

Jeffreyston: R, PT, SP. A rectangular slab in the church porch bearing an incised ring cross, together with the traces of a radical layout, suggest pre-Norman settlement. Mine workings at Underhill are a designated ancient monument.

Carew: R, I, PT, T, CP. The name Carew is derived from the Welsh 'Caer-rhiw' 'fort on a low hill'. The Celtic Cross, an 11th century royal memorial, was placed in the present position in 1822 and in storage during World War II. The original Norman castle was built by Gerald of Windsor. In 1100 he married Nest daughter of the last Welsh ruler in this part of Wales. The current Tidal Mill was rebuilt in the 19th Century and in relatively recent times the mill was used for grinding corn and bone. The Air Control Tower at nearby Sageston is stated as being 'the only one of its type built in the last war' (Deric Brock).

Manorbier: S, PO, R, A, I, PT, T, CP. The most dramatic survival from the Neolithic period is the burial chamber known as the King's Quoit, which is situated alongside the cliff path to the east side of Manorbier Bay. The Norman castle was the birthplace, in 1146, of Gerald of Wales who described Manorbier as 'the most pleasant spot in Wales'

Lamphey: S, PO, R, PT, SP, RS. Lamphey gained particular aura in the Middle Ages as one of the manors of the Bishops of St David's and the location of one of their palaces. After Henry VIII broke with Rome, Lamphey fell into the hands of the crown and was granted to one of Henry's loyal servants Richard Devereux.

Llawhaden: S, PO, A, PT, CP. Llawhaden takes its name from Aidan, a 6th century Irish Saint and pupil of Saint David. The word 'llan' means enclosure or site of church, so the modern name is probably derived from Llan Adian - church of Aidan. Llawhaden was transformed by Bishop Bek (1280-1293) who re-founded the settlement as a medieval borough and set out burgage tenements. In 1287 Bek founded a hospital, which was dedicated to St Mary.

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Map 3: De Ddwyrain Sir Benfro

Am ragor o wybodaeth ynghylch **Lonydd Glas Sir Benfro** galwch 01437 776 313

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Cymeradwyir copi o Fap Ordnans OS Explorer OL36 (De Sir Benfro).

Allwedd i gyfleusterau ar y daith: S - Siop, SB - Swyddfa Bost, D - Diodydd, B - Banc, LI - Llety, G - Gwybodaeth, TC - Teleffon Cyhoeddus, T - Toiled, MP - Maes Parcio, PS - Parcio Stryd, GRh - Gorsaf Rheilffordd.

Cymunedau yn Ne Ddwyrain Sir Benfro

Arberth: S, SB, D, B, LI, G, TC, T, MP, PS, GRh. Codwyd Castell Arberth gan y goresgynwyr Normanaidd ond roedd yr enw 'Arberth' yn cael ei ddefnyddio cynt. Dinistriwyd tollbyrth yn y dref yn ystod Helynt y Beca yn yr 1840au.

Yr Eglwys Lwyd: TC. Tardda'r enw naill ai o'r disgrifiad o'r eglwys neu o enw personol o'r Oesoedd Canol 'Loud' y gellir ei olrhain i'r Hen Saesneg 'Hlud'.

Tafarnspite: S, SB, D, G, TC, PS. Cyn yr 1830au y ffordd drwy Dafarnspite oedd y ffordd hawsaf i gyrraedd Hwlffordd a thu hwnt.

Amroth: S, SB, D, LI, G, T, MP. Mae olion cerrig fflint wedi eu gwasgaru ar hyd y glan môr yn awgrymu fod yna bobl yma rhwng 10,000 a 6,000 o flynyddoedd yn ôl. Lle mae yna nawr draeth roedd yna goedwig ar un adeg. Tan yr 1940au roedd y coed bob amser i'w gweld ar lanw isel.

Stepaside: D, T, MP. Y gred smala leol yw fod yr enw Stepaside wedi deillio o ymweliad Oliver Cromwell yn 1648 pan oedd ar ei ffordd i Benfro ac iddo roi gorchmynion i'w ddynion 'gamu o'r neilltu' i gymryd ymborth. Yn y creigiau rhwng Wiseman's Bridge ac Amroth gwelir tystiolaeth o olion glo a haearnfeini lleol a fu ar un adeg yn sail i ddiwydiant lleol ffyniannus.

