



# CLAREMONT

## Training Route Guide

### Moor and Dene

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).
6. Turn right onto Grandstand Road and follow the road all the way to the Blue House roundabout.
7. Once at the Blue House roundabout turn right and follow the path back to the bandstand (as per the handicap)
8. At the bandstand take a left and run through the underpass and at T-junction take the left and run around the bowling green and head on to the Great North Road.
9. Continue up the Great North Road to the traffic lights and turn right onto Forsyth Road.
10. Turn left onto Highbury.
11. Turn right onto Lyndhurst Gardens (opposite the allotments). Follow this over the bridge and around the bend to a t-junction with Osborne Road. Turn left.
12. Cross Osborne Road where safe to do so and turn right onto Jesmond Dene Road.
13. Follow Jesmond Dene Road past Jesmond Dene House and all along to the Holy Trinity Church and the crossroads.
14. At the cross roads by the church take a left and a second right by the guest house and follow the pavement curving right (Rosebery Crescent). At the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford.
15. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
16. Run past the Nisa and the Territorial Army building. Cross Sandyford Road using the underpass.
17. Exit the underpass and continue along Sandyford Road, then turn right at the roundabout up Link Road.
18. Turn left on Jesmond Road West, and right across the path to the Robinson Library.
19. Turn left into the covered pedestrian bridge. Exit onto Devonshire Terrace and follow the bend around to the right onto Kensington Terrace.
20. Take the path on the left that goes through the University buildings to emerge on Claremont Road by the crossing.
21. Cross over and head up Claremont Road to the mini-roundabout.
22. Cross Queen Victoria Road and make your way up Lover's lane and back to the Sports Centre.