



# TR Register Shropshire Group's Long Mountain Run



**Saturday 13<sup>th</sup> August 2022**

The Long Mountain (Welsh: *Cefn Digoll*) is a hill straddling the boundary between Powys and Shropshire to the east of Welshpool. At the summit (408 metres / 1,339 feet) is Beacon Ring, an Iron Age hill fort believed to have been reused in medieval times. It is now the home to a TV transmitter. There was possibly a Roman road along the Long Mountain, part of a route from Wroxeter to Forden Gaer. At the southern end of the hill are traces of Offa's Dyke.

In 630 the hill was the scene of the Battle of Cefn Digoll, between King Edwin of Northumbria and an alliance of King Cadwallon of Gwynedd and King Penda of Mercia. On the Long Mountain are the remains of Caus Castle, which was built in Norman times upon an earlier Iron Age hillfort.

In 1485, when Henry Tudor invaded via South Wales and travelled north towards the battlefield at Bosworth, it was at the Long Mountain, that he arranged a rendezvous with his Lancastrian supporters.

We will drive along the top of the Long Mountain, hopefully enjoying the views, and on to lunch at The Lowfield in Marton.

After lunch we will drive through the Clun Forest using the Hall of the Forest Road to Bishops Castle.

Our final destination will be Moat Hall, Annscroft where Helen & Martin Davies have opened their garden under the National Gardens Scheme. Entry £5 per person and tea/coffee plus cake £4 per person.

## **Itinerary: (times are approximate)**

10:00	Meet at Battlefield Services, Shrewsbury, SY4 3EQ
10:30	Start of Run
12:15	Arrive at The Lowfield Inn, Marton, SY21 8JX - Lunch at 12:30
13:30	Depart Lowfield Inn
14:30	Arrive Bishops Castle Cattle Market, SY9 5AD for a comfort break
14:55	Depart Bishops Castle
15:30	Arrive Moat Hall, Annscroft, SY5 8AZ

## **Contact:**

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