

NRR Friday Route 14

4.5 miles

Left off drive through spinney to Boughton, Left to roundabout and down to Windhover
Cross at Pelican, Left on cycle path towards Kingsthorpe
Left at kink, through horse field to Vicarage Lane, Take alley to right of church
Left up The green & High St
Left Knights Lane, Right Manor Rd at The Queen Adelaide pub
Cross Welford Rd, through Kingsthorpe Rec,
Left on Harborough Rd
Pass cemetery then Right on footpath at Nursery
Come out at top of Lynton Ave
Right Ash Rise and back

6 miles

Left off drive through spinney to Boughton, Left to roundabout and down to Windhover
Cross at Pelican, Left on cycle path towards Kingsthorpe
At kissing gate Right, across 2 bridges into field
Do a lap of field passing the railway crossing, and across 3 bridges back to Kissing Gate
Right on cycle path, Left at kink, through horse field to Vicarage Lane
Take alley to right of church
Cont. across The Green, Right to the end
Left up alley (Green End) to Mill Lane
Left on Mill Lane, then Left again down next ally (The Leys)
Now back in Kingsthorpe village Right on High St
Left Knights Lane, Right Manor Rd at The Queen Adelaide pub
Cross Welford Rd, through Kingsthorpe Rec,
Left on Harborough Rd
Pass cemetery then Right on footpath at Nursery
Come out at top of Lynton Ave
Right Ash Rise and back