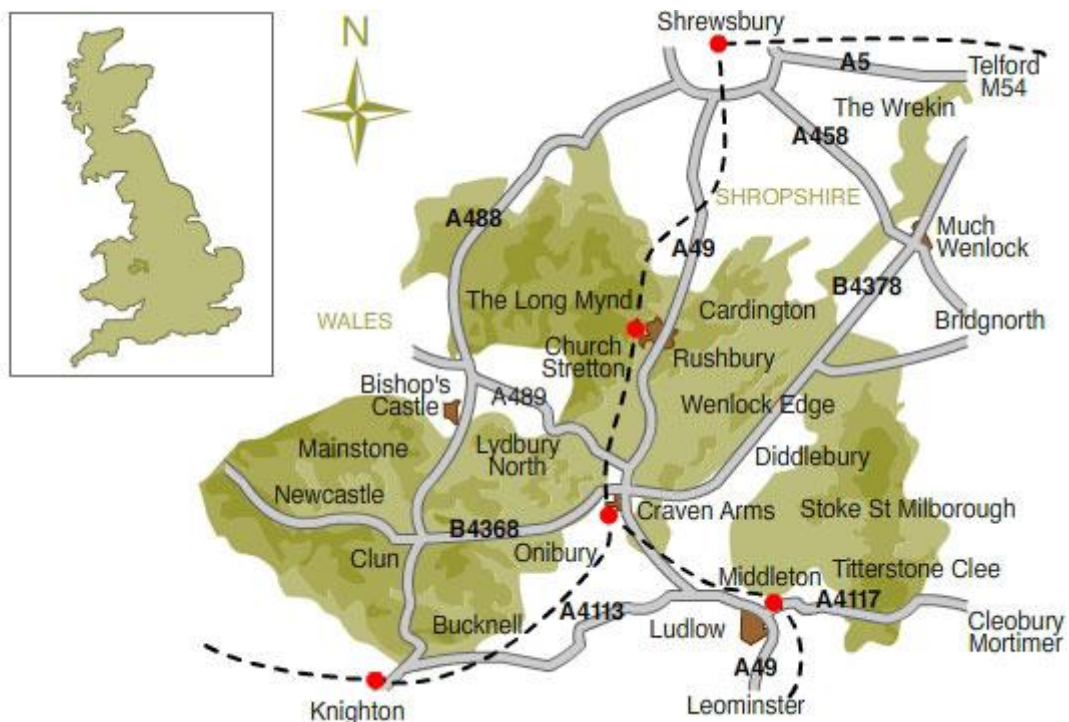


CLUB RUN TO LONG MYND

22 AUGUST 2010

The Shropshire Hills are designated as an Area of Outstanding Natural Beauty (AONB). Join the SMGEC run to the Long Mynd to experience, enjoy and explore this beautiful countryside. The Long Mynd is a large and long plateau and is part of the largest area of heathland in the Shropshire Hills which have been inhabited for the last 5,000 years. In late summer the hilltops are a sea of purple heather - a sight not to be missed.



The run will start from Dobbies Garden Centre at the junction of the A449 and the A5 at 10am on Sunday 22 August. There will be a stop en route at one of Shropshire's most remarkable historic sites (where there is a modest entrance fee of £2.30 or £2.70 - dependent upon your year of birth!). Tea and Coffee is available but you are welcome to bring your own.

The route takes us through scenic Shropshire to the Long Mynd - arriving in time for a picnic lunch on Plush Hill, complete with the most spectacular views. There is then the option to either explore the route across the Hills by car or visit the market town of Church Stretton or both!

We will conclude with a cream tea at the Acorn Wholefood Cafe - who use locally produced ingredients such as organic wholemeal flour to make a delicious range of pastries, cakes, scones and puddings. All this and a dog friendly venue to boot!

RSVP to Karen and Rob on 01952 884746 or email us karenrob@dsl.pipex.com