

RunTogether x Canal & River Trust Heritage run routes

In partnership with the Canal & River Trust, RunTogether have developed a series of heritage-themed 5km running routes along Birmingham's canal network as part of the European Championships legacy programme. View the routes below:

Routes from Edgbaston Reservoir:

Check out this route on Strava: <https://strava.app.link/wanHlfSxa2b> – Edgbaston Reservoir 5k (2 laps)

Edgbaston

Running Route

Use This Route

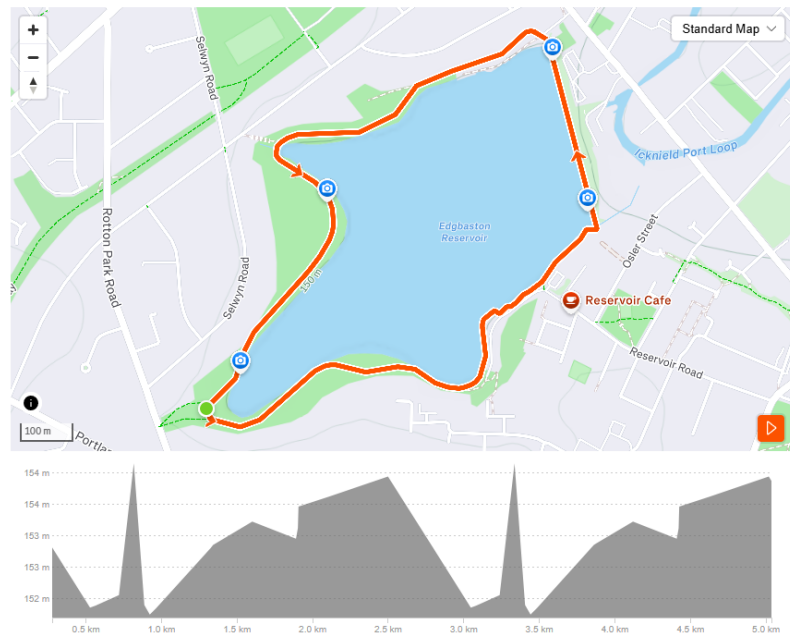
Easy

5.04 km

4 m

28:46

Route and Elevation



Check out this route on Strava: <https://strava.app.link/zXUyRxxxa2b> – Birmingham Settlement to Roundhouse Birmingham (Out and Back)

Birmingham Settlement to Roundhouse Birmingham Out and Back

Running Route

Save

Duplicate

Easy

5.84 km

17 m

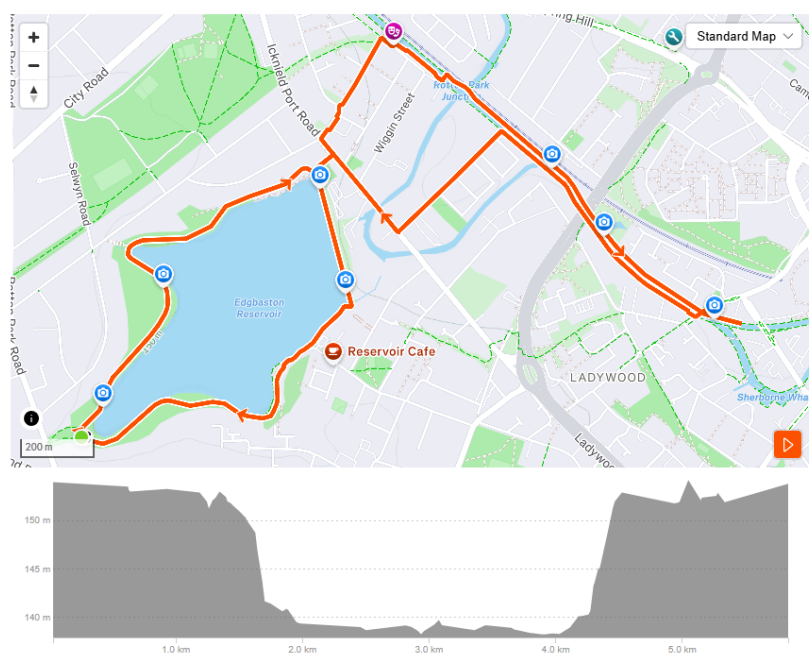
36:33

CREATED BY

Taz Parvaz
April 8, 2026 · Public



Route and Elevation



Routes from Perry Barr:

Check out this route on Strava: <https://strava.app.link/mznklmw1x2b> - 5k route from Alexander Stadium

5k Run Route from Alexander Stadium

Running Route

[Save](#) [Duplicate](#)

