

NRR Friday Route 5

4.2 Miles

Right Obelisk Rise, Right Ash Rise into Lynton Avenue
Left Harborough Road
Right Birchbarn Way
Left on Acre Lane to The Olde Cobbler
Left on Welford Road
Past Waitrose, Cross over Harborough Rd **(at the pedestrian crossing)**
Kingsland Avenue to end
Left Eastern Avenue to end
Right on Boughton Green Rd, Left Yardley Drive
Right Holly Lodge Drive, Left Reynard Way
And back

6.2 Miles

Right Obelisk Rise, Right Ash Rise into Lynton Avenue
Left Harborough Road
Right Birchbarn Way
Left on Acre Lane to The Olde Cobbler
Left on Welford Road
Right past Waitrose
Past Cock Hotel
Left St. Georges Avenue
Left down Trinity Avenue
Left then right onto Eastern Ave, to the top
Right on Boughton Green Rd, Left Yardley Drive
Right Holly Lodge Drive, Left Reynard Way
And back