



# CLAREMONT

## Training Route Guide

### Gosforth Flats (Summer Route)

1. Leave Sport Central and run past the Northumbria Student Union towards the Robinson Library (Jesmond Road West).
2. Once outside the library, continue down the footpath through the underpass towards the Town Moor (Brandling Park).
3. After the underpass, keep left on the footpath and go through the second underpass and up to the bandstand in Exhibition Park.
4. From the bandstand, take the first right out towards the Great North Road and run to the Blue House roundabout (Grandstand Road).
5. At the roundabout take a left and run towards the set of traffic lights at gate one of the Newcastle parkrun and cross 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 continue straight on at the 2<sup>nd</sup> roundabout (over Salters Road).
7. Stay on Kenton Road to the next major junction (with Jubilee Road). Cross at the lights, continuing straight on. You will pass shops on your right, Regent Farm First School on your left and then under the metro bridge at Wansbeck Road Metro.
8. Follow the bend around to the right onto Broadway West. Continue on Broadway West to the roundabout.
9. Use the pedestrian crossing to cross Great North Road and carry on down Broadway East.
10. Pass the school on your right and enter the footpath by the Golf Club. Go over the green bridge across the Ouseburn and stay on the footpath.
11. The footpath bends right, then left before meeting a t-junction. Turn right.
12. Stay on the path until the end and turn left onto Hollywood Avenue.
13. Turn right into a small cul-de-sac and use the footbridge to cross the metro line onto Hunters Road. Go straight on until you come out by the two mini-roundabouts at South Gosforth.
14. Cross at the lights and go up Haddricks Mill Road onto Matthew Bank. Go up the hill and follow the bend to the right onto Jesmond Dene Road.
15. Cross the road when safe to do so and then take great care crossing at the lights at the top of Osborne Road.
16. Take the short path across the grass onto Highbury (by the pedestrian crossing at the end of the Little Moor/Osborne Road). Continue along Highbury, turning right at the end of the field onto Forsyth Road.
17. Turn left onto the Great North Road then left again onto Clayton Road. Pass the old bowling green, then turn right onto Brandling Park.
18. Go under the underpass and follow the footpath past Robinson library before taking the path on the left that goes diagonally onto Jesmond Road West.
19. Along Jesmond Road West, take the first right onto Link Road. Go down the hill and cross Sandyford Road.
20. Go up the ramp and you are back on the campus. Follow the path back to Sport Central.