



CLAREMONT

Training Route Guide

Mini Coach Lane

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, over to the crossroads in the middle of the Town Moor, through the next gate and straight on to the blue gates on the Great North Road.
5. Cross at the traffic lights onto Forsyth Road
6. At the end of the field, turn left onto Highbury and continue past the edge of the field before turning right onto Lyndhurst Gardens (opposite the allotments). Continue over the bridge and turn left onto Osborne Road.
7. Take care crossing Osborne Road and turn right at the end onto Jesmond Dene Road.
8. Stay on the right and head down Jesmond Dene Road, i.e. bear right, don't follow Matthew Bank.
9. Head all the way down to the end of the Dene, past Armstrong Bridge, to Holy Trinity Church.
10. At the cross roads by the church turn left and then second right by the guest house. Follow the pavement curving right (Rosebery Crescent).
11. Follow Rosebery Crescent to the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford.
12. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
13. Run past the Nisa and the Territorial Army building. Cross Sandyford Road using the underpass.
14. Exit the underpass and continue along Sandyford Road, then turn right at the roundabout up Link Road.
15. Turn left on Jesmond Road West, and right across the path to the Robinson Library.
16. Turn left into the covered pedestrian bridge. Exit onto Devonshire Terrace and follow the bend around to the right onto Kensington Terrace.
17. Take the path on the left that goes through the University buildings to emerge on Claremont Road by the crossing.
18. Cross over and head up Claremont Road to the mini-roundabout.
19. Cross Queen Victoria Road and make your way up Lover's lane and back to the Sports Centre.