



CLAREMONT

Training Route Guide

Kenton Calf

1. Leave Sport Central and run past the Northumbria Student Union and turn left down the ramp to Sandyford Road. Cross Sandyford Road and head up Links Road before turning left onto Jesmond Road West towards the Robinson Library.
2. Once outside the library, turn left and cross the covered bridge and then take an immediate right when on the other side. Follow the road round to the left, then right and left again – this brings you to the roundabout on Claremont Road.
3. Turn right up Claremont Road, crossing the road when safe to do so. Continue up the hill to the Junction with Grandstand Road.
4. Turn right onto Grandstand Road using the pedestrian crossings to get over the Central Motorway.
5. Continue along Grandstand Road all the way to the Blue House roundabout.
6. Turn right onto Great North Road and stay on this side of the road until the path turns into Exhibition Park.
7. Follow this path to the bandstand (the end of the Claremont handicap route) and turn right under the underpass to Brandling Park.
8. Turn right along Brandling Park and head for the underpass at the end of the road.
9. Go through the underpass past the Robinson Library and turn left down a small footpath past the large terraces houses to the first right turn.
10. Take the right turn, cross the main road (Sandyford Road) and up the footpath and your back on campus and run back to Sport Central.