

## NRR Fri Route 11

4.5 miles

6 miles

Both routes out via spinney, L. to roundabout. R. on A508 300m then L. at footpath down to Brampton Valley Way. At BVW L. to Windhover then cont. on BVW towards Kingsthorpe.

At Kissing Gate L. up footpath to Welford Rd.

Cont. on BVW to railway bridge.

R. Welford Road to Buddies, L. Acre Lane

drop down and follow river to Mill Lane

R. Birchbarn Way to Harboro Rd

L. up Mill Lane then L. thru alley to King Billy pub

R. up High St. to Welford Rd. L. Welford Rd.

R. across Kingsthorpe Rec to H'boro Rd.

Both routes

L. Harboro Rd, R. Lynton Ave, and back