



CLAREMONT

Training Route Guide

Paradise and Back

1. Leave the Sports Centre and turn right along the path to come out on Richardson Road.
2. Turn left and cross the road at the pedestrian crossing, then take the path that goes along the outside of Leazes Park.
3. Stay on this path to the very end and cross Barrack Road at the lights.
4. Run behind the petrol station, left downhill on Wellington Street and turn right on the main road (St James' Boulevard).
5. Continue running down the main road crossing at traffic lights over two major junctions until reaching Westmorland Road (just after the Discovery Museum).
6. Turn right and head up the hill along Westmorland Road. Continue straight on over the next roundabout at the back of Newcastle College, as far as Park Road where the Cruddas Park flats are.
7. Turn left down Park Road and go down the hill to the junction with Scotswood Road. Cross at the lights and continue down Water Street towards the Business Park.
8. The road curves to the right to become Monarch Road but go straight on here to join the cycle path and go left along the riverside route in front of the Environment Agency.
9. Continue along the riverside path past the Copthorne Hotel all the way to the Quayside. Cross at the traffic lights opposite the Law Courts.
10. Run past the Law Courts following the pavement curving left and uphill towards the double set of traffic lights (Milk Market).
11. Cross the traffic lights and continue uphill past the City Church and the student halls to Nancy's Bordello and turn left up to New Bridge pub (Argyle Street).
12. Continue over the dual carriage way using the traffic lights and run through the Northumbria Business School.
13. Turn left and cross over the foot bridge.
14. Veer right on the path across the courtyard, then left onto Northumberland Road.
15. Turn right onto College Street and cross St Mary's Place at the lights in front of the Civic Centre.
16. Veer right on the path across the courtyard, then left onto Northumberland Road.
17. Turn right onto College Street and cross St Mary's Place at the lights in front of the Civic Centre.
18. Turn left, then right across the path between the Civic Centre and St Thomas' church.
19. Turn left, then right across the path between the Civic Centre and St Thomas' church.
20. Cross the Great North Road at the pedestrian crossing, then turn left up Claremont Road.
21. Continue up Claremont Road to the mini-roundabout, turn left onto Queen Victoria Road.
22. Cross at the lights and head up Lovers Lane back to the Sports Centre.