



To All Club Members,

It's time for the Club's 2022 Xmas run and walk. This year it will be held on Sunday 18th December in the beautiful countryside around Kinver Edge straddling between Worcestershire and Staffordshire.

Location:

- The start will be at What3Words: Airtime.pizzeria.armed
- This dropped pin: <https://goo.gl/maps/GptYkECag2F9jSQC9>
- Or for those with local knowledge the car park near the rock house tea shop on Compton Road.

There will be an 8 mile run with a 6 mile cut off as well as a 4 mile walk. All taking in the sights at the top and bottom of The Edge. Refreshments at 4.5 miles into run and 2.8 miles in to walk.

Be there for 10.15am for a 10.30am start.

After run refreshments dependant on weather.

Dry and not sweaty = local pub.

Wet and muddy = HACC Club. We will advise closer to date.

Any problems on the day, call Alex Morgan on 07919 005281

Routes - For those wanting to download routes to their Garmin watch, please click to download/view each respective route below:

(More images on Pages 2&3)

Walk
CLICK HERE

Short Run
CLICK HERE

Long Run
CLICK HERE

More information

Notice image of Kinver Edge & the Rock Houses with a few snaps taken from the route recce (hopefully there'll still be some snow on the hilltops!)

National Trust

Welcome to Kinver Edge and the Rock Houses

With sweeping views, a wildlife haven in the heath and unique homes carved straight into the rock... Kinver Edge is full of surprises.

The Holy Austin Rock Houses are cosily restored so you can soak up the atmosphere of these unusual homes. Get comfortable by the fire and our volunteers will tell you tales of the people that lived right inside the rock. There's traditional toys for the children too, and a tea-room with an unbeatable view. Admission fee applies; free to National Trust members.

Outside is the heathland of Kinver Edge - a pocket of wilderness, buzzing with insects and heady with the scent of gorse and purple heather. A stroll along the ridge offers dramatic views across surrounding counties from the ramparts of an imposing Iron Age Hill Fort. Beyond the views miles of walking country awaits, winding through birch and oak woodland and exposed areas of red sandstone geology. The remains of Nanny's and Vale's Rock lie nestled in the trees. We've waymarked different routes that we think show the best of Kinver Edge - so you can explore this special place.



Nanny's Rock
Named after a reclusive inhabitant who made herbal potions, this five-room cavern was first lived in by 'Meg-o'-Fox Hole', who died in 1657.

Iron Age Hill Fort
This artist's impression shows what the Hill Fort may have looked like in the Late Iron Age, about 2,000 years ago.

Key

- Steps
- Parking
- Toilets
- Bridleway
- Permissive horse-riding route

Walks to enjoy

- Woodland trail**
2 mile circuit, allow 45 minutes
Medium difficulty, some steep slopes and steps
Discover restored Holy Austin Rock Houses, enjoy woodland and views from the Hill Fort
- Heathland trail**
1.5 mile circuit, allow 1 hour
Easy stroll with gentle slopes
Passes through heathland habitat, to breath-taking views from along the Edge and the Hill Fort
- Rock House trail**
5 mile circuit, allow 2.5 hours
Medium difficulty, some short steep slopes and uneven paths
Explore heath and woods, sweeping views, restored Rock Houses and the remains of Nanny's Rock and Vale's Rock
- To Kinver village**
1 mile from here to Kinver village high street, allow 30 minutes
A gentle stroll with some slopes. Some walking on the road.
A stroll through countryside and quiet village streets, leading to the quaint shops and cafes of Kinver

Heathland habitat
Home to species such as woodcock, adder and brown argem butterflies, and hundreds of insects. Managed by grazing with English Longhorn cattle.

Please help us look after Kinver Edge by clearing up after your dog. There are bins at the carparks on Compton Road and Comber Road.
As an essential tool for managing the heathland there may be livestock on site. Please keep your dog under close control around grazing animals.

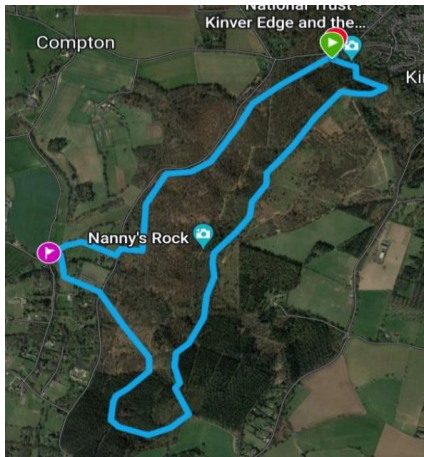
Cyclists are welcome to use the purple Rock House trail and the Permissive Bridleway, but be aware and give way for walkers, dogs and grazing livestock.
Slow down and give a polite 'hello' or rattle your bell to let others know you are there. Be ready to give way and dismount if the path is steep or narrow.



Route images:

OS maps are also available. Printed copies will be taken to the run, they can also be found on the club website on:

<https://www.halesowen-athleticclub.co.uk/?p=12702>

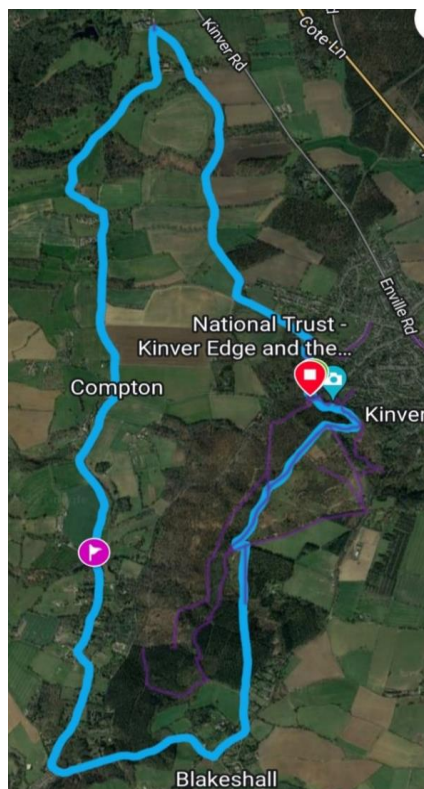
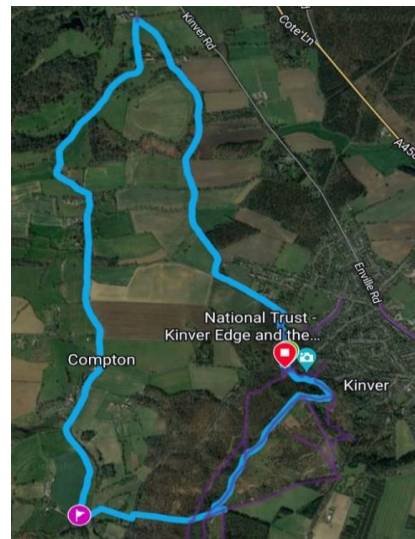


Walk (Left):

A Clockwise route starting along the edge.

Short Run (Right):

A Counterclockwise route splitting off on a shorter route after the mid-run refreshments



Long Run (Left):

A Counterclockwise route continuing on for the full route after the mid-run refreshments

Refreshment check-point is identified on all routes.

