



CLAREMONT

Training Route Guide

Wills and the Dene

1. Leave Sport Central and run past the Northumbria Student Union down to Sandyford Road.
2. Turn right down the ramp, and run along Sandyford Road past the TA and the Nisa shop.
3. Cross at the traffic lights and continue on Sandyford Road all the way until it meets Jesmond Road.
4. Just by the entrance to Roseberry Crescent, go through the gap behind the wall and take the path through the wooded area behind the Nursing Home.
5. Follow this path until it comes back out on Roseberry Crescent. Turn left.
6. At the end of Roseberry Crescent, turn left and then first right, following the path around the church and onto Armstrong Bridge.
7. Go over Armstrong Bridge until the very end. Cross the road and take the footpath/cycle lane immediately opposite. This runs diagonally to the left and then right to come out on Newton Road.
8. Cross Newton Road and turn down Horsley Road (which is almost opposite the end of the footpath).
9. Run the length of Horsley Road until you reach Benton Road.
10. Cross using the pedestrian crossing and take the back lane behind the houses. This bends right, then left, then right again before coming out on the Coast Road.
11. Continue on the Coast Road past the Wills Building, then take the first path on the left.
12. Follow this path as it bends left, then right before turning more sharply to the left under the railway. It then bends to the right before straightening out.
13. Continue on the path as it crosses two roads before turning left and coming out on Red Hall Drive. Cross at the pedestrian crossing and continue straight on the footpath alongside the field to Benton Road near the Newton Park pub.
14. Cross here and stay on the path behind the Government offices, between the Freeman Hospital and St Mary's school.
15. Shortly before this path ends, take a left turn down Lilburn Gardens.
16. Cross the road and enter Jesmond Dene through Cowboy Canyon (take care – this can be slippery).
17. Follow the path all the way through the Dene until it reaches Pets' Corner. This will involve crossing the Ouseburn twice as the path is not complete on one side.
18. Veer right along the back of Pets' Corner, over the bridge and up the steep hill onto Jesmond Dene Road. Turn left and head back to the end of Armstrong Bridge.
19. Turn left by the church and right by the guest house and follow the pavement curving right (Roseberry Crescent). Follow Roseberry Crescent to the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford.
20. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
21. Run past the Nisa 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.