

## The Countryside Code

- ◆ Be safe – plan ahead and follow any signs.
- ◆ Leave gates and property as you find them.
- ◆ Protect plants and animals; take your litter home.
- ◆ Keep dogs under close control.
- ◆ Consider other people.

Showing consideration and respect for other people makes the countryside a pleasant environment for everyone – at home, at work and at leisure.

## Enjoyed this walk?

This walk is one of a second series of walks produced by the Taff Ely (Llantrisant) Ramblers.

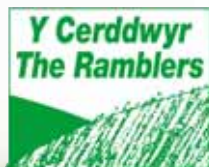
The association is a registered charity (no. 1093577) and a company limited by guarantee registered in England and Wales (No 4458492).

The Ramblers' Association promotes rambling, protects rights of way, campaigns for access to open country and defends the beauty of the countryside.

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## About the walk

- ◆ How far is it? An easy 2½ miles or 4 kilometres.
- ◆ Where does it start? On the Rhiwsaeson road just off the Rhiwsaeson Roundabout on the A473 Llantrisant by-pass. (ST 057828)
- ◆ Which map should I take? O.S. Explorer 166.
- ◆ Where can I get a drink? The Cross Inn can be found in the village of the same name that is on the other side of the Rhiwsaeson Roundabout at the start/end of the walk.

## Getting there

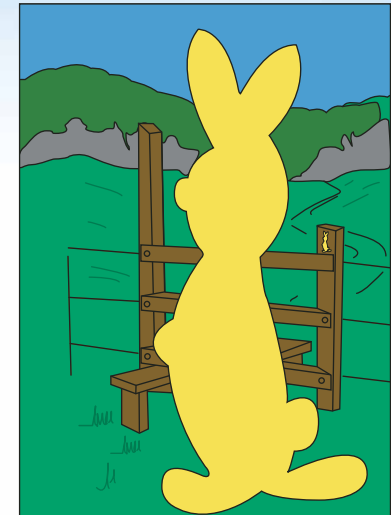
From J34, M4 take the A4119 towards Llantrisant. At the first roundabout turn right on the A473 towards Pontypridd. At the next roundabout turn right and park on the road prior to the houses and cottages on your left.

## Acknowledgements

Thanks to the following for financial assistance in producing this leaflet: Llantrisant Community Council; Community Chest, a sports council for Wales grant aid scheme funded by the National Lottery; the Glamorgan area of the Ramblers Association.

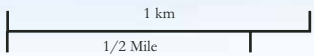
# THE CAERAU

Walk 5 in a series of 6



LLANTRISANT COMMUNITY COUNCIL





Stile



Kissing Gate

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The rabbit logo that has been used on this and other circular walks was first used in the 1970s to designate selected footpaths in the Llantrisant area.

*Rebecca James and Zoe Azopardi who were members of the 1st Llantrisant Brownies designed the logo.*

## Finding your Way

- 1 Commence your walk by taking the road away from the roundabout and past the four terraced cottages. Take the lane on the left just before the entrance to "Little Foxes" bungalow.  
  
Follow the lane, which can be muddy at times, under the disused railway bridge, up a slight incline where it changes to a tarred road. Keep following this until you reach a T-Junction.
- 2 Turn right and follow this road past two houses on your left where you cross a grassed area to a stile. Cross stile and turn left where you follow a well-defined path with fields on the other side of a fence on your left and woodlands on the hillside on your right. Cross the stile at the end of this path where you enter a large field. Up on your right there is the Caerau Iron age hill fort. The path follows the edge of the field with the fences on your left until you enter a small group of trees. After passing these two marker posts can be seen. At the second post turn left and descend along a track that then turns right and leads to a stile at the corner of the field. Cross this stile and follow the track to the road.
- 3 Turn right when the road is reached and descend to the hamlet of Rhiwsaeson under another disused railway bridge. At the T-junction turn right and follow the road back to the start point.

## On the Way

- ◆ Rhiwbrwdwal Farm is an example of a long house farm where there was room for both animals and the household. The original entry to the house was through the cowshed.
- ◆ The Caerau Iron Age Hill Fort was built in the Iron Age and probably defended during the Roman invasion in AD79.
- ◆ Rhiwsaeson means "slope of the Saxons" and may refer to a battle between the Welsh and the Saxons in 875. However, it is more likely to refer to a battle between the Welsh and the Anglo Normans in the 12th Century.