

## NRR Fri Route 7

4.2 miles

5.7 miles

R. Obelisk Rise, R. Ash Rise, Lynton Ave, cross Harboro Rd, into Whitehills,

Past Tesco, RLRL, cross Pastures Playing Field, cross Welford Rd, down footpath to cycle path. Cross and thru kissing gate.

Before 1<sup>st</sup> bridge L. to 5 arch bridge over 2 river bridges then R. follow field edge up towards

Railway and crossing point, cont round back to kissing gate

Before gate R. follow river to 5 arch bridge

Cont. to follow river to low railway bridge

Under bridge thru gap then up across field to top under bridge then R. cont. to follow river

Cut thru from field to Julien Way follow river thru to Mill Lane

L. on Julian Way cont. on North Western Ave @ Mill Lane L. to Cock Hotel

@ Welford Rd. L. then R. Acre Lane (Buddies) L. Harboro Rd cont. to Lynton Ave

R. Birchbarn Way, L. Harboro Rd to Lynton Ave

R. Lynton Ave, Ash Rise, L. Obelisk Rise

And back