



## Cefn Bryn, Arthur's Stone and Broadpool Walk

### Description:

This walk follows the Cefn Bryn, affording spectacular views of the south Gower coast and visiting King Arthur's Stone. Don't forget to stop for a well earned pint at the King Arthur Hotel for lunch. For the more adventurous you can extend the walk a further 2 miles to take in the sinkhole system of moore mills and Broad pool. **For those of you not staying with us you are welcome to use this walk but as there are no rights of way through the grounds, please just park and start the walk from the national trust car park in Penmaen.**

**Distance covered:** 8 miles      **Average time:** 2.5 hours      **Terrain:** Easy under foot but hilly terrain.

### Directions:

Walk out of the front door of the house and turn right, walk past the end of the house and up the corral (fenced in area).

Follow the track through the corral and along the old Church path, you will pass the trout ponds on your right and valley gardens on your left immediately after this there is a cross roads – take the track straight on across the fields and through the woods.



At the woodlands end you will cross a style next to a gate, here the track will bear left taking but you need to take the small stoney path which heads up the hill at a 2 o'clock direction (do not take the path immediately on your right which follows the wood boundary)

When you meet the un-surfaced road at the top of the rise follow it to the right, you will see Cefn Bryn rising up in front of you. (On your right at this point just a little way off the road are the old gravel pits, a busy industry here over a hundred years ago)

Next take the rough road on your left directly up the steep climb to the top of the hill. Look for a small grass track looping off to your left when you reach the top turn off here and sit down out of the wind to admire the views.

The road you have just walked on is known locally as Talbot's Road This was named after Christopher Rice Mansel Talbot, squire of Penrice Castle, who was a keen huntsman and would lead his hounds back to Penrice after hunting in the Parc le Breos estate.

Once rested continue along the track, always taking the way which keeps you on the crest of the hill. The track will rise and fall following the peaks which make up the ridge of Cefn Bryn until after about 2.5 miles you will reach the main road near to Reynoldston village (there's often a welcome ice cream van here in the summer).

If you are feeling peckish at this point you may want to turn left down the hill to find the King Arthur hotel, a local pub famed for its good food, as you descend the hill you cant miss it out in front of you about half a mile away.

From the main road continue through the small car park in the direction you were heading, after about 800yds you will find King Arthurs Stone laying in front of you.

### **History of Arthurs Stone:**

*Arthur's stone or Maen Ceti is one of over 200 cairns located on Cefn Bryn, it is composed of a huge lump of quartz conglomerate over 4 metres long and 2 meters wide and weighing over 25 tons. It is thought to be a Neolithic chambered tomb for the communal burial of the dead. In the past the stone attracted visitors from far and wide, records show that Henry VII's troops, having landed at Milford Haven en route to battle at Bosworth Field, made a one hundred and twenty eight kilometre detour to visit the stone. In the 16th Century the site was listed as one of the "three mighty achievements of the Isle of Britain" (the other two being the Stonehenge and Silbury Hill monuments). The tomb was however not excavated until 1870 by Sir Gardiner Wilkinson. And later became one of the first sites to be protected under the Ancient Monuments Act of 1882.*

*Despite its early fame it we now understand that the tomb is not quite the engineering feat that it first appears, it is actually a glacial erratic deposited here by the glaciers, Neolithic man mealy excavated beneath the stone placing 12 upright stones to support its weight and creating the two chambered tomb.*

*The stone has many legends associated with it the most famous explanation for its being is from the legend of king Arthur who whilst travelling in Carmarthenshire discovered a pebble in his boot and threw it across the burry estuary landing many miles away on the ridge of Cefn Bryn. Apparently the*

*stone grew some what as it flew! Legend also has it that on occasions the stone will find its way back down to the burry estuary to quench its thirst.*

*Another favourite Gower folk law is that on a full moon, young maidens would make an offering of cake baked from Barley meal and honey, before crawling around the stone on their hands and knees. If their boy suitor appeared before they had finished their final circuit, it was proof that he would make a faithful husband.*

Once you have finished exploring Arthur's stone you can follow the path to the north (when you first approached the stone this would be to your right) you can follow the path back around towards the main road, and back track along the top of the hill or if you prefer drop down to the path at the base of the hill on the north side and follow the line of the hill all the way back to the house.

### **For the Adventurous Only!**

if you feel like extending the walk by a couple of miles and visiting moor mills (a massive sink hole complex) and broad pool (take note of its location next to the main road before you drop down the hill), take the following route.

Again follow the path to the north of Arthur's stone but as you follow the path look out on your left for a narrow path dropping directly down the hill. Now this is where it gets tricky (but worth while) turn down the narrow path, in front of you is open common criss crossed by paths and sheep paths but about half way between you and the tree lined edge of the common, you will make out a green grassy area, this is moor mills. You need to just head straight for it making use of whatever paths you can, remember cotton grass means wet ground (and wet feet) bracken means dry ground (happy feet) good luck!!!

personally I love moor mills and think it is well worth the effort to get there, its also known as happy valley by the locals possibly on account a particular species of mushroom which grows well in the area (the liberty cap or more commonly the magic mushroom!) The valley is formed by a series of sink holes in the lime stone strata causing the land to subside over time to leave a beautiful deep grassy valley.

When you have finished exploring the nooks and carneys of the valley you will need to climb out and head toward the main road and broad pool, again by whatever ground you think will keep your feet dry.

Broad pool is a shallow acidic pond rich in wildlife, its notable for the presence of the fringed water lily thought to have been introduced to the pond in around 1952, The aquatic vegetation is dominated by Flote-grass but you will also find other rare plants such as Lesser Marshwort and Alternate Water-milfoil here along with amphibians, dragonflies, damselflies and a wide variety of birds.

The easiest way back to the house from here is to cross the road and follow the verge up the hill looking for a well used track on your left, there are at least two which will take you up towards the ridge of the hill, and a third one is a stone road suitable for vehicles which you defiantly wont miss.

The way will take you up towards the ridge of the hill but when you come across a wide grassy track at crossing your path just before the steep climb up to the top of the ridge turn left, you will follow it along the base of the hill and meet the top path which you walked earlier at a cross roads just before the climb up top the highest peak of the Bryn. From here just back track along the route that you walked earlier in the day, all the way back to the house.

### Walking Map: Cefn Bryn, Arthur's Stone and Broadpool Walk.

