



# CLAREMONT

Training Route Guide

## Mini Chillingham Road

1. Leave Newcastle University Sports Centre and head down Lovers Lane, which is the path leading alongside the RVI.
2. At the end of the path, cross Queen Victoria Road at the pedestrian crossing. Turn left, then right onto Claremont Road.
3. Cross at the pedestrian crossing and follow the path through the University buildings to Kensington Terrace. Turn right and follow the bend around to the left.
4. Use the covered footbridge to the Robinson Library, turn right and then left down the path to Jesmond Road West.
5. Turn right down Link Road, then left onto Sandyford Road, past the office buildings and As You Like It. Use the underpass to cross the road safely, then turn right at the traffic lights onto Portland Road.
6. Continue down Portland Road, past Warwick Street onto Stoddart Street and cross at the lights.
7. Once across, run through the park via the pedestrian path and where it ends, head straight up the terrace house's pavement until you get to a T junction (Heaton Park Road).
8. At the T junction turn right, passing Heaton Park, a bridge over train tracks and a mini roundabout to another T junction (Shields Road).
9. At the T junction turn left and follow the high street passing Edinburgh Bicycle Co-Op on the right as the road bends left, and pass a funeral parlour (also on the right) to a roundabout (Chillingham Road)
10. Continue running on the pavement up Chillingham Road until you reach the junction with Rothbury Terrace. This is just past a pedestrian crossing (by a Prima) There are shops on the corners, the most noticeable being the Best One convenience store (just after Jazz).
11. Turn left onto Rothbury Terrace. Run to the t-junction at the end and turn left onto Heaton Road.
12. Use the pedestrian crossing to cross Heaton Road and carry on down alongside the railings and the entrance to the park.
13. Stay on Heaton Road past a church to the junction with Heaton Park View (just after Heaton Baptist Church which is on your left).
14. Run the length of Heaton Park View with Heaton Park on your right.
15. The road bends left by the park gates, then turn immediately right onto Warwick Street.
16. At the bottom turn right onto Portland Road.
17. At the end turn left onto Sandyford Road then use the underpass to reach the other side.
18. Exit the underpass along Sandyford Road and turn right up Link Road.
19. Turn left on Jesmond Road West, and right across the path to the Robinson Library.
20. Turn left into the covered pedestrian bridge. Exit onto Devonshire Terrace and follow the bend around to the right onto Kensington Terrace.
21. Take the path on the left that goes through the University buildings to emerge on Claremont Road by the crossing.
22. Cross over and head up Claremont Road to the mini-roundabout.
23. Cross Queen Victoria Road and make your way up Lover's lane and back to the Sports Centre.
24. Continue up Claremont Road to the North Terrace.
25. Turn left and follow the path back to the Sports Centre.