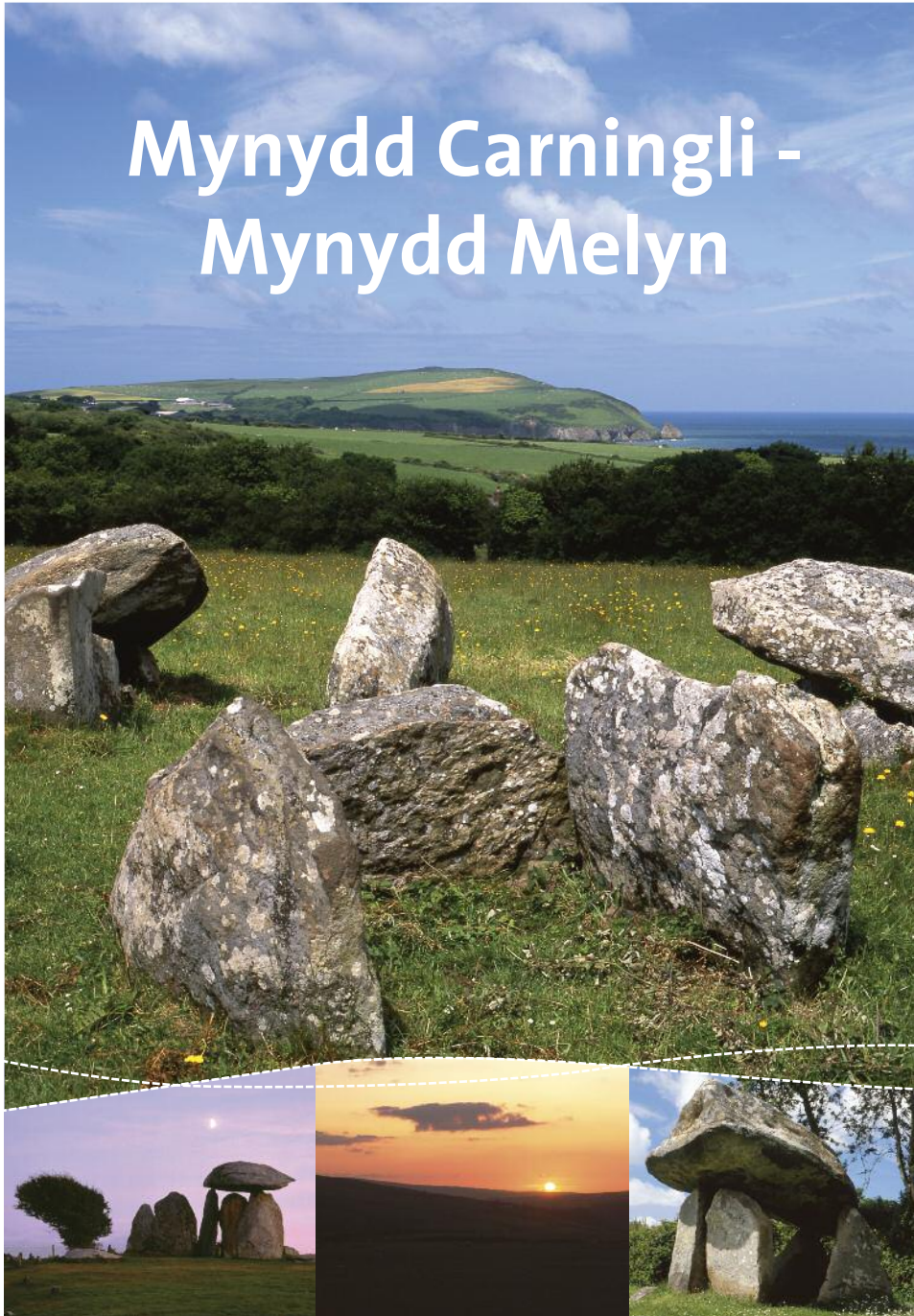


# Mynydd Carningli - Mynydd Melyn



## CYFLWYNIAD

Bydd y llyfryn hwn o gymorth i chi archwilio cynhanes cudd tirlun Preseli uwchlaw Trefdraeth. Mae'r daith gerdded hon wedi ei chynllunio i adael i ymwelwyr gychwyn ar ddewis o fannau ar hyd llwybrau gwasanaethau bysiau Gwibiwr Strwmbwl, Roced Poppit a Bws Cerddwyr y Ddraig Werdd. Mae taith gerdded haws yn cychwyn wrth faes parcio Bedd Morys gan ddewis llwybr naill ai i'r dwyrain neu'r gorllewin ar draws y rhostir agored. Efallai yr hoffai cerddwyr mwy profiadol gychwyn yn Nhrefdraeth a dringo llethrau serth Mynydd Carn Ingli. Gellir dod o hyd i fap yn dangos y llwybr a awgrymir ar du mewn y clawr cefn.

## INTRODUCTION

This guide will help you explore the hidden prehistory of the Preseli landscape above Newport. The walk has been designed to allow visitors to start at alternative points along the route of Strumble Shuttle, Poppit Rocket and Green Dragon Walkers' Bus services. An easier walk begins at Bedd Morris car park choosing a route either east or west across the open moorland. More seasoned walkers may prefer to start at Newport and climb the steep slope of Mynydd Carn Ingli. A map showing the suggested route can be found on the inside back cover.