Saundersfoot: S, SB, D, B, LI, G, TC, T, MP. Mae'n debyg bod yr elfen gyntaf yn yr enw yn cyfeirio at enw teulu lleol a'r ail elfen 'troed' yn nodwedd ddaearyddol. Yn ystod yr Ail Ryfel Byd defnyddiwyd Gwesty St Brides fel Ysgol Hyfforddi Arwyddion ar gyfer y Llynges.

Dinbych-y-pysgod: S, SB, D, B, LI, G, TC, T, MP, GRh. Fe fu tref ganoloesol Dinbych-y-pysgod yn gyrchfan glan-y-môr poblogaidd ers oes Fictoria. Oddi fewn i furiau'r dref mae rhwydwaith o strydoedd cul sy'n arwain at yr harbwr ac oddi yno mae'n bosib croesi mewn cwch i weld mynachdy Ynys Bŷr.

Landshipping: D, TC, PS. Mae pentref diarffordd Landshipping yn hafan o heddwch a thangnefedd heddiw ond eto mae gan y pentref etifeddiaeth forwrol hynod.

Lawreni: D, LI, G, TC, T. Mae yna dystiolaeth o bobloedd cyn-hanes yn yr ardal. Ers yr oes Duduraidd bu'n fan o fasnach forwrol. Yn negawdau cynnar y 19eg ganrif roedd llongau hwylio yn cael eu hadeiladu yma hefyd.

Reynalton: SB, LI, G, TC. Ceir y cofnod cyntaf o'r enw Reynalton yn 1394 ac o bosib mae'n gyfeiriad at Reynald, yr anheddwr cyntaf yno. Mae'r rhagddodiad 'ton' yn awgrymu cysylltiad Normanaidd. Diwydiannol fu ei hanes diweddar yntau hefyd o gofio fod glo wedi cael ei godi yma ar ddiwedd y 19eg a dechrau'r 20ed ganrif.

Jeffreyston: D, TC, PS. Mae marc croes gylch ar faen hirsgwar yng nghyntedd yr eglwys ynghyd ag olion cynllun sylfaenol yn awgrymu anheddfan cyn y cyfnod Normanaidd. Mae'r gwaith mwyngloddio yn Underhill wedi ei ddynodi'n gofodail hynafol.

Caeriw: D, G, TC, T, MP. Deillia'r enw o'r gair 'Caer-rhiw' 'caer ar fryn isel'. Gosodwyd y Groes Geltaidd, sef coffâd brenhinol o'r 11eg ganrif, yn ei leoliad presennol yn 1822 a'i storio yn ystod yr Ail Ryfel Byd. Codwyd y castell Normanaidd gwreiddiol gan Gerallt o Windsor. Yn 1100 fe briododd â Nest, merch y rheolwr Cymreig olaf yn y rhan yma o Gymru. Ailgodwyd y Felin Llanw bresennol yn y 19eg ganrif a than yn gymharol ddiweddar fe'i defnyddid i falu yd ac esgryn. Dywedir fod y Tŵr Rheoli Awyr gerllaw yn Sageston 'yr unig un o'i fath a godwyd yn ystod y rhyfel diwethaf' (Deric Brock).

Maenorbŷr: S, SB, D, LI, G, TC, T, MP. Un o'r creiriau hynotaf sydd wedi goroesi o'r cyfnod Neolithig yw'r siambr gladdu a adwaenir fel Coetan y Brenin, sydd i'w chanfod ar hyd llwybr y graig ar ochr ddwyreiniol Bae Maenorbŷr. Yn y castell Normanaidd yma yn 1146 y ganwyd Gerallt Gymro ac fe ddisgrifiodd Maenorbŷr fel 'y man hyfrytaf yng Nghymru'.