Easy

5.13 km △ 18 m

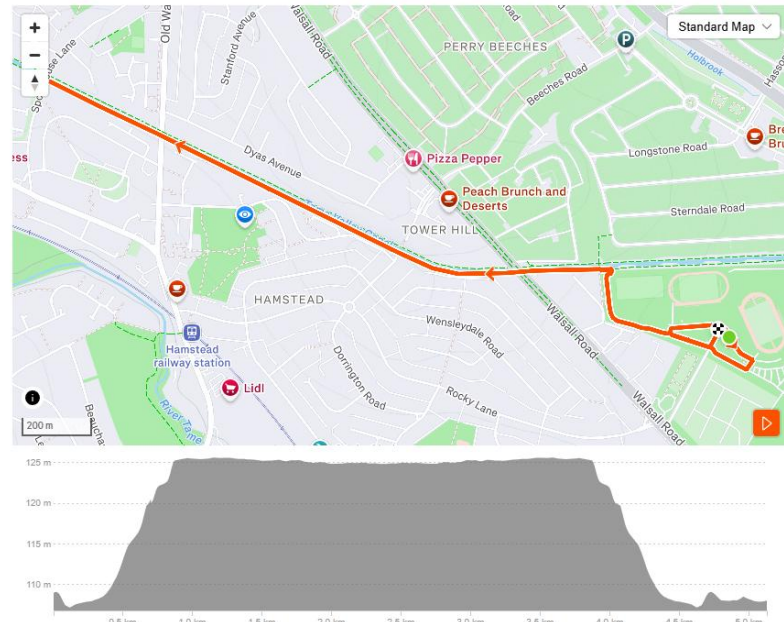
32:06

CREATED BY

Taz Parvaz
April 22, 2026 · Public



Route and Elevation



Check out this route on Strava: <https://strava.app.link/7jjmLB71x2b> - 5k route round Perry Hall Park

5k Route - Perry Hall Park

Running Route

[Save](#) [Duplicate](#)

Details

5.25 km △ 16 m

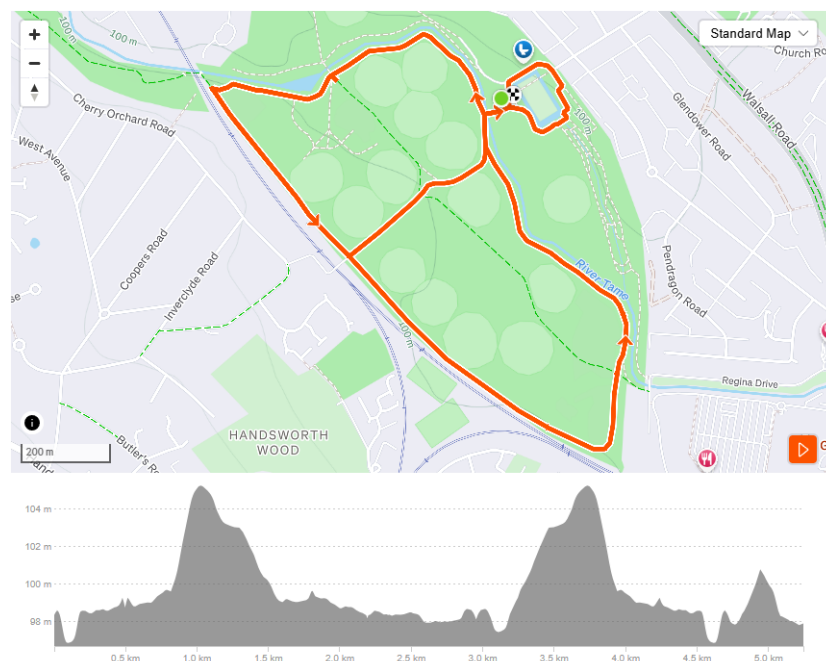
32:46

CREATED BY

Taz Parvaz
April 22, 2026 · Public



Route and Elevation



Check out this route on Strava: <https://www.strava.com/routes/3421467667896273470> - Perry Barr (café at stadium) 5km

Perry Barr Tame Valley out and back 5k

Cycling Route

☆ Save Duplicate

Details

📍 4.96 km ⬆️ 17 m

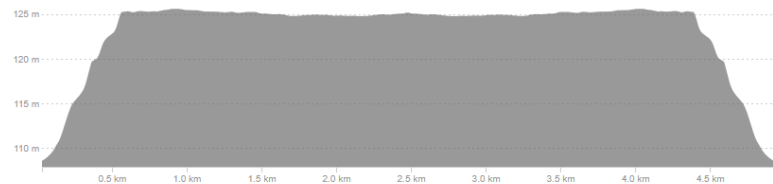
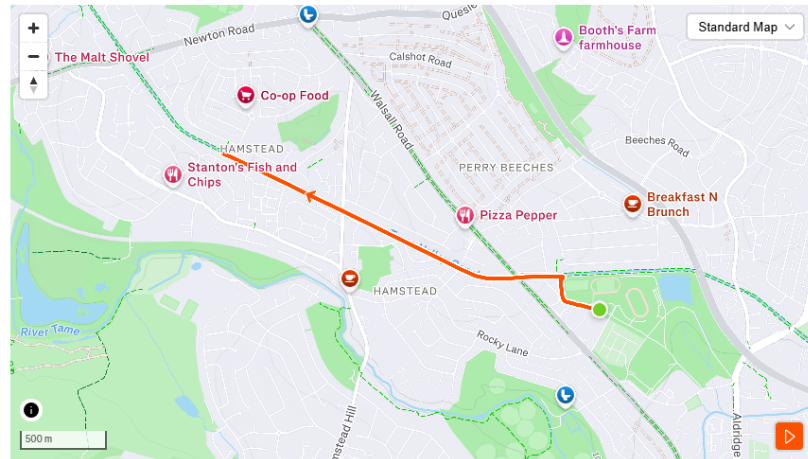
🕒 12:20

