

# Cefnen a Rhych

# Ridge and Furrow

Islaw'r fan lle rydych yn sefyll, roedd yna bentref dros 800 mlynedd yn ôl. Roedd y bobl a oedd yn byw yma'n tyfu cnydau, ac yn magu anifeiliaid i'w bwyta neu eu masnachu.

Below where you are standing was a village over 800 years ago. The people who lived here grew crops, and raised animals to eat or trade.

## EDRYCHWCH AM

Gallwch weld cloddiau a ffosydd ar hyd y caeau llechweddog. Gelwir y rhain yn 'gefnen a rhych'. Crëwyd y cefnydd hyn gan erydr a dynnwyd gan ych, gan droi'r tir yn barod ar gyfer hau bob gwanwyn.



## LOOK OUT FOR

You can see banks and ditches along the sloped fields. These are known as 'ridge and furrow'. Ploughs pulled by oxen made these ridges, turning the ground in preparation for sowing each spring.



Golwg o'r awyr o'r gefnen a'r rhych  
An aerial view of the ridge and furrow

Mae archeolegwyr yn credu bod tair trefgordd ar y Gogarth yn y cyfnod hwn; cydnabyddir fod un o'r rhain ymhlith y rhannau o anheddiad a thirwedd ganoloesol sydd â'r cyflwr gorau yng Ngogledd Cymru. Mae olion pedwar adeilad, a gafodd eu creu yn ôl pob tebyg o bren a thyweirch, sydd wedi hen bydru, gan adael dim ond y sylfeini cerrig. Mae trac sy'n mynd o flaen y tai, gan eu gwahanu oddi wrth y caeau islaw.

Archaeologists think that there were three townships on the Great Orme in this period; one of these is recognised as among the best preserved areas of medieval settlement and landscape in North Wales. There are the remains of four buildings, which were probably made of wood and turf, long since perished, leaving only the stone foundations. There is a track that runs in front of the houses, separating them from the fields below.