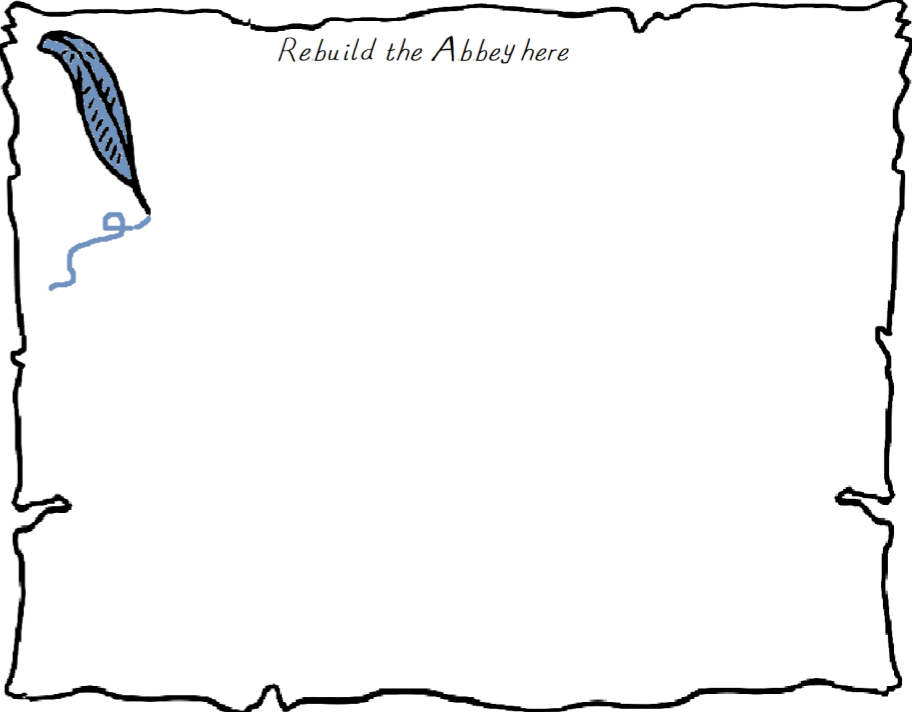


# BBEYCWMHIR!

The Abbey in the long valley was built in 1176 by Cadwallon ap Madoc. It changed hands many times, being owned by the Welsh Princes, the Mortimer Marcher Barons, the English Kings and the Parliamentarians. The ruins are within the grounds of Home Farm. The Abbey was extremely grand, with one of the longest naves in Britain and intricately carved pillars on 14 huge arches. The families of the Welsh Lords were buried in the consecrated ground, including the body of Llywelyn ap Gruffydd, the last Welsh Prince of Wales. The Cistercian monks who lived at the Abbey, chose quiet locations to be closer to God. They wore white woollen garments to signify innocence, so were called 'White monks'. They grew their own food and developed sheep farming and the wool trade, rather than taking tithes (taxes) from the local community. As well as this, they helped educate the sons of Welsh freemen and welcomed Welsh Abbots and monks, making them fairly popular in the local community.



Can you rebuild the Abbey? Draw in how you think it might have looked. Try to include arches, columns, windows, a wooden roof, carvings and a bell.



## MAP OF ABBEYCWMHIR

Add your own pictures for:  
 The pub  
 The vicar at the church  
 The teacher at the school



**Llywelyn Ap Gruffydd** (1223-1282) became ruler of Gwynedd on the death of his uncle in 1246. Llywelyn led his forces on numerous campaigns to secure his rule over Powys and by 1258 he was calling himself Prince of Wales. In 1263 he led his forces into the Marches and was recognised as Prince by the Welsh lords of Brecon, Abergavenny and upland Glamorgan.

This was to be the height of Llywelyn's power as in 1276 Edward I, King of England, declared him a rebel and invaded with a massive army. Llywelyn was forced to submit. Peace was short lived as the Welsh, led by Llywelyn, rebelled in 1282 and Llywelyn was killed on 11th December 1282 after the Battle of Cilmeri near Builth. His final resting place is thought to be Cwm Hir Abbey.

Llywelyn fought alongside his men. He would have been dressed in mail and armed with a long sword and a shorter dagger.

Some of the warriors would have carried battle axes which could be used not just to break the enemies' shield wall but also to kill and maim the enemy.

Most of the shields would have been made from wood with a metal boss in the centre which could be used to smash into the enemies face.

