



# CLAREMONT

## Training Route Guide

### Moor and Dene

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. Go through the underpass, keep left on the footpath and go through the second underpass and up to the bandstand in Exhibition Park.
4. At the bandstand, take the first left and run around the tennis courts, left through the first gate and then follow the path to the crossroads as per the club handicap route.
5. From the crossroads, stay on the path and follow the Newcastle Park Run route until the gate leading on to Grandstand Road.
6. On Grandstand Road follow the Newcastle Park Run route but do not go through the gate back on to the Moor but continue to the Blue House roundabout.
7. Once at the Blue House roundabout turn right and follow the path back to the bandstand (as per the handicap)
8. At the bandstand take a left and run through the underpass and at T-junction take the left and run around the bowling green and head on to the Great North Road.
9. Continue up the Great North Road to the traffic lights and turn right onto Forsyth Road.
10. Turn left onto Highbury.
11. Turn right onto Lyndhurst Gardens (opposite the allotments). Follow this over the bridge and around the bend to a t-junction with Osborne Road. Turn left.
12. Cross Osborne Road where safe to do so and turn right onto Jesmond Dene Road.
13. Follow Jesmond Dene Road past Jesmond Dene House and all along to the Holy Trinity Church and the crossroads.
14. 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.
15. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
16. Run past the Nisa and the Territorial Army building and through the underpass and once
17. through, take the left at the top of the hill and your back on campus and run back to Sport Central.