*Pentre Ifan*



MICK SHARP PHOTOGRAPHY; CLAWR BLAEN/FRONT COVER: MICK SHARP PHOTOGRAPHY

## GWYBODAETH AM Y DAITH

**Tirwedd:** Amrywiol

**Pellter:** Oddeutu 11km

**Amser:** Cyfanswm: 3 awr

**Llwybrau:** Llwybrau troed yn cael eu nodi

**Cŵn:** Rhaid eu cadw ar dennyn

**Map:** OS Landranger 145

*Brasamcan yw'r holl amseroedd a phelteroedd.*

*Byddwch wedi paratoi. Gwisgwch esgidiau cerdded cryfion. Ewch â dillad twym sy'n dal dŵr a phegyn bwyd gyda chi.*

## WALK INFORMATION

**Terrain:** Variable

**Distance:** c.11km

**Time:** Total: 3 hours

**Paths:** Footpaths are marked

**Dogs:** Must be kept on a lead

**Map:** OS Landranger 145

*All times and distances are approximate.*

*Be prepared. Wear strong walking boots.*

*Take warm waterproof clothing and a packed lunch with you.*



MICK SHARP PHOTOGRAPHY

*Siambwr gladdu Neolithig Cerrig y Gof*

*Cerrig Y Gof - Neolithic chambered tomb*

## DEFNYDDIO'R LLYFRYN HWN

Rhaid defnyddio'r llyfr hwn ar y cyd â map sy'n dangos y dirwedd yn fwy manwl, fel map OS Landranger (145). I fod yn ddiogel ar yr ucheldir, gwnewch yn siwr eich bod yn gymwys mewn darllen mapiau, a dywedwch wrth eraill ble rydych yn mynd.

## USING THIS GUIDE

This guide must be used in conjunction with a map which shows the terrain in greater detail, such as the OS Landranger map (145). To be safe in the uplands, make sure you are a competent map-reader, and tell others where you are going.



MICK SHARP PHOTOGRAPHY

Ers meitin, mae'r Preselau wedi bod yn ffocws i weithgarwch pobl, o gynhanes hyd heddiw. Tua 4000CC, fe ddechreuodd y ffermwyr cyntaf yng Nghymru adeiladu beddrodau siambr, fel Carreg Coetan Arthur yn Nhrefdraeth. Fe ddechreuodd hyn draddodiad o adeiladu henebion a barhaodd ymhell i mewn i'r Oes Efydd, tua 1300CC. Wrth i bobl addasu at ffordd newydd o fyw fel ffermwyr, fe symudodd y pwyslais at adeiladu aneddiadau parhaol - fel y bryngaer a'r cylchoedd cytiau ar Garn Ingli.

Yn ystod yr Oes Neolithig a'r Oes Efydd, adeiladwyd amrywiaeth eang o fathau gwahanol o henebion defodol ac angladdol yn y brynau hyn, gan gynnwys beddrodau, meini hirion, crugiau cylchog a charneddau claddu. Fe welwch chi bob un o'r rhain ar y llwybr hwn. Roedd y prosesau a'r defodau yn ymwneud â marwolaeth a chladdu yn y cyfnod cynhanes yn hynod o gymhleth, ac fe'u gwelwyd yn newid yn raddol dros 2000 o flynyddoedd. Roedd y newid yn arddulliau'r henebion yn adlewyrchu newidiadau mewn tueddiadau cymdeithasol, economaidd a chrefyddol.

The Preselis have long been the focus of human activity from prehistoric times to the present day. In around 4000BC, the first farmers in Wales began building chambered tombs, such as Carreg Coetan Arthur in Newport. This began a tradition of monument building which continued well into the Bronze Age, c.1300BC. As people adapted to a new way of life as farmers, emphasis shifted to the construction of permanent settlements such as the hillfort and hut-circles on Carn Ingli.

During the Neolithic and Bronze Age a wide variety of different types of funerary and ritual monuments were constructed in these hills including tombs, standing stones, ring barrows and burial cairns. You will come across all of these on this trail. The processes and rituals that surrounded death and burial in prehistoric times were highly complex, and they changed gradually over the course of 2000 years. Changing monument styles reflect changing social, economic and religious trends.



