

About Caerau Celtic Hillfort Walk

Enclosing more than 5 hectares Caerau Hillfort is the largest Iron Age hillfort in south Glamorgan, but until recently had been almost entirely overlooked by archaeologists. The ramparts of the hillfort are hidden beneath woodland, a fact that means many people, even those living in the shadow of the great monument, don't even realise it is there. The interior of the hillfort is now largely pasture, but in its north-east corner is a medieval ringwork castle adjacent to a 13th century church and graveyard – St Mary's. Recent excavations by the CAER Heritage Project have shown that the hillfort was intensively occupied and contained many Iron Age roundhouses dating from 600BC and lasting into the Roman period and beyond. This walk will help you discover Caerau's fascinating prehistoric past as well as memories and stories of more recent events and places on and around Caerau Hillfort.

Access:

The steep hill up to St Mary's from Church Road is the most challenging section of the walk, and the stiles providing access to the right of way across the hillfort interior and out of the southern entrance are currently little more than fences. These shouldn't be a problem for the more mobile walker, but it makes access for pushchairs and wheelchairs very difficult. The path can sometimes be muddy so suitable footwear is essential.

Getting there:

Parking is available at the top of Church Road next to a green gate which marks the start of the track up to the hillfort and St Mary's Church. The closest bus stop to the trail is on Heol Trelai.



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)

PLEASE PRINT DUPLEX (double sided)



CAER
Heritage Project

HEART of Cardiff heritage trails



Trail III - **RED TRAIL**
Caerau Hillfort

HEART of Cardiff heritage trails

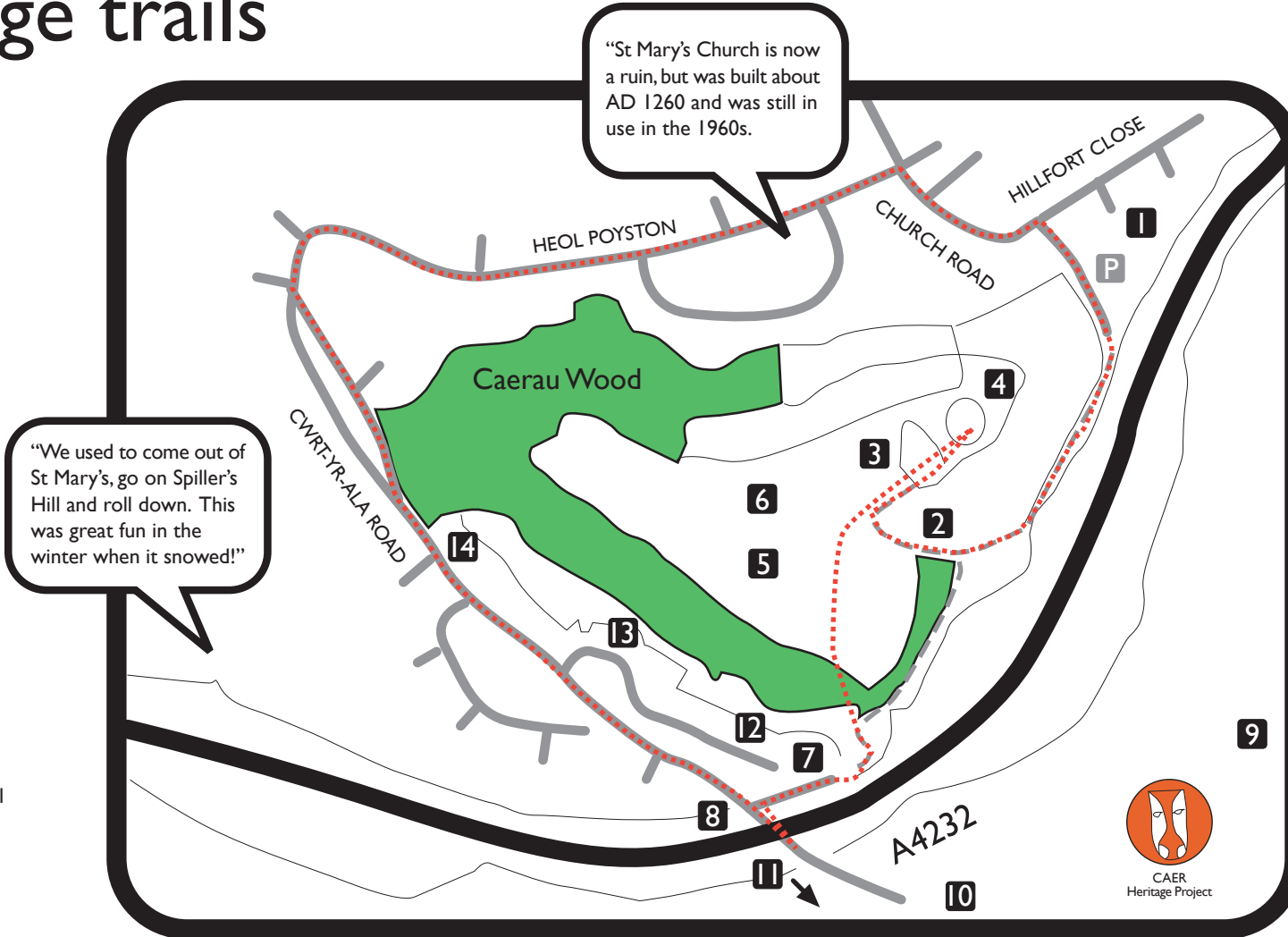
Trail IV - RED TRAIL Caerau Hillfort

Trail mark designed by Friends of Caerau



Sites of interest:

1. West End Brickworks
2. Church House Farm
3. St Mary's Church
4. Caerau Ringwork
5. Caerau Hillfort
6. Whitsun Treat
7. Spiller's Hill
8. CAER Mural
9. Penylan Farm
10. Gamekeeper's Lodge
11. The Five-Miler
12. Caerau House
13. The Isolation Hospital
14. The Piggery
15. Sweldon Farm



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.co.uk/trails/380207



Arts & Humanities
Research Council