The shield wall required the warriors to work as a team with the shields protecting while spears, swords, daggers and battle axes stabbed and slashed at the enemy. A blood-soaked, terrifying place to be and where you needed a trusted friend beside you.

The longbow was invented by Welsh warriors. It was made from yew wood, which is strong and flexible, and could fire an arrow over 200m with enough power to pierce chain mail and the shield wall.



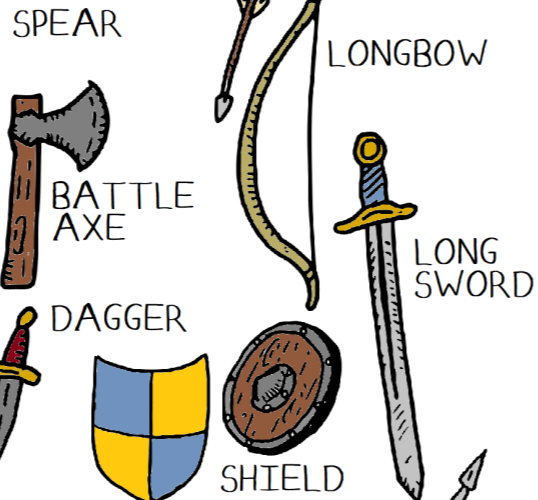
Jenny Grene Illustration

Imagine that you were a monk tasked with writing a proclamation reporting on the battle which would be read out in every village.

Try summarising the battle in a text message, blog post, or even in the style of a football report.

How honest would you be?

How many of each weapon can you find in the battle scene below?



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# WOODLAND WALK

Follow the Sugar Loaf Walk and see how many of these activities you can complete along the way.

Can you identify any of the trees?  
Use the leaf identity guide to help you.



When you reach the bridge, look at which way the water is flowing, then have a game of pooch sticks by dropping a stick in the water at the same time as someone else and seeing which one emerges on the other side first.

Can you work out how fast the water is flowing?  
Which time of year might it flow fastest and why?

Remember to always be very careful when playing near water!

How many fields can you see from the bridge?

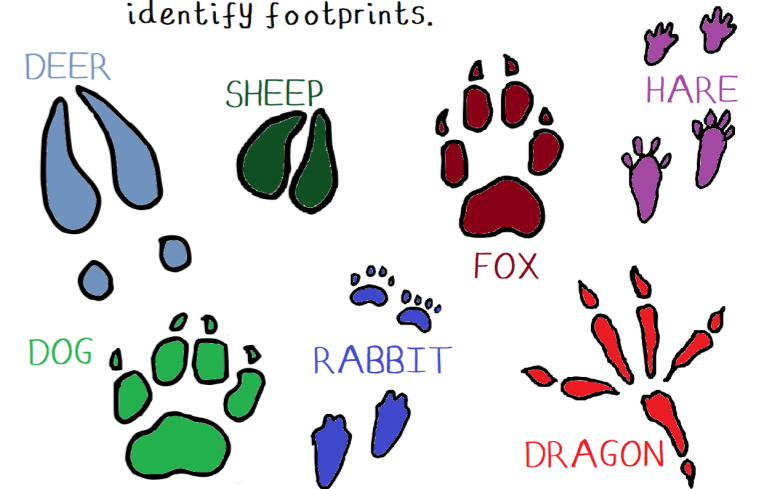
What are they being used for?

What can you hear?

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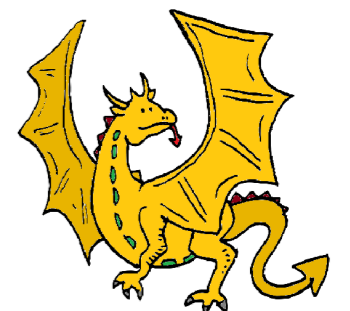
Can you find evidence of any birds or animals living here?

Look for wool, fur or feathers.  
Listen for any sounds they might make.  
Use the footprint guide to help identify footprints.



Where is the sun? It will move across the sky through the day, rising in the East and setting in the West.  
Can you use the sun to estimate which way you are facing? Now use a compass (or orientate your map) to see if you were right.

Take care when looking at the sun.



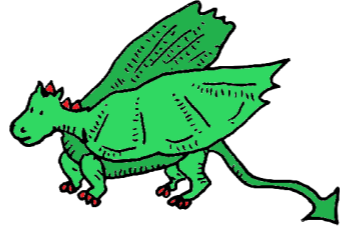
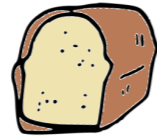
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# Village Life



The monks of Cwmhir Abbey had two local mills. They needed to grind enough grain into flour to make bread for up to sixty monks, as well as providing animal feed.

