

Friday Route 13

4.5 Miles

Right Obelisk Rise, Right Ash Rise, Lynton Ave
Left Harborough Rd
Right Birchbarn Way

Left on Acre Lane
Left then Right into North Western Ave
Follow round to Queen Adelaide pub
Right into High St to Kingsthorpe Church
Around the green and back to Queen Adelaide
Right Manor Rd
Left on Welford Rd and Right into Kingsthorpe Rec
Left on Harborough Rd
Right Holly Lodge Drive
Left Obelisk Rise (bottom end)
And back

5.8 Miles

As for 4.5 mile route

Right on Acre Lane to end
Left on Welford Rd past The Olde Cobbler
Right North Western Ave
Follow round to Queen Adelaide pub
Right into High St down to King William pub
Left up alley (Green End) to Mill Lane
Left to Cock Hotel
Left Harborough Rd, Left Welford Rd
1st Left High St (opposite Texaco garage)
Right Knights Lane
Right Manor Rd
Left on Welford Rd and Right into Kingsthorpe Rec
Left on Harborough Rd
Right Holly Lodge Drive
Left Obelisk Rise (bottom end)
And back