mawr y gallwch eu bwyta yw gwichiad moch. Mae'n gas gan bysgotwyr nhw am eu bod yn bwyta pysgod cregyn fel wystrys a chregyn bylchog, gan dorri i mewn i'w cregyn i grafu'r cnawd meddal allan. Mae cragen y gwichiad môr yn gryf iawn a phan fydd yn wag mae'n gartref diogel i'r cranc meddal.

Common mussel

Mytilus edulis

Cragen las gyffredin
Size/Maint 8cm

Mussels are a beautiful deep blue or purple colour and are a favourite food of gulls, oyster catchers, crabs and star fish as well as people! They have incredibly strong threads that hold them firmly onto the rocks or other mussels, forming huge mussel beds. Barnacles will often make themselves at home on the mussels too!



Lliw glas tywyll neu borffor hardd yw cragen y cragen las. Mae gwylanod, piod môr a sêr môr yn hoff iawn ohonyn nhw - yn ogystal â phobl. Mae ganddyn nhw edafedd sy'n anhygoel o gryf ac sy'n eu dal yn dynn at graig neu at cragen las arall gan ffurfio gwelyau anferth o gregyn glas. Mae'r cragen llong yn ymgartrefu ar gregyn glas yn aml iawn.

Common razor shells

Ensis ensis

Gyllell fôr gyffredin
Size/Maint 13cm

Common razor shells are slightly curved and look like the old fashioned 'cut-throat' razors, hence the name. They live in vertical burrows in the sand and can dig down extremely fast if necessary! They feed by drawing water in through one siphon, filtering all the food out of it and then exhaling the water out of the other siphon.

Mae' gyllell fôr gyffredin ychydig yn grwm ac yn debyg i raser hen-ffasiwn. Maen nhw'n byw mewn tyllau fertigol yn y tywod a gallant gloddio i lawr yn rhyfeddol o gyflym os oes angen. I fwydo, maen nhw'n tynnu dŵr i fyny drwy un seiffon, yna'n hidlo'r holl fwyd allan ohono ac wedyn yn chwythu'r dŵr allan drwy'r seiffon arall.



Whelk egg cases

Casau wyau'r gwichiad moch
Size/Maint 20cm

Whelk egg cases are also known as sea wash balls as sailors once used them as a sponge. Each little capsule may start with 10 or more eggs inside but one will eat the others and develop into a young whelk!



Ers talwm roedd morwyr yn defnyddio casau gwichiad môr i ymolchi. Gall bob cas gychwyn â deg neu fwy o wyau ynddo ond am eu bod yn bwyta'i gilydd dim ond yr un olaf fydd yn tyfu'n wichiad môr ifanc.