Medieval mills were an essential part of the community as everyone needed flour. So the mill owner (not usually the miller) had quite a lot of power.



Try the Farmer's wife simple recipe to make cottage cheese, a popular way to use excess milk.

Pour 2 litres of whole milk (not UHT) into a pan and heat slowly, stirring regularly, until it is warmed to 35-50°C.



Remove from the heat and pour in 100ml of white vinegar or lemon juice, stir, cover and leave for 30 minutes.



Spoon the solids from the pan into a colander lined with a tea towel and leave to drain.



Gather the ends together into a ball and run under cold water squeezing as you go, until it is cold.



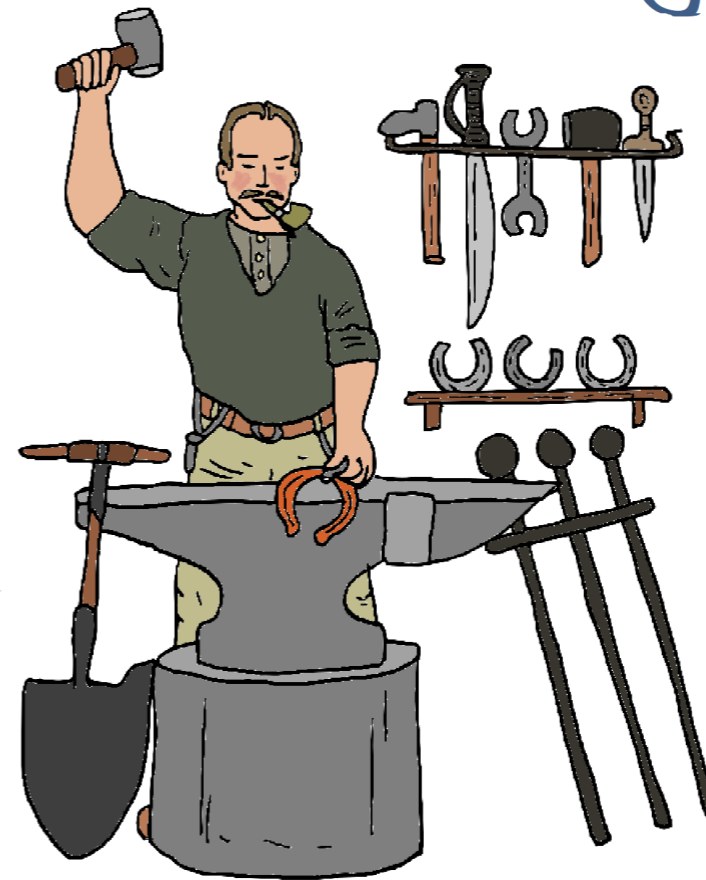
Tip into a bowl, break up with a fork and add salt and chopped herbs to taste. You can use the leftover liquid whey in stock - it's full of protein!



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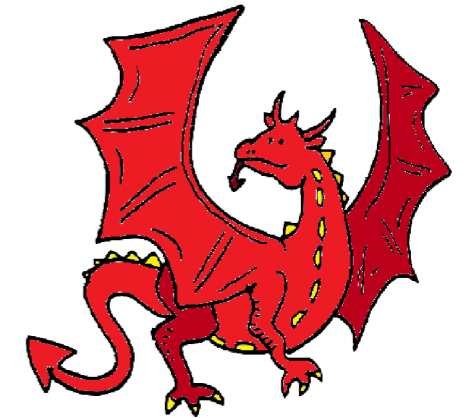
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# Village Life



How many different items can you see which the blacksmith has made in his forge?

Which things do we still use today?



The Philips family owned The Hall from 1837-1959 and were an important part of life in the village. They started a school and built two schoolhouses, gave land for a chapel at Cefn Pawl and rebuilt St Mary's Church, they built a Community Hall as well as enlarging the Hall itself.

Each Christmas the Abbey School put on a Christmas Concert, where The Colonel and Mrs Philips would host a tea party and give each child a small gift before the concert. The concert raised money for a summer trip to the beach the following year.