CREATED BY

Gavin Passmore
November 6, 2025 · Public



Route and Elevation



Other routes:

Check out this route on Strava: <https://www.strava.com/routes/3421467428946064570> - Roundhouse 5km

Roundhouse 5km run

Running Route

☆ Save Duplicate

Details

📍 5.05 km ⬆️ 0 m

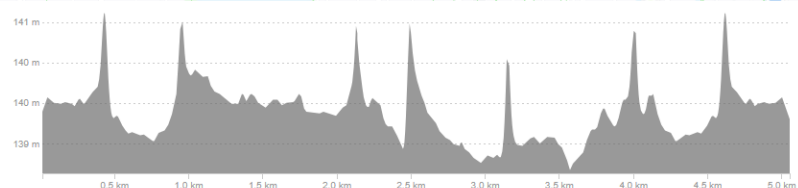
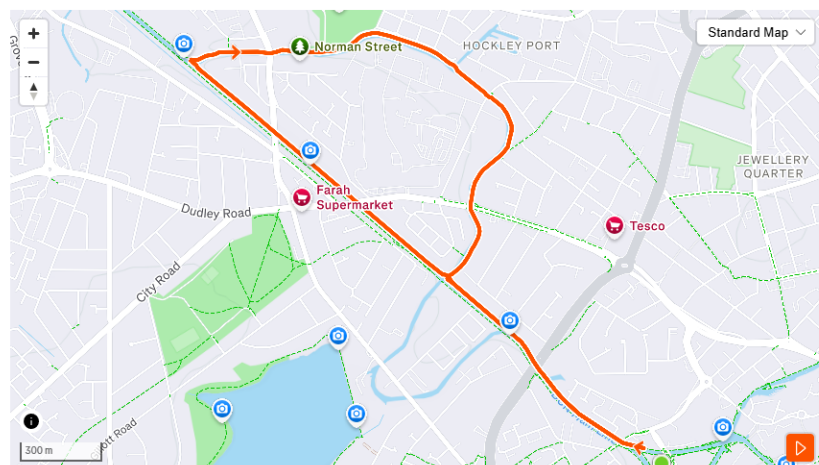
🕒 31:32

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Gavin Passmore
November 6, 2025 · Public



Route and Elevation



Check out this route on Strava: <https://www.strava.com/routes/3421471209678838970> - Selly Oak to Vale 5km

Selly Oak to Vale 5km

Running Route

 Save  Duplicate 

 Easy

 5.21 km  16 m

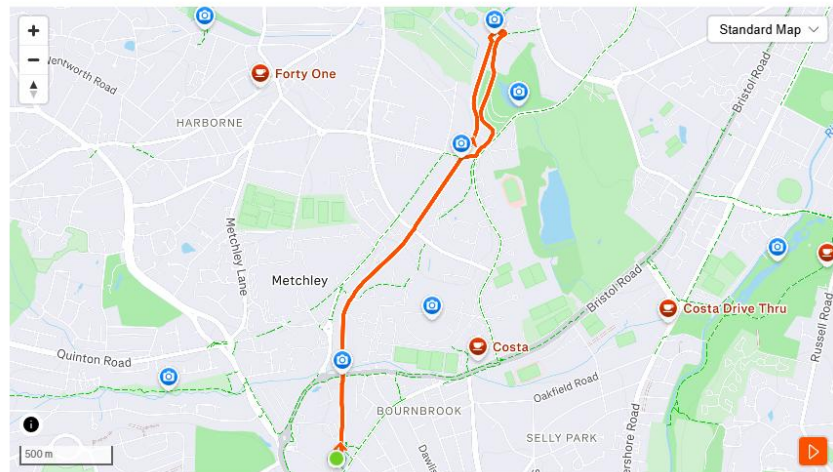
 32:37

CREATED BY

Gavin Passmore
November 6, 2025 · Public



Route and Elevation



Running Groups/Clubs:

If you would like to get involved in a local RunTogether group or club, the contact details can be found below:

1. Edgbaston Reservoir Running & Wellbeing – Thomas Cantwell E: eraw@groups.outlook.co.uk TC30TIP@hotmail.co.uk
2. City of Birmingham Striders – Balal Qureshi E: balalqureshi@gmail.com
3. South Birmingham Striders – Kevin Oakes E: kevin.oakes1988@hotmail.co.uk
4. Run Of A Kind – Lucy Canham – E: hello@runofakind.world