NRR Friday Route 13

4.5 miles 5.8 miles

R. Obelisk Rise, Ash Rise, Lynton Ave

L. Harboro Rd same as 4.5

R. Birchbarn Way to end

L. Acre Lane to end R. Acre Lane to end. L. Welford rd.

L. then 1st R. North Western Ave 1st R. past Buddies North Western Ave

Follow round past Adelaide pub follow round past Adelaide pub.

R. High St. to K’thorpe church R. High St down past King William pub

Round Green and back to Adelaide. L. up thru alley to Mill Lane

R. Manor Road to Welford Rd. L. up to Cock Hotel

L. then R. across K’thorpe Rec. L. Harboro Rd. L. Welford Rd.

L. Harboro Rd. 1st L. High St (opp. Texaco garage)

R. Holly Lodge Drive 1st R. Knights Lane

L. Obelisk Rise 1st R. Manor Rd. to Welford rd.

And back L. then R. across K’thorpe Rec.

L. Harboro Rd

R. Holly Lodge Drive

L. Obelisk Rise

And back