

## About Medieval Michaelston Walk

The history of Michaelston-super-Ely dates back to at least the Middle Ages. The church of St Michael's was built around AD 1250. Today, the church is set adjacent to a large field used to pasture horses. But, if you look closely, within that field are the remains of a number of building platforms where Medieval houses once stood. The whole complex represents an abandoned Medieval village that once surrounded the church and overlooked the River Ely and was home to a thriving population of peasant farmers. The village was bounded on the west by St Michael's and in the east by a moated manor house (The Court) probably the residence of the Fleming family. The abandonment of the village by the beginning of the 19th century was probably a result of the Black Death and the swallowing up of smaller farmsteads by larger landholders.

### Access:

The walk is gently sloping, combining hard surfaced paths with muddier tracks and some areas within woodland which makes access for pushchairs and wheelchairs difficult. A short section of the trail along Michaelston Road between Falconwood Drive and Court Cottages does not have a footpath so great care should be taken walking along the side of the main road.

### Getting there:

Car parking is possible along Michaelston Road near to the Michaelston Pub and local shops. Alternatively, a large car park is set within Western Cemetery. The closest bus stop to the trail is on Michaelston Road.



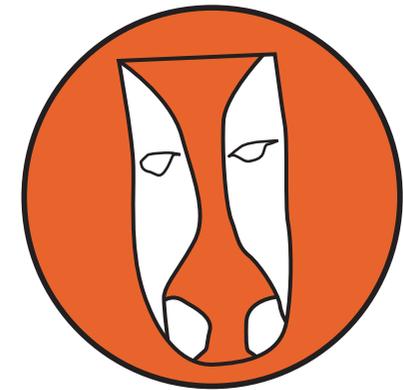
## About HEART of Cardiff

Since 2011 the CAER Heritage Project has been exploring the history and archaeology of two west Cardiff suburbs, Caerau and Ely. Here, the homes of more than 25,000 people surround several of the most significant, but under-studied, archaeological sites in south Wales, including a large Iron Age hillfort, a Roman Villa and the remains of Cardiff's National Hunt Racecourse. However, despite this amazing heritage and close community ties, the people who live here face many social and economic challenges. Aiming to directly address issues of health and wellbeing and promote learning opportunities the CAER Heritage Project has worked with local people of all ages in the design and creation of the HEART of Cardiff Heritage trails. By researching the history of local heritage and recording stories and folk memories about important local places four circular heritage trails have been established. The trails are signposted by heritage themed artwork created by local people and supported by a digital resource trail hosted by the People's Collection Wales website. Come and discover these amazing stories and histories at the heart of West Cardiff.

- Trail I – Medieval Michaelston Walk
- Trail II – Plymouth Woodland Walk
- Trail III – Caerau Celtic Hillfort Walk
- Trail IV – Romans to Races Walk

[www.caerheritageproject.com/  
projects/heart-of-cardiff](http://www.caerheritageproject.com/projects/heart-of-cardiff)

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## HEART of Cardiff heritage trails



Trail I - **YELLOW TRAIL**  
Medieval Michaelston

# HEART of Cardiff heritage trails

## Trail I - **YELLOW TRAIL** Medieval Michaelston

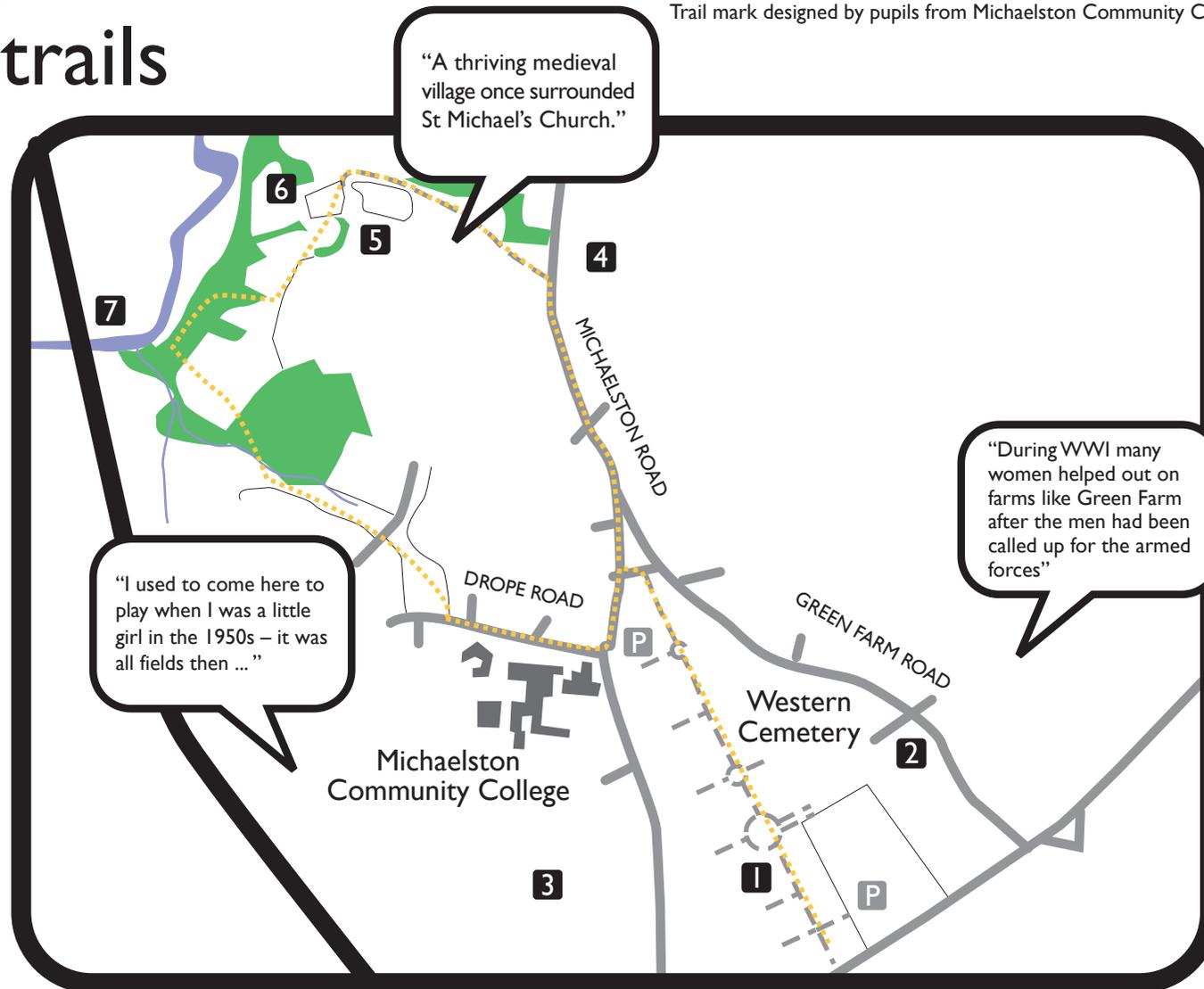
Trail mark designed by pupils from Michaelston Community College



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### Sites of interest:

1. Western Cemetery
2. Green Farm
3. Culverhouse
4. The Court
5. Michaelston Deserted Medieval Village
6. St Michael's Church
7. The Railway Line



Dual Carriageway

Road

Track

Heritage Trail



Scan the QR code or visit the webpage to listen along to audio, see photographs and discover more about the sites on the map.

[www.peoplescollectionwales/trails/381880](http://www.peoplescollectionwales/trails/381880)



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