



CLAREMONT

Training Route Guide

Mini Riverside Route

1. Leave Sport Central and run past the Northumbria Student Union towards the Robinson Library (Jesmond Road West).
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 and cross at the roundabout (Claremont Road).
3. Run past the RVI to the small roundabout and cross it staying on the left hand side past the Trent House. Staying on the left-hand side run down towards Barker and Stonehouse and at the traffic lights turn right (Leazes Park Road).
4. Run past St James' Park and cross the road at the traffic lights and again to get to The Shark Bar. Run downhill towards City Gate turn right on the main road (St James' Boulevard).
5. Continue running down the main road crossing at traffic lights when necessary until the Grosvenor Casino and cross Scotswood Road using the traffic lights.
6. Once across, turn right until an entrance to a carpark and run downhill through it until you can see the Skoda Garage (Railway Street).
7. At the road turn left and cross using the island under the bridge and continue running downhill past the Metro Arena and a small road through a bank of trees.
8. Once past the bank of trees you will reach the riverside footpath. Follow the riverside footpath until the traffic lights opposite the Law Courts (Quayside) and cross over.
9. Run past the Law Courts following the pavement curving left and uphill towards the double set of traffic lights (Milk Market).
10. Cross the traffic lights and continue uphill past the City Church and the student halls to Nancy's Bordello and turn left up to New Bridge pub (Argyle Street).
11. Continue over the dual carriage way using the traffic lights and run through the Northumbria Business School. Once past, turn left and cross over the foot bridge and through the main green and round back to Sport Central.