



CLAREMONT

Training Route Guide

Baltic (Summer Route)

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 then turn right past the tarmac football pitch (Napier Street).
3. Cross the second round about 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, turn right and then first left just before the large red brick building with the Subway and Tesco Express.
5. Follow the bend around to the right and continue downhill, veering to the left of Ernest's café onto Stepney Road.
6. Go under the bridges and veer to the left and then right onto Stepney Bank Road. Continue all the way down the hill to come out at the side of the Hotel du Vin.
7. Cross the main road with care and take the cobbled road (Horatio St.) that goes to the right and down to the Quayside.
8. Run behind the flats and then along the Quayside and over the Millennium Bridge.
9. Turn left off the bridge and follow the river along the side of the Baltic, turning right at the end of the car park by Jury's Inn and then left onto South Shore Road.
10. Stay on this road until it bends onto Deptford Road, turning first left back onto South Shore Road (bizarrely).
11. At the end of the road, where there is a sharp turn right, take the path on the left down towards the river.
12. Continue on this path all along the river until it reaches Green Lane by the Elephant on the Tyne. (Ignore the first path to the left, continuing straight on. The path bends slightly right, then left before bending left again, then right along the Tyne. There is another left then right turn before reaching the Elephant).
13. Turn right up the hill onto Green Lane proper. Continue all the way up to the Felling By-Pass.
14. Turn right onto the main road and run past Gateshead Stadium.
15. Turn right alongside Gateshead Stadium (Neilson Road).
16. At the bottom, turn right and then almost immediately left down the hill and past the Schooner.
17. Take the left hand path (uphill a bit) and follow this footpath back onto South Shore Road.
18. Return past Jury's Inn and the Baltic to the Millennium Bridge. Go up the steps and cross the road at the top.
19. Go past the Travel Lodge and turn right at the lights by the car park and head up Pandon Bank.
20. Turn left onto Argyle Street, cross New Bridge Street at the traffic lights, then return to Sport Central around the side of the funny shaped building and over the pedestrian bridge.