



The history of the Dulais Valley is full of fascinating stories. Myths and facts, legendary tales and surprising truths have all been interwoven as they passed down the generations. Today they are often dismissed as fairy tales - but there may be more to them than you think...

Mae hanes Cwm Dulais yn llawn storïau hudolus. Mae chwedlau a ffeithiau, llên gwerin a gwirioneddau annisgwyl wedi'u gwau trwy'i gilydd wrth gael eu traddodi o genhedlaeth i genhedlaeth. Heddiw, mae pobl yn meddwl mai coel gwrach yw llawer ohonynt - ond tybed?

**The Twrch Trwyth**

Yspyddaden Penkawr was a cruel, monster giant. His daughter Olwen, however, was so beautiful "whosoever beheld her was filled with her love." Yspyddaden was cursed to die if he was ever separated from her. So when a Knight called Culhwch fell in love with Olwen and asked to marry her, the giant set him a series of seemingly impossible tasks to complete first. One of these tasks was to hunt a giant wild boar - the Twrch Trwyth. With the help of his cousin King Arthur, Culhwch completed all of the tasks, allowing him to marry Olwen and resulting in Yspyddaden's death.



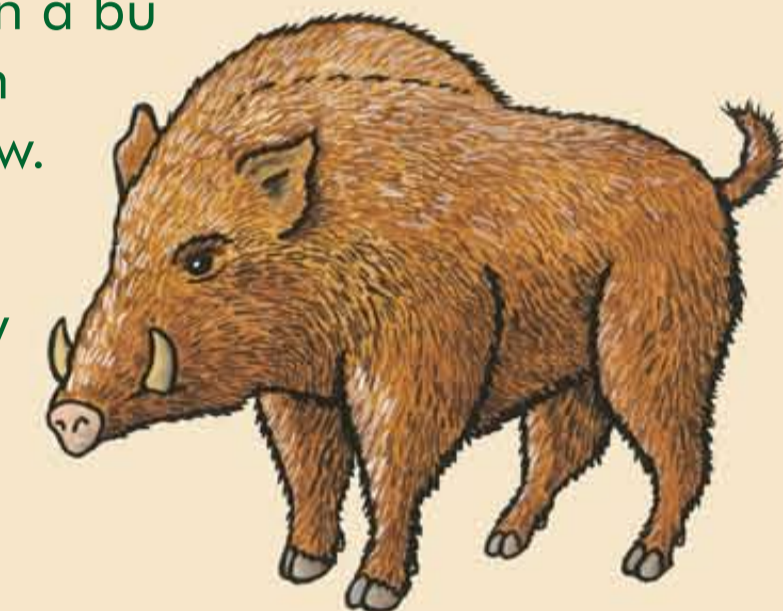
A sculpture of the Twrch can be found in the grounds of the DOVE Workshop.

**Y Twrch Trwyth**

Roedd Ysbaddaden Bencawr yn gawr creulon ond roedd ei ferch, Olwen, yn eithriadol o brydferth. Yn wir, roedd "pawb a'i gwelai'n cael eu llenwi â'i chariad". Roedd Ysbaddaden wedi'i dynghedu i farw pe bai'n cael ei wahanu oddi wrth Olwen. Felly, pan syrthiodd marchog o'r enw Culhwch mewn cariad ag Olwen a gofyn am gael ei phriodi, gosododd ei thad gyfres o dasgau a oedd yn ymddangos yn amhosibl iddo'u

cyflawni gyntaf. Un o'r tasgau hyn oedd hela'r Twrch Trwyth. Gyda help ei gefnder, y Brenin Arthur, llwyddodd Culhwch i wneud y tasgau i gyd. Felly, cafodd briodi Olwen a bu Ysbaddaden Bencawr farw.

Mae cerflun o'r Twrch i'w weld ar dir Gweithdy DOVE.