## Y BRIF DAITH

## THE MAIN ROUTE

# MYNYDD CARNINGLI AT FYNYDD DINAS

# MYNYDD CARNINGLI TO MYNYDD DINAS

### CARREG COETAN ARTHUR

## Darn chwarae digon mawr i frenin

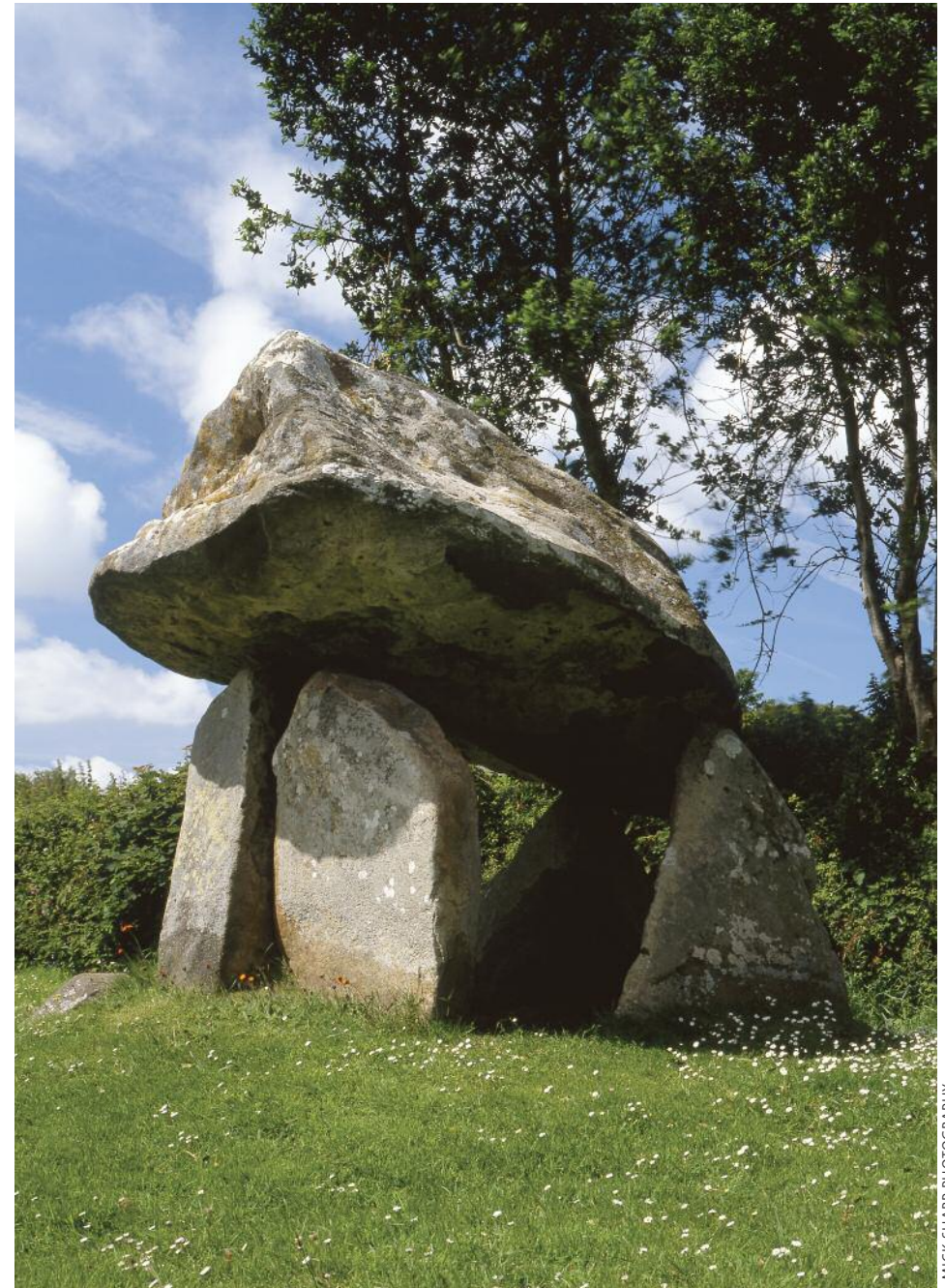
Mae'r llwybr yn cychwyn wrth un o'r henebion cynhanesyddol cynharaf yng Nghymru, siambr gladdu Neolithig Carreg Coetan Arthur (1), a ddyddir oddeutu 3700-3000CC. Lleolir hi ar gyrion ddwyreiniol Trefdraeth ar ochr chwith y ffordd i Drewyddel (SNo6043935). Mae dwy o'r cerrig sy'n sefyll yn cynnal capfaen ar ffurf lletem a gafodd ei defnyddio yn ôl y chwedl gan y Brenin Arthur mewn gêm o goets. Mae cloddiadau wedi dangos bod y siambr ar un adeg wedi ei hamgylchynnu, a'i chladdu'n rhannol, gan garnedd gron o bridd a cherrig. Canfuwyd esgyrn wedi eu hamlosgi a darnau o grochenwaith ar balmant carreg oddi allan i'r siambr.

Mae pen Mynydd Carn Ingli i'w weld yn glir i'r de. O Drefdraeth, dilynwch un o'r amryw llwybrau troed serth sy'n arwain i ben y bryn a daliwch ati ar hyd y llwybr cynhanesyddol.

### CARREG COETAN ARTHUR

## King-size gaming piece

The trail begins at one of the earliest prehistoric monuments found in Wales, the Neolithic chambered tomb of Carreg Coetan Arthur (1), dated to 3700-3000BC. It is located on the eastern outskirts of Newport, on the left hand side of the road to Moylegrove (SNo6043935). Two of the four upright stones support a massive wedge-shaped capstone that legend tells us was used by King Arthur in a game of quoits. Excavations have revealed that the chamber had once been surrounded, and partly covered, by a circular cairn of earth and stone. Cremated bone and pottery fragments have been found on a stone pavement outside the chamber. The summit of Mynydd Carningli is clearly visible to the south. From Newport, follow one of the several steep footpaths that lead up to the hilltop and continue the prehistoric trail.



