



Ein Treftadaeth
Our Heritage



FOLLOW THE STORY: Discover more about Wales' ancient saints by visiting **Ffynnon Gybi**, the picturesque site of a former 'holy well' dedicated to the sixth-century saint, Cybi.

The Pilgrim's Way

A 100 mile drive across north Wales following the route of medieval wayfarers

Duration: 2 days

Begin at the picturesque **Basingwerk Abbey (1)**, Greenfield Valley Heritage Park, Holywell. Here you can view the Our Heritage exhibition and pick up your Pilgrim's Passport which enables you to collect stamps as a record of your journey.

Next visit **St. Winefride's Well (2)** located at the top of the park. According to legend, Winefride/Gwenfrewi broke off her engagement to the chieftain, Caradog to become a nun. Caradog became so enraged that he cut off her head. A healing spring is said to have appeared where the head fell.

Travel westwards to **St Asaph Cathedral (3)** the smallest Cathedral in Britain. Explore the magnificent interior and in the grounds, remember to look out for the statue commemorating the translation of the Bible into Welsh. The Cathedral is another Our Heritage hub.

Next journey, to **Llansannan (4)** where you'll find the church founded by St Sannan, an Irish bishop, in the sixth century. Our journey then takes us to the pretty village of **Gwytherin (5)** where you can see the Church of St Winefride and its churchyard with its row of ancient standing stones.

Now travel north to **St. Digain's Church (6)** in Llangernyw. In the churchyard you'll find two early stones, crudely inscribed with crosses. Also in the churchyard stands a sprawling yew tree estimated to be 4000-5000 years old – one of the oldest trees in

Wales. Return to Conwy and follow the coast westwards through Bangor and Caernarfon.

St. Beuno's Church (7) Clynnog Fawr, is the site of an early Christian monastery and was an important church on the trail. St. Beuno was Winefride's uncle. In the south side of the church is a rough boulder inscribed with a cross. Further down the road is Beuno's Holy Well.

The next stop on our trail is **St Hywyn's (8)**, 'The Cathedral of Llŷn' in beautiful Aberdaron where, in the 6th century St Hywyn, established the first monastic settlement here. The site was an important stop along the pilgrim route to Bardsey Island. The acclaimed poet RS Thomas was vicar here from 1967 to 1978.

Drive up to Uwchmynydd and pass by Y Gegin Fawr where pilgrims rested before crossing to the holy island of **Bardsey**. Legend has it that this small and tranquil island is the burial site of 20,000 Welsh Saints!



St Asaph Cathedral © Our Heritage



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