Llandyfái: S, SB, D, TC, PS, GRh. Rhoddwyd tipyn o bwys ar Landyfái yn yr Oesoedd Canol fel un o faenorau Esgobion Tyddewi a lleoliad un o'u palasau. Ar ôl i Henry VIII dorri oddi wrth Rufain fe ddaeth Llandyfái i ddwylo'r goron ac fe'i rhoddwyd i un o weision ffyddlon Henry, Richard Devereux.

Llanhuadain: S, SB, LI, TC, MP. Cymer Llanhuadain ei enw oddi wrth Aidan, sant Gwyddelig o'r 6ed ganrif oedd yn ddisgybl i Dewi Sant. Mae'r gair 'llan' yn golygu tir caeedig neu safle eglwys ac felly mae'r enw modern yn ôl pob tebyg wedi deillio o Llan Aidan - eglwys Aidan. Cafodd Llawhaden ei drawsffurfio gan Esgob Bek (1280-1293) a ailffurfiodd yr anheddiad fel bwrdeistref canoloesol gan osod tiroedd bwrdais. Yn 1287 sefydlodd Bek ysbyty a'i gysegru i St Fair.

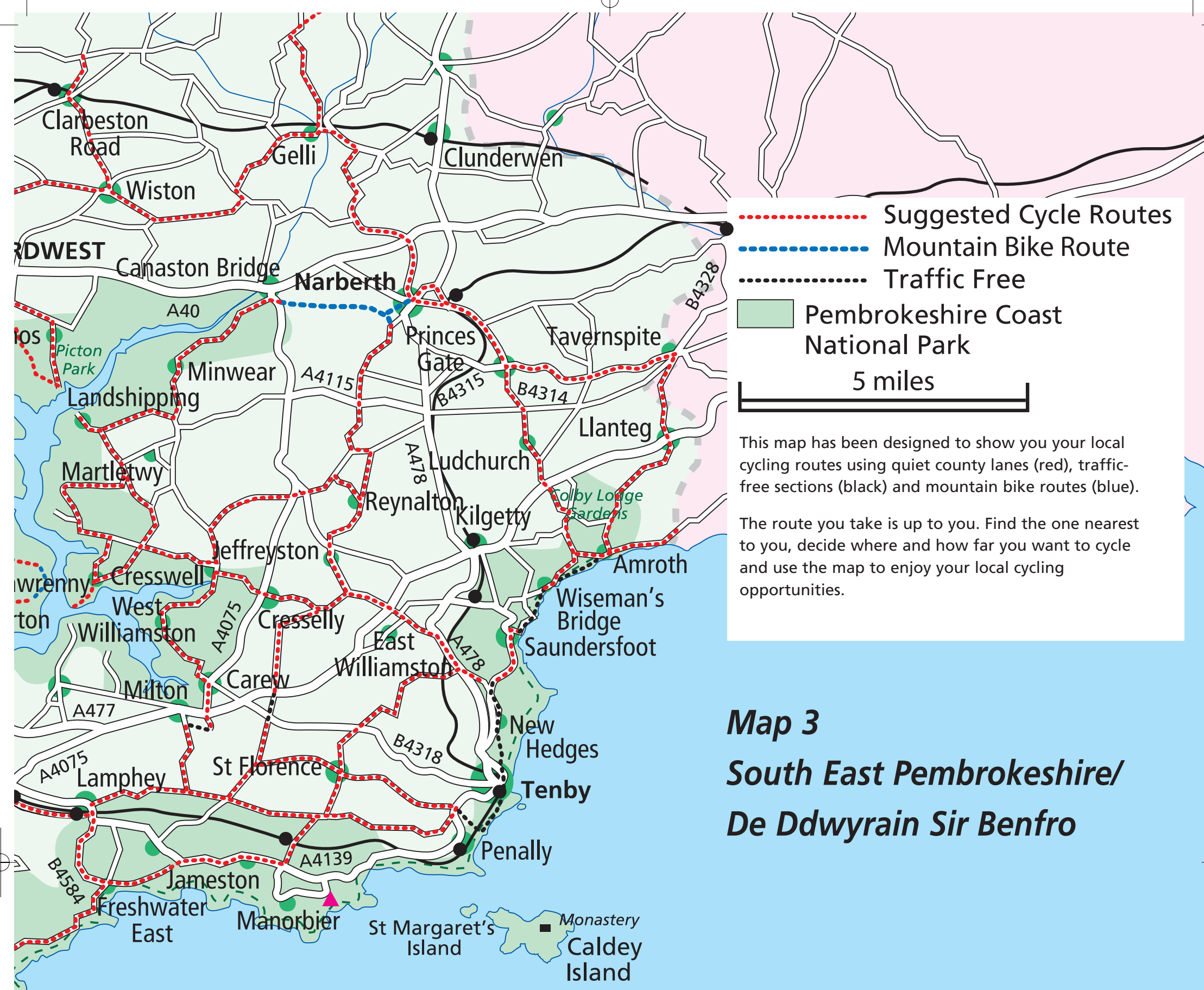
Ymwadiad

Tra bo pob gofal wedi ei gymryd wrth gynhyrchu'r daflen yma ni all Lonydd Glas Sir Benfro gymryd cyfrifoldeb am ganlyniadau unrhyw wallau neu fylchau sydd o bosib ynddi.

Noddwyd y map yma gan:



Dylunio gan Waterfront Graphics.
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Map 3: South East Pembrokeshire

For more information on [Pembrokeshire Greenways](http://www.pembrokeshiregreenways.co.uk) call 01437 776 313
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Saundersfoot TIC - Tel 01834 813672

E-mail: saundersfoot.tic@pembrokeshire.gov.uk

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A copy of Ordnance Survey Map OS Explorer OL36 (South Pembrokeshire) is recommended.

Key to on route facilities: S - Shop, PO - Post Office, R - Refreshments, B - Bank, A - Accommodation, I - Information, PT - Public Telephone, T - Toilet, CP - Car Park, SP - Street Parking, RS - Railway Station.

Communities in South East Pembrokeshire

Narberth: S, PO, R, B, A, I, PT, T, CP, SP, RS. Narberth Castle was built by the invading Normans, but the name Narberth is derived from 'Arberth' the pre-Norman name for the district. Toll gates in the town were destroyed during the Rebecca Riots of the 1840's.