*Carreg Coetan Arthur – mae 'coetan' yn cyfeirio yr hen chwarae coets*

*Carreg Coetan Arthur – 'coetan' refers to the old game of quoits.*

MICK SHARP PHOTOGRAPHY

## CARN LLWYD

### Cylchoedd a cherrig

Nid yw dehongli'r tirlun hanesyddol mor hawdd â hynny bob amser. Mae'r cylchoedd cytiau neu feddrodau cylch ar lethrau Carn Ingli yn rhan o ddryswaith o lwybrau, tir caeëdig a chaeau gyda chloddiau; rhai o'r cyfnod cynhanes, eraill o'r oesoedd canol neu'n ddiweddarach. Tua hanner ffordd rhwng Trefdraeth a chopa Carn Ingli (SNO6293792), mae'r llwybr yn mynd heibio i gylchoedd Carn Llwyd (2 a 4 ar y map) a maen hir (3). Byddent wedi bod yn ganolbwynt i ddefodau'r Oes Efydd gyda seremonïau a ddathlai fywyd yn ogystal â nodi marwolaeth.

Twmpathau claddu crwn yw'r beddrodau ac ar y Preseli maent ar ffurf carneddau cerrig mawr neu feddrodau cylch siâp soser o bridd a cherrig. Fel arfer amlogwyd y cyrff a chedwid yr esgyrn mewn wrnau pridd neu arteffactau eraill, neu'u cysylltu hwy â phethau o'r fath.

Mae'r llwybr yn parhau i fyny'r llethr at fryngaer ysblennydd o'r Oes Haearn (c.800CC–OC100) (5) ar y pentwr cerrig i'r gorllewin o gopa Mynydd Carn Ingli.

## CARN LLWYD

### Circles and stones

Interpreting the prehistoric landscape isn't always straightforward. The possible hut-circles or ring-barrows on the slopes of Carn Ingli are within a complex of trackways, enclosures and embanked fields; some prehistoric, others medieval or later. About midway between Newport and the summit of Carn Ingli (SNO6293792), the trail passes the Carn Llwyd rings (2 and 4 on the map) and a standing stone (3). They would have been the focus of Bronze Age rituals and ceremonies that celebrated life as well as commemorating death.

Barrows are circular burial mounds and on the Preselis these take the form of large stone mounds (cairns) or saucer-shaped ring barrows of earth and stone. Bodies were usually cremated and the burnt bone was contained within, or associated with, pottery urns and other artefacts.

The trail continues upslope to a spectacular Iron Age (c.800BC–AD100) hillfort (5) on the rocky outcrop to the west of Mynydd Carningli summit.

*Cylchoedd Carn Llwyd – Croesau a chylchoedd ar y tirlun*

*The Carn Llwyd Rings - Noughts and crosses on the landscape*

© HAWLFRAINT Y GORON: COMISIWN BRENHINOL HENEBION CYMRU

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## BRYNGAER CARN INGLI

### Y byw...

Ar ben Mynydd Carn Ingli (5), neu Fynydd yr Angylion, ceir enghraifft dda o fryngaer ar SNO6303730, yn nythu ymysg y creigiau. Credir bod y safle yn aneddiad amddiffynol o statws uchel gyda golygfeydd helaeth dros arfordir y gogledd a dyffrynnoedd yr afonydd i'r dwyrain a'r de.

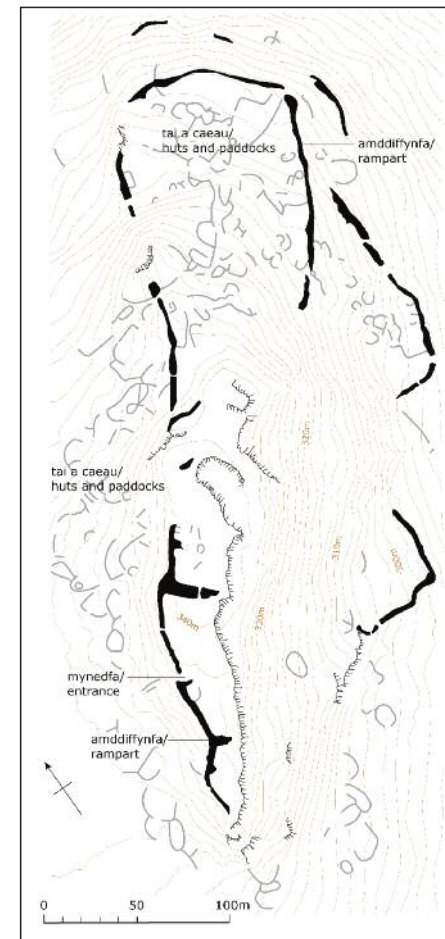
Mae'r amddiffynfeydd cerrig yn gorchuddio arwynebedd 400m o hyd a 100m o led ac er eu bod wedi dymchwel i raddau helaeth bellach, mae rhai adrannau o'r wyneb cerrig sych gwreiddiol wedi goroesi. Ymddengys i'r fryngaer fod yn bentref caerog a cheir olion tua 25 o dai crwn (cylchoedd cytiau). Efallai i Garn Ingli gael ei hamgáu gyntaf yn ystod yr Oes Neolithig, ar adeg pan oedd cofebau defodol yn cael eu codi yn yr ardal, a'i haddasu yn ddiweddarach yn Oes yr Haearn. Meddiannwyd hi am gyfnod hir, efallai mor ddiweddar â'r Oesoedd Canol, cyn i'r safle gael ei adael.