**St Patrick**

According to legend St Patrick, the patron saint of Ireland, was born in Banwen. In his confessions written around 450 AD he wrote "I Patrick, a sinner, a most simple countryman, the least of all the faithful and most contemptible to many, had for Father Deacon Calpurnius, son of the late Potitus priest, of the settlement of Bannavem Taburniae". It was said that his father had a 16 acre smallholding, half a mile from a Roman Fort - which matches the present day site of Tavern-y-Banwen.

A monument to St Patrick is located on Roman Road.

**Padrig Sant**

Yn ôl un stori, cafodd Padrig Sant, nawddsant Iwerddon, ei eni ym Manwen. Yn ei Gyffes, a ysgrifennwyd tua 450 OC, ysgrifennodd "Yr oedd gennyf fi, Padrig, bechadur a gwladwr syml, y lleiaf o'r holl ffyddloniaid a'r mwyaf atgas i lawer, y diacon Calpurnius yn dad i mi, mab i'r diweddar Potitus, offeiriad ym mhentref Bannavem Taburniae". Dywedir bod gan ei dad dyddyn 16 erw, hanner milltir o gaer Rufeinig - sy'n cyfateb i safle presennol Tafarn y Banwen.

Mae cofeb i Badrig Sant ar Sarn Helen.



**The Hirfynydd fairies**

A local folktale concerns a Roman tombstone that stood on Sarn Helen, the Roman road, above Banwen. Fairies were often seen riding tiny horses and dancing in circles around the stone. But the stone was removed to a grotto in Lady Mackworth's garden in Neath. Soon after, a violent storm destroyed the grotto and locals claimed they heard the sound of fairies laughing. The original tombstone is now in Swansea Museum and a replica has been placed back on the mountain. A mysterious inscription, once believed to be fairy writing, is actually Latin and records that this was 'the tomb of Macarritinus, son of Bericus'.

**Tylwyth Teg Hirfynydd**

Mae 'na chwedl am garreg fedd Rufeinig a safai ar Sarn Helen, yr heol Rufeinig, uwchlaw Banwen. Yn ôl y sôn, roedd tylwyth teg i'w gweld yn aml yn marchogaeth ceffylau bychan ac yn dawnsio mewn cylchoedd o gwmpas y garreg. Ond symudwyd y garreg i groto yng ngardd y Fonesig Mackworth yng Nghastell-nedd. Yn fuan wedyn, dinistriwyd y groto gan storm wyllt ac roedd pobl yr ardal yn dweud iddynt glywed y tylwyth teg yn chwerrhin. Erbyn hyn, mae'r garreg fedd wreiddiol yn Amgueddfa Abertawe a chopi wedi'i roi ar y mynydd. Roedd pobl yn arfer credu mai ysgrifen y tylwyth teg oedd y geiriau Lladin ar y garreg sy'n dweud mai bedd Macarritinus, mab Bericus ydyw.



**Exploring the Dulais Valley**

This is one of the famous 'valleys' of the south Wales coalfield. Thousands of men once worked the difficult anthracite seams deep below ground, but the valley's story did not start with coal. Bronze Age farmers, Roman soldiers and medieval monks have all left their mark here.

Discover their fascinating stories along the Dulais Valley Heritage Trail.



**Crwydro Cwm Dulais**

Dyma un o 'gymoedd' enwog maes glo'r de. Slawer dydd, roedd miloedd o ddynion yn gweithio'r gwythiennau glo carreg anodd eu trin o dan y ddaear. Ond nid y glo oedd dechrau'r stori. Mae olion ffermwyr yr Oes Efydd, milwyr Rhufeinig a mynachod o'r Oesoedd Canol oll i'w gweld yma.

Cewch ddysgu mwy am eu storïau difyr ar Daith Dreftadaeth Cwm Dulais.



For more information look out for the Heritage Trail leaflet or visit our website:  
Os hoffech wybod rhagor, holwch am daflen y Daith Dreftadaeth neu ewch i'n gwefan:  
[www.dulaisvalley.org.uk/heritagetrail](http://www.dulaisvalley.org.uk/heritagetrail)

Discover over 2000 years of history in 20 kilometres  
Cewch weld dros 2000 o flynyddoedd o hanes mewn 20 cilometr