

# CAER Heritage Project

## Activity day

Saturday 24<sup>th</sup> March, 10.00am – 3.00pm

At St Mary's Church, Caerau Hill



Visitors will be able to get involved in a host of archaeological and historically themed activities and help discover more about the fascinating history of Caerau hillfort

Please note that you will be unable to drive up the hill to the church on this occasion. However, we will be offering lifts up the hill for those unable to walk.

All children under 16 should be accompanied by a responsible adult.  
Please wear strong footwear and sensible clothes suitable for the weather!

# Caerau's Iron Age Hillfort

Did you know that the beautiful church of St Mary's is not the only thing to make Caerau Hill so special? The church itself is actually standing within one of the largest and best preserved Iron Age hillforts in South Wales. Hillforts are large defended settlements, fortified by massive banks and ditches (ramparts), and built more than 2,000 years ago. Today the ramparts of Caerau hillfort are hidden beneath trees, but it was once a stronghold of the powerful Silurian tribe who inhabited this part of Wales before the arrival of the Romans.

This is a really special place, full of rich history that we know so little about. Archaeologists from Cardiff University have teamed up with local residents, Ely and Caerau Communities First and the local schools to start the CAER (Caerau And Ely Rediscovering) Heritage Project to explore the fascinating history of Ely and Caerau, focussing on Caerau hillfort.