## CARN INGLI HILLFORT

### The living ...

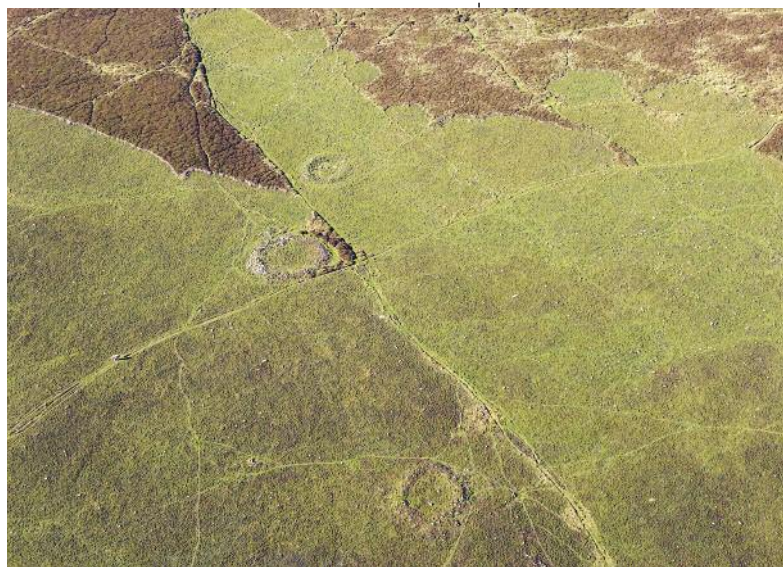
On Mynydd Carn Ingli (5), the Mountain of Angels, there is a fine example of a hillfort at SNO6303730, nestled within the rocky outcrop. The site is thought to have been a high-status defended settlement commanding extensive views over the north coast and the river valleys to the east and south.

The stone defences cover an area 400m long by 100m wide and, although now largely collapsed, some sections of the original drystone facework still survive. The hillfort seems to have acted as a fortified village and there are traces of about 25 circular houses (hut-circles). Carn Ingli may have been first enclosed during the Neolithic, at a time when ritual monuments were being built in the area, and was later adapted as a hillfort in the Iron Age. Occupation lasted for a long time, perhaps even into the Medieval period, before the site was abandoned.



*Map yn dangos prif amddiffynfeydd a chylchoedd cytiau Bryngaer Carn Ingli*

*Map showing the main defences and hut circles of Carn Ingli hillfort*





*Copa Carn Ingli – y bywyd braf*

*Carn Ingli summit – the high life*

## CARNEDI CLADDU CARN INGLI ... a'r meirw

Gellir canfod cyfres o feddrodau cerrig a charneddi cylch o'r Oes Efydd gynnar i'r gorllewin, yn agos at gopa Mynydd Carn Ingli. O'r fryngaer dilynwch y llwybr canol amlwg a throï i'r dde i fyny at Garn Briw (6). Mae'r garnedd amlwg hon a leolir yn SNO563706, i'w gweld o'r naill ochr neu'r llall o'r grib ac er cael amharu arni lawer erbyn hyn byddai wedi bod yn fan claddu trawiadol dros ben, o bosibl ar gyfer rhywun lleol pwysig yng nghymdeithas yr Oes Efydd.

250m i'r de orllewin o Garn Briw mae cyfres o dair cofeb cylch cerrig a phridd (7), a ddehonglir naill ai fel cofebion angladdol o'r Oes Efydd neu gylchoedd cytiau o'r Oes Haearn. Cymerwch y llwybr at Garn Edward, gan anelu at ddau frigiad cerrig amlwg. Mae cofeb gylch fawr arall, Carn Edward II (8), yn gorwedd 70m i'r de ddwyrain ar SNO5493681 a charnedd gladdu heb ei chadw gystal (9) yn ymyl. Mae Carn Edward II yn gynhanesyddol, ond mae'n aneglur ai swyddogaeth ddomestig neu yntau ddefodol oedd ganddi.

### CERRIG AC ESGYRN

Gan gadw at y llwybr sy'n mynd gyda'r ffens, mae'r daith yn parhau i'r gorllewin ar hyd y grib at Fynydd Caregog, ble ceir cylch cytiau cynhanesyddol ardderchog (10) yn SNO4173652.

## CARN INGLI BURIAL CAIRNS ... and the dead

A series of early Bronze Age stone-built barrows and ring-cairns can be found to the west, close to the summit of Mynydd Carn Ingli. From the hillfort take the clear central path and fork off to the right up to Carn Briw (6). This prominent cairn, located at SNO563706, is visible from either side of the ridge and although now much disturbed it would have been an impressive burial place, possibly for an important local person in Bronze Age society.

250m to the southwest of Carn Briw lie a series of three earth and stone ring monuments (7), variously interpreted as Bronze Age funerary monuments or Iron Age hut circles. Take the path down to Carn Edward, heading towards the two prominent rocky outcrops. Another large circular monument, Carn Edward II (8), lies 70m to the southeast at SNO5493681 and a less well-preserved burial cairn (9) is nearby. Carn Edward II is prehistoric, but it is unclear whether it had a domestic or a ritual function.