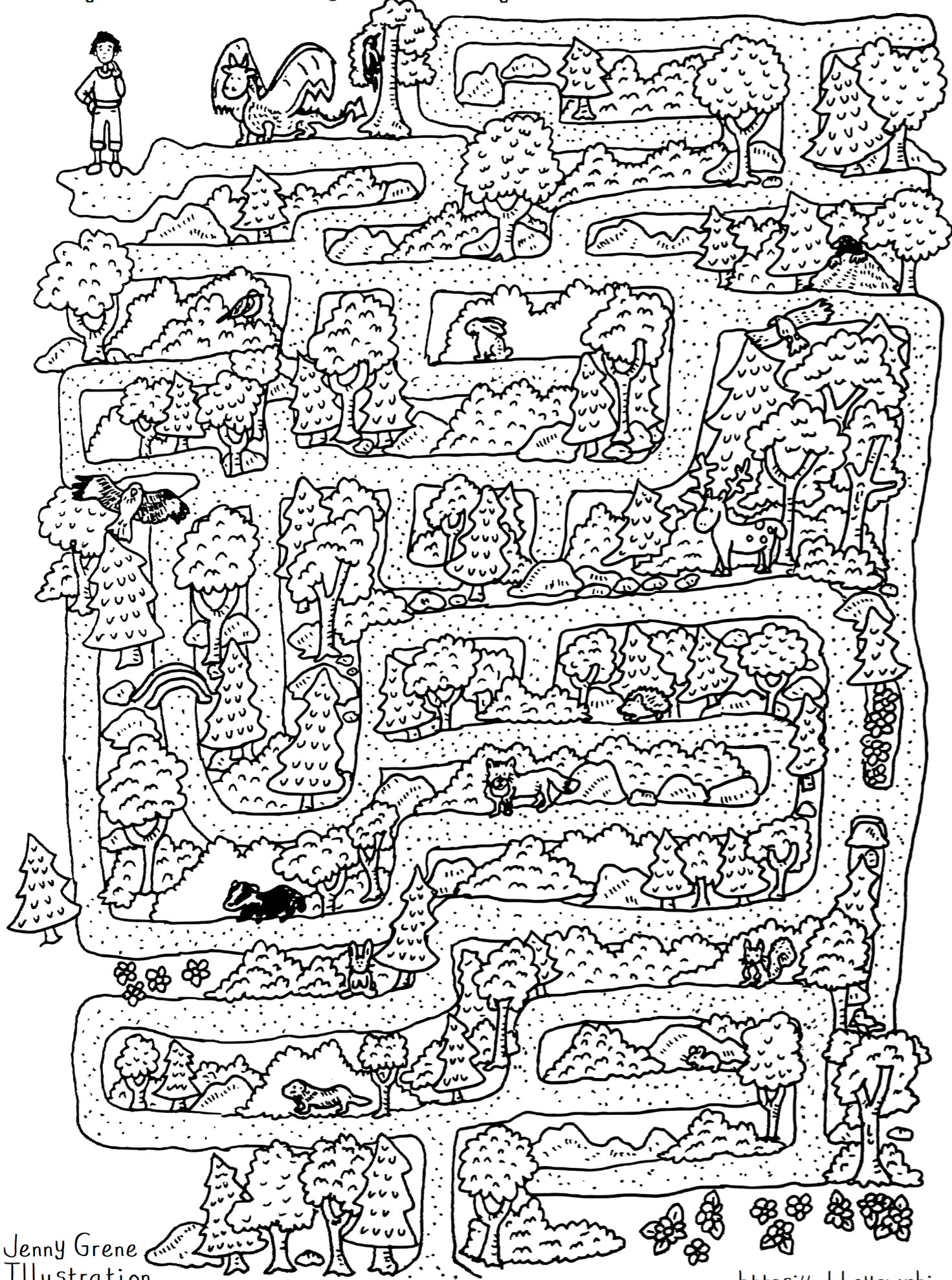
Children would sing, recite poetry or perform sketches. Imagine you are attending the concert. Learn or write a poem to recite in front of the Philips.



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Can you help Morgan find the way through the woods safely?  
 Which birds and animals can you spot along the way?  
 When you've made it through the woods, you can colour in the picture.



