Pembrokeshire Coast National Park **The Golden Road** Half Day + Walk



Llysty Glandu Treclyn Eglwyswrw 1000 2000 m SCALE: 0 Motte & KEY В DISTANCE/DURATION: 7.4 miles (12.0 km) 4 hours one way Linear Route Pantygarn **PUBLIC TRANSPORT:** Service bus Rosebush 344 (Tuesdays only) Egl Public Right of Way Standing 10 m CHARACTER: Linear ridge-top route, rugged moorland, livestock, boggy in places Stone Ρ Car Park Carnhuan LOOK OUT FOR: Pre-historic golden road • Bronze Age burial mounds • Carn Menyn - site of **Bus Stop** Stonehenge bluestones • superb views • on detour - Foeldrygarn, an impressive Iron Age hill fort Huan Eithinduon REG CAUTION: Keep to well trodden paths to avoid boggy areas. Path not waymarked on open hill. 117 Fountain Wrdan Weather conditions prone to change rapidly, please prepare accordingly: map & compass; appropriate clothing and rations. Temple Gate 96 Pontyglasier 35 Crosswell Eglwyswen Cilgwyn 131 Rh Whitch **COUNTRY CODE!** wern Ddu 3 Enjoy the countryside and respect its life and work data 0 Glynmaer Rho • Guard against all risk of fire Penygroes 0 08 • Leave gates and property as you find them Pantyrodyn जि Ve. 6 q \overline{X} 129 9 g. Keep your dogs under close control nberian 136 BTO danol Beddyrafanc • Keep to public paths across farmland Schambered Cairn Coedcefnla Take your litter home Mirianog Ganot 1187 2 Waun B wynant 205 Foeldrygarn 284 Carnalw Rhos-y-Bry ygarn 0 Tafarn-y-bwich OKESHIRE COAST NATIONAL PARK Carn Breseb Carn Goedog CENEDLAETHOL ARFORDIR PENFRO 00 ch Ungwi E Cairn : 24 - 365 * Car Mynydd-bach Carn ¥ Bica Carnmenyn oel Feddau **-**] P 374 6 Carn Arthu E Carn 3 Carn Menyn Sian 32 Gla Mynydd-du Commin Waur Cairn Cwm Settlement Craig Talfynydd wyd Caermei C Craig Cairn \$ Standing Stones 245 nt-mae 536 -Ρ Dolaun Pantmaenog 216 orest Cattle Standing Mynachlog \$. Glynsaithmaen Stones P/2 - Al 10 16 ddu 1 1. Standing Stones 215 Mon QCarn Afr Cnwc Rhudd lenb Tu Pantithel Centre 251 Cemy Rhos 368 Mynydd Crwn Gly Llair Waun Glynaeron Eithin Gors Fawr Isaf Pen-yr-all Portis-pant Standing Stones 34 6 223 Stone Circle :: 5272 Wern Rosebush Pentre Gla Bwlch-y-pant Mynydd Bâch Fferm-y-Ca 29293 efach) Travel Blaendyffryn Eithbed 0159 Pisgah Allt-y-gog 258 Burial Pont 228 Haia let-y-bw ch Tirbach Hafod-dd Llandre Ð 23 Ynysfaw Rhosfac 8 Earthwork 맘 157 en Fawr nding Si Carn Bes Burial Chamber maw BPI. 189 Stand Glandy 248 cknuck 207 Fagwyr-Owen Temple Pencoed & Druid 21 Cairn Circle Prisk Prisk 174 Llandilo Maenclochoo

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Duration: 4 hours one way

Length: 7.4 miles (12.0 km) **Public transport:** Service bus Rosebush 344 (Tuesdays only). **Grid ref:** SN166331

Walking the Golden Road is a stirring experience. It takes you along the Preseli ridge across wild moorland following a route that is said to date back to the Neolithic period, 5,000 years ago.

Broadcaster and writer Wynford Vaughan-Thomas wrote of the experience: "Everywhere you feel the presence of the megalithic tomb-builders, of the Iron Age warriors who piled the stones for the great hillforts and of kindly and absent-minded old Celtic saints."

The track was a main route for travellers in prehistory to and from Ireland. Perhaps the Pembrokeshire bluestones used by the builders of Stonehenge travelled this well trodden byway.

The views are breathtaking, and all along the way there are prehistoric remains to be seen. Starting in the west, the route begins not far from Foel Eryr, which has a burial cairn at its summit. The stone cairns date from the Bronze Age and mark burials, presumably of someone who was once a local VIP.

After skirting the Pantmaenog Forest the route climbs to Foel Feddau. It, too, has its cairn, as does the rocky tor Carn Bica.

Look out close to Carn Bica for an arrangement of stones known as Beddarthur, an eye-shaped ring of stones said to be the last resting place of King Arthur.

The jagged form of Carn Menyn – like that of all the Preseli tors – is the result of many thousands of years of erosion by harsh weather on the dolerite or bluestone rock. Traditionally though, the rocky summit was the source of the stone used to build the inner ring of Stonehenge.

It is also worth making the effort to climb to the outcrop at the top of Foeldrygarn, both for the view and to see its Iron Age hillfort. Within the fort are a trio of cairns that are older than the fort and give the hill its name which means 'three cairns hill'.

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