




# Welcome to Ham Hill Country Park 3-2-1

3-2-1 is Run England's project which aims to provide a range of marked out running or jogging routes across the country that anyone can have a go at. It's a way of providing a meaningful challenge to help you to get running when it best suits you.

**Trail:** Walk/Jog/Run  
**Grade:**   
**Distance:** 3.35km (2 miles)  
**Time:** Please note timings are a rough guide  
**Walking:** 1 hour  
**Jogging:** 45 minutes  
**Running:** 35 minutes  
**Terrain:** Loose gravel tracks, muddy paths and well-kept grassland.  
**How to get there:** Ham Hill is located on the outskirts of Stoke Sub Hamdon and has brown tourism signs directing you.  
**Amenities:** Free parking, public toilets, pub.  
**Accessibility:** Due to the uneven terrain, which is narrow in parts, it would be unsuitable for wheelchairs and pushchairs. However there is the easy access trail which is suitable for both wheelchair and pushchair users.

**Overview:** Ham Hill is a nationally important geological area based on an old Iron Age hill fort. It's home to rare and exciting wildlife, plant life and iconic hamstone memorials and sculptures.

The route has a few steady climbs to raise your heart rate, and there are several benches along the route if you need a resting point. The route is signed using Run England 321 way markers on oak posts and gates, with country park rangers on hand should you require any assistance.



Contact us: 01935 462462 / [active@southsomerset.gov.uk](mailto:active@southsomerset.gov.uk)

Runners using the 321 running routes do so at their own risk. SSDC accepts no responsibility for accidents or injury incurred on this route. The measurements have been recorded to the best of our ability and as near to the distances as possible. If you would like to report a problem with this route please contact us.

