



CLAREMONT

Training Route Guide

Mini Gosforth Flats

1. Leave the Sports Centre and turn left up the path past the student flats. At the end of the path, turn right onto Wallace Street.
2. At the end of the road, turn left onto Claremont Road.
3. Cross Claremont Road where safe to do so and enter the Moor over the footbridge (opposite Hunter's Road).
4. Follow the path through the gate to the crossroads in the middle of the Town Moor. Turn left.
5. Continue up the path to exit the Moor at the end onto Grandstand Road (gate one of the old Newcastle parkrun course). Cross at the traffic lights and onto Kenton Road.
6. Run along this road to a large round about and take the second exit where the left side is marked with a red brick wall and the right-side sandstone (still Kenton Road). Follow the road as it curves right then turn right at the 2nd roundabout onto Salters Road.
7. Run the length of Salters Road and cross at the lights (Gosforth High Street) onto Church Road.
8. At the side of Gosforth Central Park, turn right onto Moor Road.
9. Run all the way down Moor Road, past the park and the cricket club. The road bends slightly right before coming out on Moorfield just opposite the Little Moor.
10. Follow the path diagonally across the Little Moor. At the end, use the pedestrian crossing and cross the short path onto Highbury.
11. Continue along Highbury, turning right at the end of the field onto Forsyth Road.
12. At the end of Forsyth Road, cross the Great North Road at the lights and enter the Town Moor.
13. Follow the path all the way across the Moor, straight over the cross roads. It bends right just before the gate to the bridge.
14. Cross the bridge and turn left down onto Claremont Road.
15. Head down Claremont Road, crossing where it is safe to do so, before turning right onto Wallace Street.
16. Continue on Wallace Street almost until the end, then turn left onto the path by the student flats.
17. This path brings you back to the Sports Centre.