



CLAREMONT

Training Route Guide

Ouseburn Trail

1. Leave Sport Central and head towards the footbridge that crosses over the central motorway.
2. Once over the bridge run past the student halls (Camden Street) turn left at the mini roundabout and through the estate past the tarmac football pitch (Napier Street).
3. Cross the second roundabout and run through the second estate via the footpath dissecting it to the main road and cross at the traffic lights (Stoddart Street).
4. Once across, run through the park via the pedestrian path. Just before the path ends, turn left and cross Warwick Street at the traffic lights onto Newington Road.
5. Take the first right onto Stratford Grove, then go through the gates on the left into Jesmond Vale.
6. Bear left on the footpath (not downhill following the river). Come out on the other side onto Chelmsford Grove. Turn right.
7. After about 100m, bear right onto Goldspink Lane and onto the path down to Jesmond Vale.
8. Continue past the Blue Bell pub and the houses, then bear right onto the footpath alongside the allotments.
9. Stay on the footpath until it crosses a white bridge onto Ouseburn Road. Turn right – TAKE CARE AS THERE IS NO PAVEMENT AND CARS DO USE THIS ROAD.
10. Follow Ouseburn Road across Benton Bank and enter Jesmond Dene. Follow the Red Walk through Jesmond Dene until the bridge that crosses over to the Picnic Field. Stay right, the path veers left a bit after the field then turns sharply right across a bridge over the Ouseburn again.
11. Stay on the path under Castle Farm Bridge until the next bridge over the Ouseburn. This comes out behind a few houses. Follow the path around the houses onto Haddricks Mill Road.
12. Turn right and cross Haddricks Mill Road at the lights after Majestic. Then cross Station Road at the lights and go up Hunters Road to the bridge over the Metro line.
13. Go over the bridge and turn left onto Hollywood Avenue. Follow Hollywood Avenue all the way to the end and turn left onto Great North Road.
14. Take the next left after the school field onto Christon Road and then first right onto Rothwell Road.
15. At the end of Rothwell Road, cross Church Road and go into Gosforth Central Park.
16. Go through the park, turning left at the far end to exit the park onto Moor Road North.
17. Turn right. Carry on down Moor Road until it reaches Moorfield.
18. Cross the road and take the path over the Little Moor to cross Jesmond Dene Road at the lights.
19. Head down Highbury, turning right onto Forsyth Road.
20. At the end of Forsyth Road, turn left onto the North Road.
21. Turn left again at the end and then right around Brandling Park.
22. Go under the underpass and straight past Robinson Library.
23. Then take the path on the left down to Jesmond Road West. Then turn right down Link Road and then take care crossing Sandyford Road before following the path through the campus to Sport Central.