

NRR Friday Route 5

4.2 miles

R. Obelisk Rise

R. Ash Rise – Lynton Ave

L. Harboro Rd

R. Birchbarn Way

L. Acre Lane – Buddies

L. Welford Rd.

Waitrose

L. Kingsland Ave to end

L. Eastern Ave to top

Yardley Drive

And back

6.2 miles

Same as

Past Cock Hotel

L. St. Georges Ave

L. down Trinity Ave

L. then R. Eastern Ave to top

Yardley Drive

And back