

## Penrhys Pilgrimage Way Radyr to Groesfaen



**Start: Windsor Road, Radyr (CF15 8BQ)**

**End: A4119, Groesfaen (CF72 8NW)**

**Distance: 4 miles / 6.5km**

1. Follow Windsor Road uphill to the junction with Drysgol Road.
2. Turn left onto Drysgol Road and carry on up the hill, passing Radyr Golf Club on your left.
3. You will pass two roads into Dan-y-Bryn Avenue on your right. Dan-y-Bryn woods can be reached from Dan-y-Bryn Avenue. In Radyr, people like to think that Roald Dahl may have played in this wood as a boy.
4. You will reach Ffordd Las (Green Way) on your left. There are benches on a grassy patch. The route is not going to follow into Ffordd Las although the old pilgrims' route from Llandaff would have come up Golf Club Lane, coming out at Ffordd Las.
5. Continue straight on into Bryn Derwen and then take the next turn left into Pant Tawel Lane. Pant Tawel means Quiet Hollow. However, this is probably the noisiest part of the walk, because the sound of the M4 traffic increases in volume as you approach a bridge over the motorway.
6. Cross the bridge over the motorway and continue straight ahead to cross a disused railway line. The railway line is the old Barry Railway that carried coal down to Barry Docks. The line went to Penrhos junction, near Caerphilly, and then on to New Tredegar.
7. Continue straight ahead into the woodland. You are on the fringe of Coedcae Fawr. The road becomes a track. The original road is the lower one, on the right-hand side.
8. Take the lower track (a new, higher path has been made that is drier to walk on. If you choose to walk on the higher path, keep close to the lower track because it will fork. When it forks, you will have to leave the drier track and join the lower track). This track is a very old road. Some say it was the road that led to the Early-Middle Bronze Age burial mounds on Garth Mountain. In the 18th century, this route was used as a coal road from Efail Isaf to Cardiff.
9. You will be aware you have passed a stile, on your right before you reach the fork. The fork is a beautiful, mossy mound like a ship's prow with the paths splitting around it. At the fork take the left-hand track. (If you have used the high path, you need to find the way down to it. There is a short slope down a very close distance beyond the fork to take you down to the lower track.)
10. Continue uphill, straight on, to emerge onto a lane. Llwynda-Ddu, will be on your right. The remains of a small, Iron-age camp or hillfort can sometimes be made out on the hill behind

Llwynda-Ddu. There is also a Romano-British camp close by, but it has been covered up to protect it.

11. Go straight on here. There are extensive views south to the Bristol Channel and beyond.
12. The lane descends steeply to a road junction, where you turn right. Keep straight on along Church Road, looking out for traffic until you reach Llys y Coed. St Catwg's church is further up Church Road. The Passport stamp for Pentyrch can be obtained in the church. The church is built on the site of a Celtic Christian cell and there is a Holy well close by. If you have visited the church, retrace your steps to just beside Llys y Coed and turn into the track.
13. Turn left along a track just after Llys y Coed (The Court of the Wood), through a metal gate, and continue straight along this track, through a metal gate, to a road Heol Y Parc.
14. Turn right, up the road Heol y Parc, past the Pentyrch village sign, and go left through a gate after about 80 yards (73m).
15. Follow a fence by a house on the right, go through a gate and descend a few steps. Continue with the fence on your right. Go straight on through a gate and uphill into a field, keeping a fence on the right. Keep straight on along the edge of the field, but do not go through the metal gate. From this point, there is a good view across to the Vale of Glamorgan.
16. At the end of the field, go through a gate onto a road called Heol Pant-y-Gored.
17. Cross with care and go left for about 50 yards (45m). Turn into a field on the right through a kissing-gate (1) (the first in a series).
18. Head downhill, going slightly to your left, to reach a kissing gate (2) in the hedge. Go through the gate.
19. Keep straight on, with the hedge on your right and through kissing gate (3).
20. Continue left, downhill, with the hedge still on your right. Pass through a field and through kissing gate (4).
21. Go left downhill, to go through the kissing gate (5). Go straight on, with trees and a fence on the right.
22. Go to the corner of the field, and through another kissing gate (6) behind some houses.
23. The path bears slightly to the right, reaches a marker post on the brow and then heads downhill. Go through another kissing gate (7). Continue on downhill, with bracken on each side, to a metal kissing gate (8) and a road. Go through the gate.
24. Turn right at the road Heol Pant-y-Gored. Keep straight on, but walk on the right side of the road, using the footpath. The remains of the house named Ffynnon Dwym (the Warm Well) are behind the Pentyrch Circular Walk Information Board. The Recreation Ground can be seen on your right. You are now in Creigiau.

