



CLAREMONT

Training Route Guide

Baltic (Winter 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 to the end, then follow the bend to the right before taking the 2nd left onto Saltmeadows Road. Keep to the left all the way behind Gateshead Stadium until you reach the T-junction with Green Lane.
11. Turn right onto Green Lane. You have to cross the road to stay on the pavement and then cross back again before reaching the main road.
12. Turn right onto the main road and run past Gateshead Stadium.
13. Turn right alongside Gateshead Stadium and then left at the bottom back onto Saltmeadows Road.
14. Take the 3rd right back onto South Shore Road. (Earlier right turns also take you onto South Shore Road).
15. Return past Jury's Inn and the Baltic to the Millennium Bridge. Go up the steps and cross the road at the top.
16. Go past the Travel Lodge and turn right at the lights by the car park and head up Pandon Bank.
17. 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.