Ludchurch: PT. The name Ludchurch may be either from the Welsh 'Yr Eglwys Lwyd' (The Grey Church) or from a Middle English personal name 'Loud' going back to the old English Hlud. **Tavernspite:** S, PO, R, I, PT, SP. Prior to the 1830's the road through Tavernspite provided the easiest route through to Haverfordwest and beyond.

Amroth: S, PO, R, A, I, T, CP. Scatters of worked flints on the shore suggest that there were people here between 10,000 and 6,000 years ago. Where now there is a beach there was once a forest. Until the 1940's they were always visible at low tide.

Stepaside: R, T, CP. A fond local belief is that the name Stepaside derives from 1648 when Oliver Cromwell on his march to Pembroke gave orders to his men to 'step aside' and take victuals. Evidence of local coal and ironstone deposits, which once formed the basis of a thriving local industry, can be seen in the cliffs between Wiseman's Bridge and Amroth.

Saundersfoot: S, PO, R, B, A, I, PT, T, CP. It is likely that the first element was the name of a local family, and the 'foot' was a topographical feature. During the second world war St Brides Hotel was used as a Signal Training School for the Royal Marines.

Tenby: S, PO, R, B, A, I, PT, T, CP, RS. The medieval town of Tenby has been a popular seaside resort since Victorian times. Inside the town walls is a network of narrow streets that lead down to the harbour, from where it is possible to take a boat to the monastic settlement on Caldey Island.

Landshipping: R, PT, SP. The isolated village of Landshipping is a haven of peace and tranquillity, belying the village's busy industrial heritage.

Lawrenny: R, A, I, PT, T. There is evidence of early prehistoric inhabitants in the area. Since Tudor days it was a place of maritime trade. In the early decades of the 19th century sailing vessels were also built here.

Reynalton: PO, A, I, PT. The name Reynalton was first recorded in 1394 and may recall Reynald the original settler here. The 'ton' prefix suggests a Norman link. Its more recent history has also been an industrial one, through coal mining in the late 19th early 20th centuries.