25. The road sign for Creigiau is ahead of you with a boulder to its right. There is a track between the road sign and the boulder.
26. Cross the entrance to the Recreation Ground and follow the track.
27. The track (with a Sustrans marker) takes you down beside Station Road. You will see the railway bridge to your left over the disused Llantrisant and Taff Vale Junction Railway (the Common branch), a goods and mineral line that formerly brought coal down from the Rhondda to the Cardiff docks. Cross over the road to another track (which has another Sustrans marker). There are boulders either side of this track. Follow the track. The road is to the old Station Yard used by Creigiau Travel. You will see another railway bridge to your left, over the disused Barry Railway passenger line, and Creigiau Station platform on your right.
28. Turn left at a high green/grey fence. Turn right onto Station Road.
29. Turn right to walk down Station Road to reach the Creigiau Inn. The stamp for Creigiau is kept at the Creigiau Inn. Creigiau Inn used to be a Temperance Inn. Ladies would come out from Cardiff on bicycles to look at the primrose fields further on and then take tea here.
30. Cross Cardiff road. Be careful here. Do not take the footpath alongside the telephone box. You do not want to use it. It takes you in the wrong direction. If you need to stock up on supplies, turn right and after a short distance you will find a Tesco store on your left. Retrace your steps back to where you crossed Cardiff Road.
31. Turn left and after about 12 yards (11 m) along the pavement, take the lane on the right, along a tarmac footpath, to enter a cul-de-sac (Parc-y-Coed) on the left.
32. Walk along this road and take the first turning on the right. If you want to look at the old Grade 2\*-listed Castell y Mynach farmhouse (Monk's Castle), which was associated with the pilgrims, continue straight on until you reach Ffordd Dinefwr, turn right and then almost immediately into Old Farm Lane. Local historians think that the monks here would have been Celtic monks from Llancarfan Monastery in the neighbouring Vale of Glamorgan. Another branch of the Matthew family lived in Castell y Mynach and they always offered hospitality to pilgrims. There is a Holy Well in the grounds, sadly covered up. Retrace your steps to Parc-y-Coed.
33. Parc-y-Coed Road ends at a turning circle, but there is a footpath between fences on the right. Follow this to emerge onto a green. Pass the frogpond. Turn right onto Ffordd Dinefwr to reach Tŷ Nant Road, which runs from Groesfaen to Creigiau.
34. Cross this road and follow the footpath opposite. This path is a wide track. Local historians consider this path to have been the old pilgrimage route.
35. The path reaches a stile. Cross it. Continue on the path until you reach a gate. Go through the gate. The ruins of a building Maes Mawr (Large Open Field) are ahead of you. Bear to your right and continue past the ruins, towards another gate with a Public Footpath sign beside it.

36. Go through the gate and turn left into a country lane. This takes you past Redgate Terrace. Keep going straight ahead. The lane joins the A4119. Cross the A4119. St David's Church and the Dynevor Arms pub are a short distance away on your left. The stamp for Groesfaen can be found in both the church and the Dynevor Arms. The base for the pilgrims' cross in Groesfaen (Stone Cross) is now by the entrance to the church. Retrace your steps. Continue straight ahead to a stone-built bus shelter.

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