### STONES AND BONES

Keeping to the path that runs alongside the fence, the trail continues west along the ridge to Mynydd Caregog, where there is a fine prehistoric hut circle (10) at SNO4173652.

Mae maen hir tal Bedd Morys (11) yn nodi cyffordd dau hen fwllch, bellach y ffordd fodern a ffordd geffylau, ar draws bryniau Preseli. Mae arysgrif ar y garreg yn nodi iddi gael ei hailddefnyddio i nodi ffiniau plwyfi. Gan anelu tua'r gorllewin oddi wrth y garreg dilynwch y llwybr cerffylau at Fynydd Melyn, ble ceir maen hir llai yn gorwedd 20m i'r gorllewin o weddillion carnedd gladdu o'r Oes Efydd (12) yn SNO28363. Ar lethrau'r dwyrain ceir tir caeëdig siâp cylch mawr sy'n weladwy ar SNO24361 (13), a chylch cytiau zoom oddi yno yn SNO2663628.

The tall Bedd Morris standing stone (11) marks the junction of two ancient passes, now the modern road and a bridleway, across the Preseli hills. An inscription on the stone records its re-use as a parish boundary marker. Heading west from the stone follow the bridleway to Mynydd Melyn, where there is a smaller standing stone lying 20m to the west of the remains of a Bronze Age burial cairn (12) at SNO28363. On the eastern slopes there is a large circular enclosure visible at SNO24361 (13), and a hut circle 200m away at SNO2663628.



*Brasluniad yn dangos charnedd gylch Glyn Gath*

*Sketch drawing showing the Glyn Gath ring cairn*

### MYNYDD DINAS

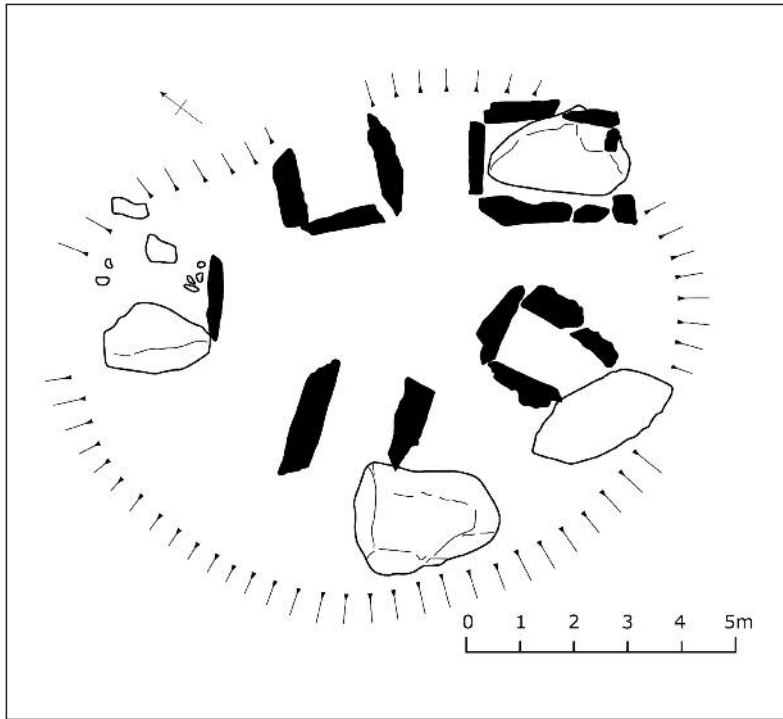
## Gwylfa dros yr arfordir

I'r gorllewin o Fynydd Melyn, ble mae dwy ffordd yn cyfarfod, ceir charnedd gylch Glyn Gath (14) yn SNO16366. Gellir gweld y cerrig sy'n ffurfio'r clawdd cylch drwy'r glaswellt a'r grug sydd drosto. Ar ben Mynydd Dinas yng Ngharn Enoch i'r gogledd orllewin, ceir beddrod cylch arall posibl (15) yn SNO12370 ac o'r fan hon gallwch edrych yn ôl at Garn Briw (6).

### MYNYDD DINAS

## Coastal look-out

To the west of Mynydd Melyn, by the junction of two roads, lies the Glyn Gath ring cairn (14) at SNO16366. The stones that make up the ring bank can be seen through the covering grass and heather. On the top of Mynydd Dinas at Carn Enoch to the northwest, lies another possible ring barrow (15) at SNO12370 and from here you can see back to Carn Briw (6).



*Cerrig y Gof – cyfeiriad o bosibl at y capfeini sy'n edrych fel einion*

*'Rock of the Smith' – a probable reference to the anvil-like capstones*

## CERRIG Y GOF Cwblhau'r Cylch

Os ydych yn cael bws yn ôl i Drefdraeth pam nad arhoswch ger Cerrig y Gof (19), gan offren y llwybr fel y'i dechreuwyd gyda siambr gladdu Neolithig. Mae'r gladdfa mewn cae ar ochr ogleddol y ffordd yn SN03653891 ac mae ganddi bump o ystafelloedd bach tebyg i flychau wedi eu trefnu mewn twmpath cylch. Gerllaw mae carreg fawr, wedi ei chladdu'n rhannol yn y glaswellt gyda nifer o farciau crwn ar ei hwyneb, a allai fod yn farciau cwpan (ffurf ar gelfyddyd cerrig cynhanesyddol).

