Did King Arthur really exist?

Yes, very probably. The historical Arthur was a 5th-century Romano-British warrior chief who fought against the Saxon invaders.

His heroic deeds were recounted by storytellers, and the tales became richer and more embroidered with each telling.

Pretty soon he'd become a full-blown king, acquired a round table's worth of gallant knights, and a supernatural sidekick called Merlin.

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embroidered: embellished.

full-blown: complete.