

NRR Weds clock change R 1

5.8 miles

7.5 miles

9.7 miles

R. Obelisk Rise – R. Ash Rise – Lynton Ave – cross Harboro’ Rd – into Whitehills – past Tesco.

R. 1st L. 1st R. 1st L. The Pastures. - cross playing field to Community centre.

At Welford Rd. R. to Windhover pub.

Cross at pelican then L. on cycle path towards Kingsthorpe.

Cont. to kink in path.

Cont. to railway bridge

Cont. to Footpath sign R. thru kissing gate

Veer L. thru gate into field

under and up to farm track

over bridges and railway to farm track

Keep to left edge of field to gate

L. to Mill Lane

L. on farm track to Mill Lane

Join Vicarage lane to church

L. up to Cock Hotel

R. to roundabout then L. Gladstone Rd.

L. High Street

L. to ASDA

L. Spencer Bridge Rd.

L. Knights lane to Adelaide pub.

R. Kingsland Ave to end

L. St. Andrews Rd.

R. Manor Rd.

L. Eastern Ave to top

over T. Lights Balfour Rd to end

Cross Kingsthorpe rec.

R. Boughton Green Rd.

L. Trinity Ave/ K’ Grove

L. Harboro’ Rd.

R. Holly Lodge Drive

R. Eastern Ave – R. Boughton Gr Rd

L. Obelisk Rise

@ Moulton Park roundabout L. Holly Lodge Drive

And back

R. Reynard Way - R. Obelisk Rise and back