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 Illustration

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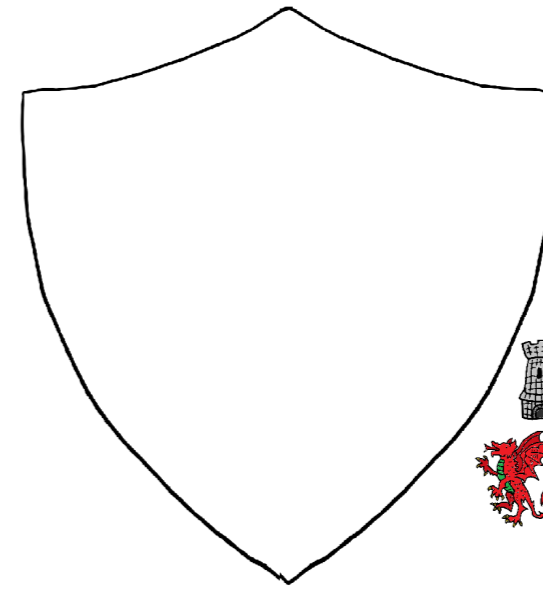
Important warriors and families would have their own coat of arms. Originally the purpose was to be recognised on the battlefield and so be visible to your own soldiers and terrify your enemy. Over the years the symbols on the flags and shields became almost like a code to show off your power, wealth and interests.

Some examples of modern coats of arms are: The symbols for the Houses in Harry Potter, football team badges and City or Town arms.








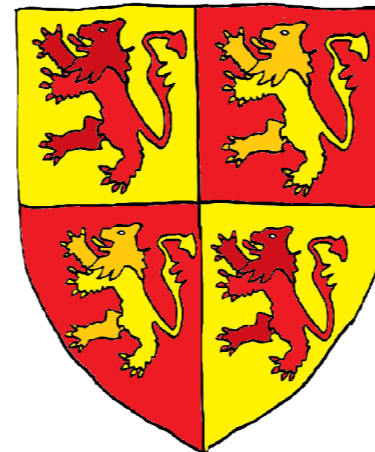
Design your own coat of arms. It could be just for you or your family. It could contain symbols to show your interests or skills. Are you a fantastic artist, footballer, gymnast, reader or chef?

When designing your own coat of arms think about...  
 Animals that say something about you or have characters similar to you.  
 Your favourite things.  
 Things you do well or enjoy.  
 Colours that mean something to you.



**SYMBOLS IN HERALDRY**

-  Axe  
military service, duty
-  Bee  
industry, hard work
-  Castle or portcullis  
place of safety
-  Dragon or unicorn  
courage
-  Lion  
strength

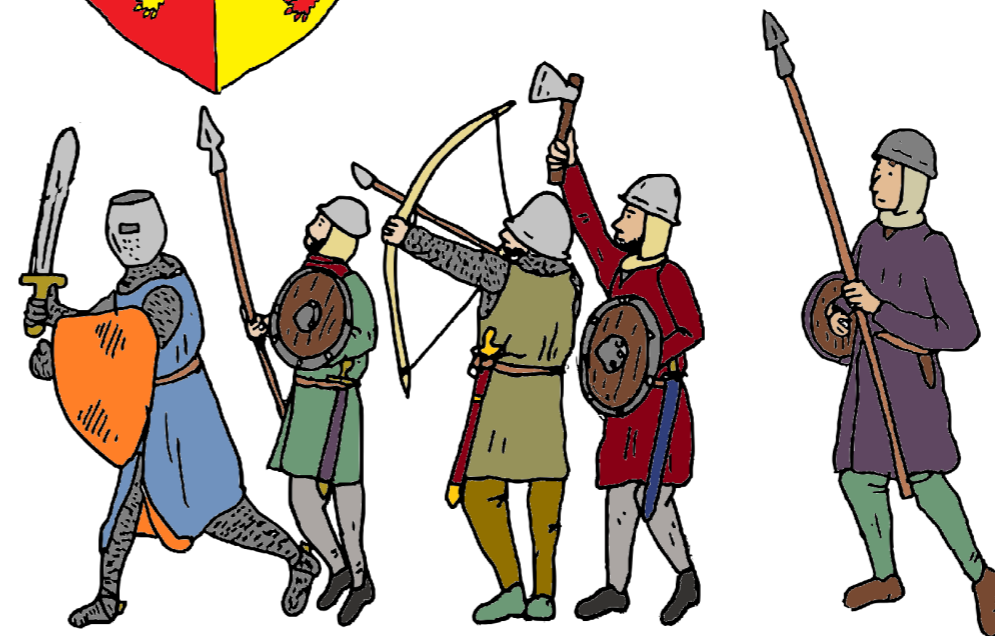


Arms of Llywelyn ap Gruffydd.

What do the colours and pictures on his arms symbolise?

**COLOURS IN HERALDRY**

- RED:** military strength
- BLUE:** loyalty, truth
- GREEN:** hope, joy, loyalty in love
- PURPLE:** royalty, justice
- GOLD:** ambition
- SILVER:** peace
- BLACK:** constancy, grief



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