Ar ôl ymweld â Cherrig y Gof, gallech gerdded yn ôl i Drefdraeth ar hyd Llwybr yr Arfordir. Byddwch yn mynd heibio i faen hir Y Garreg Hir (20) yn SN039683926. Mae'r garreg yn sefyll mewn cae i'r dwyrain o'r llwybr sy'n arwain tua'r gogledd o'r A487 at llwybr yr arfordir. Fodd bynnag, bydd arnoch angen caniatâd gan Fferm yr Hendre i ymweld â'r safle.

## CERRIG Y GOF Completing the Circle

If catching a bus back to Newport, why not stop off at Cerrig y Gof (19), finishing the trail the same way as we began with a Neolithic chambered tomb. The tomb is in a field on the north side of the road at SN03653891 and has five small box-like chambers arranged within a circular mound. Nearby is a large stone, partially buried in the grass and bearing several circular impressions on its surface, which may be cupmarks (a form of prehistoric rock art).

After visiting Cerrig y Gof, you could walk back to Newport via the Coast Path National Trail. You will pass Y Garreg Hir standing stone (20) at SN039683926. The stone stands in a field to the east of the track leading north from the A487 to the coastal path. However you will need permission from Hendre Farm to visit the site.

## MANNAU ERAILL O DDIDDORDEB

Ar ôl ymweld â'r safleoedd ar yr ucheldiroedd, mae taith gwasanaethau bws Greenways yn ôl i Drefdraeth yn rhoi'r cyfle i weld mwy o gofebion cynhanesyddol: meini hir. Fodd bynnag, nid yw'n ddoeth cerdded ar hyd ffordd brysur yr A487. Gellir gweld llawer o'r cerrig o ffenestr y bws! Y safle pellaf i'r gorllewin yw Carreg y Forwyn (16), sydd i'w gweld yn glir ar ochr ogleddol y ffordd. Mae Parc Cerrig Hirion (17) ymhellach i'r gogledd ddwyrain yn Dinas Cross ac wedi ei lleoli yng nghanol cae glas. Mae Pen Cwnc (18) ychydig i'r dwyrain o'r pentref ar dir preifat. Mynediad drwy ganiatâd yn unig.

Mae cloddiadau wrth feini hir eraill yn Sir Benfro wedi datgelu presenoldeb pyllau, siarcol a nodweddion eraill na welir fel arfer uwchlaw'r ddaear. Ymddengys fod y meini hyn yn ganolbwynt ar gyfer defodau a seremonïau yn dyddio o'r oes Neolithig ddiweddar (c.3000CC) ac yn parhau ymhell i'r Oes Efydd.

## PENTRE IFAN

Tra byddwch yn yr ardal mae'n rhaid ichi ymweld ag un o'r pedair heneb enwocaf sydd gennym. Mae llun yr ystafell gladdu drawiadol hon yn gyfarwydd, gyda'r capfaen trwynfain anferth yn cael ei gynnal ar flaenau'r cerrig ochr pigog, ond ar ei ffurf wreiddiol byddai'r heneb hon wedi ei gorchuddio â cherrig. Mae bwrdd dehongli ar y safle, sydd i'r dwyrain o Fynydd Carn Ingli yn SN09943701.

