



CLAREMONT

Training Route Guide

Mini Salters Road

1. Leave Sport Central and run past the Northumbria Student Union towards the Robinson Library (Jesmond Road West).
2. Once outside the library, continue down the footpath through the underpass towards the Town Moor (Brandling Park).
3. Once through the underpass, stick to the pavement by the road marked by two cycle lanes. Continue down the road (Brandling Park) until the crossroads and take a left and cross the road.
4. Once at the T-junction take a right alongside the Great North Road all the way to the Blue House roundabout (Jesmond Dene Road).
5. Continue down the road crossing intersections when necessary and follow the curve left and downhill towards South Gosforth.
6. At the base of the hill, take a right down a small road marked by a sign for Craghall Residential Care, be careful as the road is narrow.
7. The road will start to widen, and pavements appear once past the bridge. Continue running uphill until the roundabout and take a right (Freeman Road)
8. Run uphill towards the Freeman Hospital, cross the first roundabout, go past Paddy Freemans Park and straight over the second roundabout (Jesmond Park West).
9. Once past the roundabout the road will start to go downhill, and you'll reach the fork in the road where you need to take the left side option keeping the school to your left.
10. Follow the curve of the road to the left and at the end of the road take a right followed by another right running beside the main dual carriage way.
11. Run towards Armstrong Bridge over the dean and once across and you'll get to a T junction and take a left.
12. At the cross roads by the church take a left and a second right by the guest house and follow the pavement curving right (Rosebery Crescent). At the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford.
13. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
14. Run past the Nice and the Territorial Army building and through the underpass and once through, take the left at the top of the hill and your back on campus and run back to Sport Central.