

Canal-R Rea-Kings Norton Church

Turn left onto the road then right onto West Heath Rd

Bear right crossing the main road and continue up the footpath to join Heath Rd. South road

Down and up the steps to continue straight ahead back to the club

cross the road and follow the river

For the shorter route turn right onto the road

Turn left then right to regain the river path

Continue across to the right into Northfield Rd.

Turn left into Hawthorne Road

Turn right out of the club and then straight on

Head over to the right, cross at the signals and join the River Rea route

Cross over the main road and follow the brook

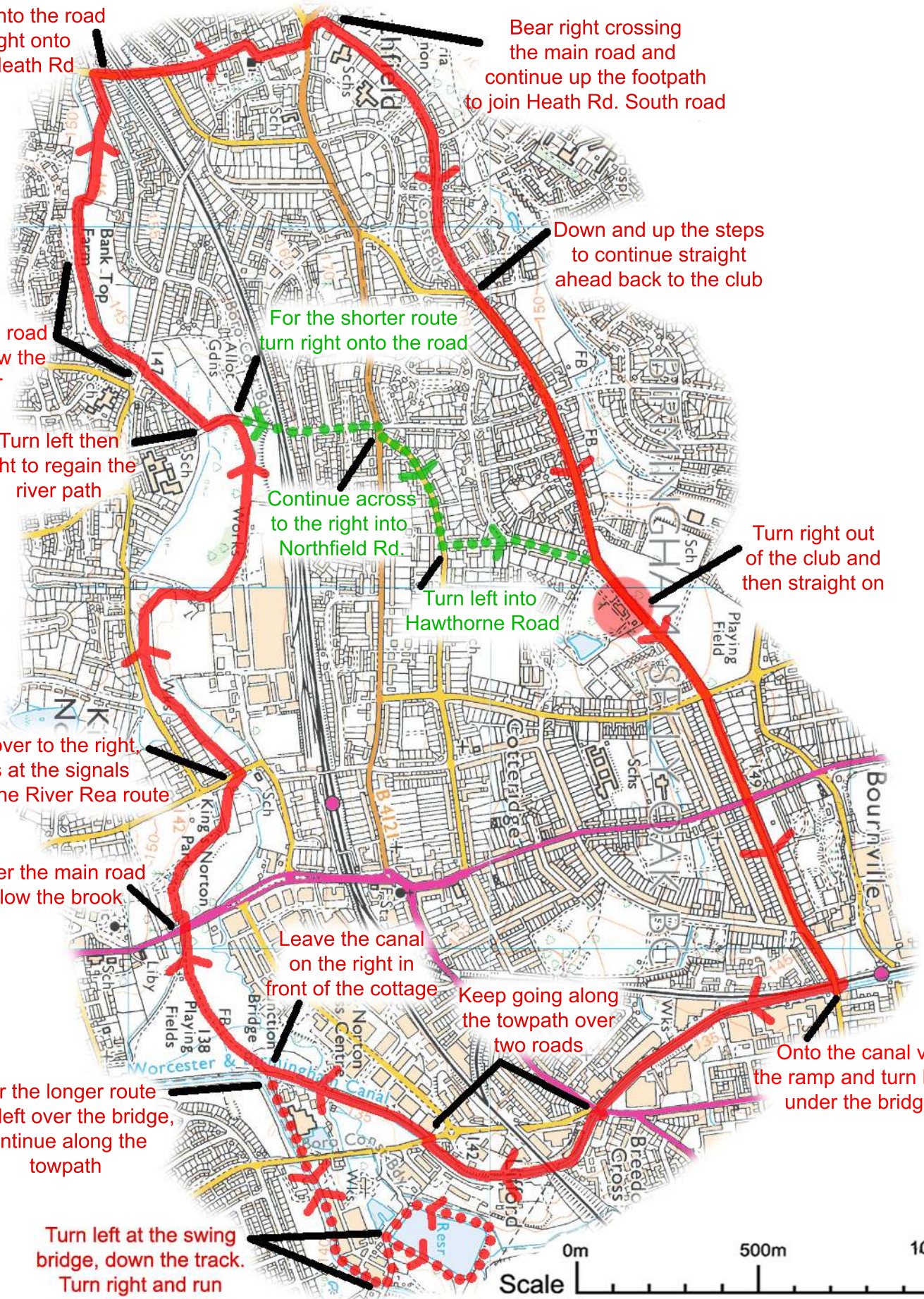
Leave the canal on the right in front of the cottage

Keep going along the towpath over two roads

Onto the canal via the ramp and turn back under the bridge

For the longer route turn left over the bridge, continue along the towpath

Turn left at the swing bridge, down the track. Turn right and run round the reservoir



DISTANCE = 5.7 miles (9.2 km)

SHORT ROUTE = 4.2 miles (6.8 km)

LONG ROUTE = 7.2 (11.7km)

Ascent=negligible

Ascent=negligible

Ascent=negligible

Bournville Harriers