## ADDITIONAL SITES OF INTEREST

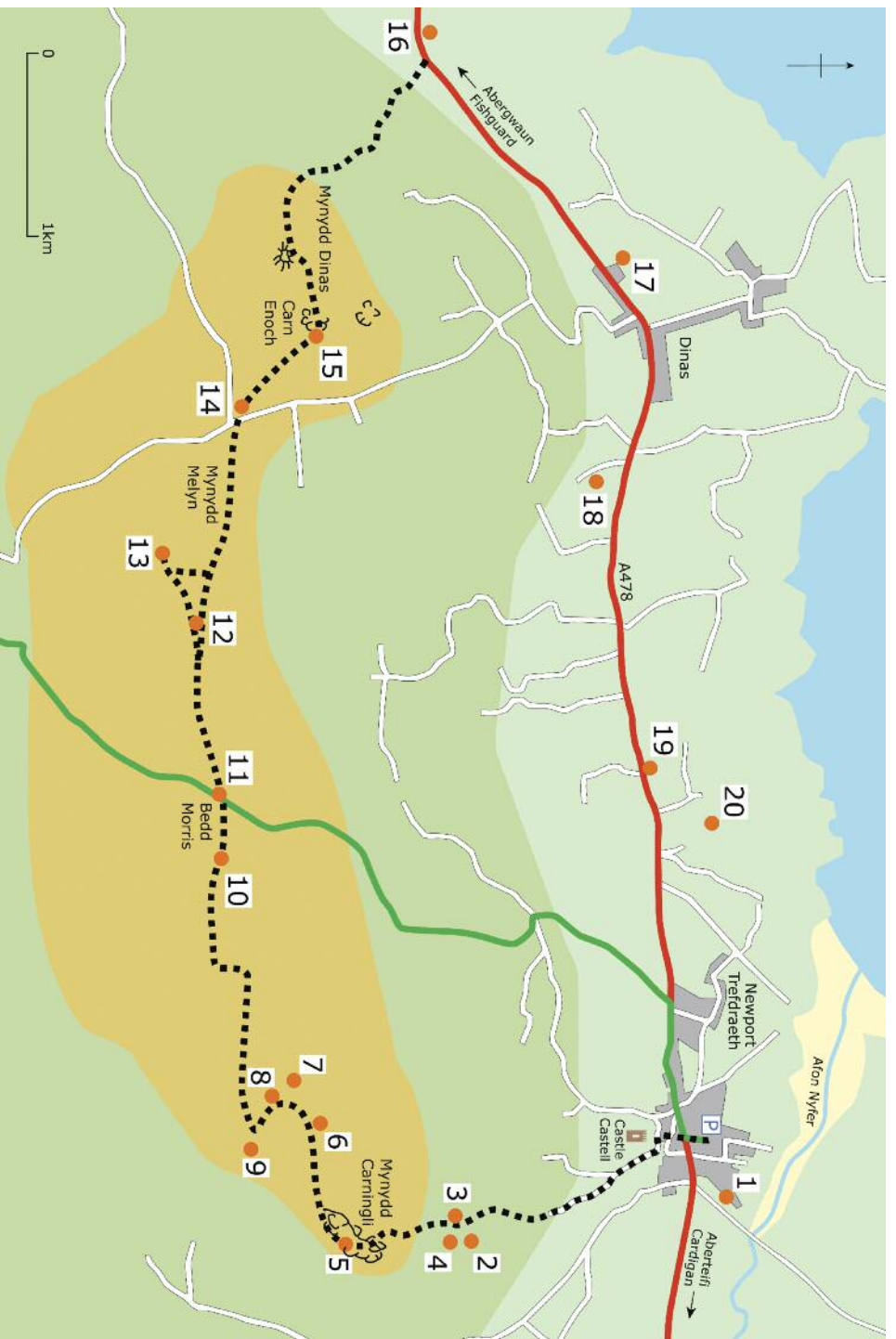
After visiting the upland sites, the route of the Greenways bus services back to Newport provides a chance to see more prehistoric monuments: standing stones. However, it is not advisable to walk along the busy A487 road. Many of the stones can be seen from the bus window! The most westerly site is the Lady Stone (16), clearly visible in a field on the northern side of the road. Parc Cerrig Hirion (17) lies further along to the northeast at Dinas Cross and is located at the centre of a pasture field. Pen Cwnc (18) is just east of the village on private land. Access only with permission. Excavations at other standing stone sites in Pembrokeshire have revealed the presence of pits, charcoal and other features not usually visible above ground. It appears that these stones were the focus of rituals and ceremonies dating from the late Neolithic (c.3000BC) and continuing well into the Bronze Age.



MICK SHARP PHOTOGRAPHY

## PENTRE IFAN

While in the area a visit to one of our most famous ancient monuments is a must. The profile of this impressive burial chamber is familiar, with the enormous, tapering capstone borne on the tips of the pointed sidestones, but in its original form the monument would have been covered in stones. There is an interpretation board at the site, which can be found east of Mynydd Carningli at SN09943701.



# MYNYDD CARNINGGLI - MYNYDD MELYN

- ALLWEDD**
- LMWYBR TROED
  - PRIF FANNNAU O DDIDDORDEB
  - A487 PRIF FFORDD
  - FFORDD
  - FFORDD GEFN
  - TIR DROS 250M

- KEY**
- FOOTPATH
  - MAIN SITES OF INTEREST
  - A487 MAIN ROAD
  - ROAD
  - MINOR ROAD
  - LAND OVER 250M

## SUT MAE CYRRAEDD VNO

**Ar fws:** ar Wibiwr Strwmblw (404), Rocoed Poppit (405) a Bws Cerddwyr Draig Werdd y Preseli. Mae gwasanaethau bws lleol eraill hefyd – gweler y gwasanaethau lleol a rhanbarthol ar [www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

**Ar ddrên:** i Hwlfordd, gyda bws yn cysylltu i Dreffraeth (412).

**Mewn car:** parcio yn nhref Treffraeth, neu wrth Fedd Morys. Mae man parcio bychan i'r dwyrain o fryngaer Carn Ingli hefyd.



## HOW TO GET THERE

**By bus:** via the Strumble Shuttle (404), the Poppit Rocket (405) and the Preseli Green Dragon Walkers Bus. There are also other local bus services - see local and regional services at [www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

**By rail:** to Haverfordwest, with a connecting bus to Newport (412).

**By car:** parking in Newport town, or at Bedd Morris. There is also a small area of parking to the east of the Carn Ingli hillfort.





## CÔD CEFN GWLAD

- Parchu
- Diogelu
- Mwynhau
- Byddwch yn Ddiogel – cynlluniwch ymlaen llaw a dilyn pob arwydd.
- Gadewch glwydi ac eiddo fel y'u cawsoch.
- Diogelwch blanhigion ac anifeiliaid, a mynd â'ch sbwriel adref.
- Cadwch reolaeth dynn ar gŵn.
- Ystyriwch bobl eraill.

Ymddiriedolaeth Archaeolegol Dyfed  
Neuadd y Sir, Stryd Caerfyrddin, Llandeilo,  
Sir Gaerfyrddin SA19 6AF  
01558 823121  
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## THE COUNTRYSIDE CODE

- Respect
- Protect
- Enjoy
- Be Safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

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