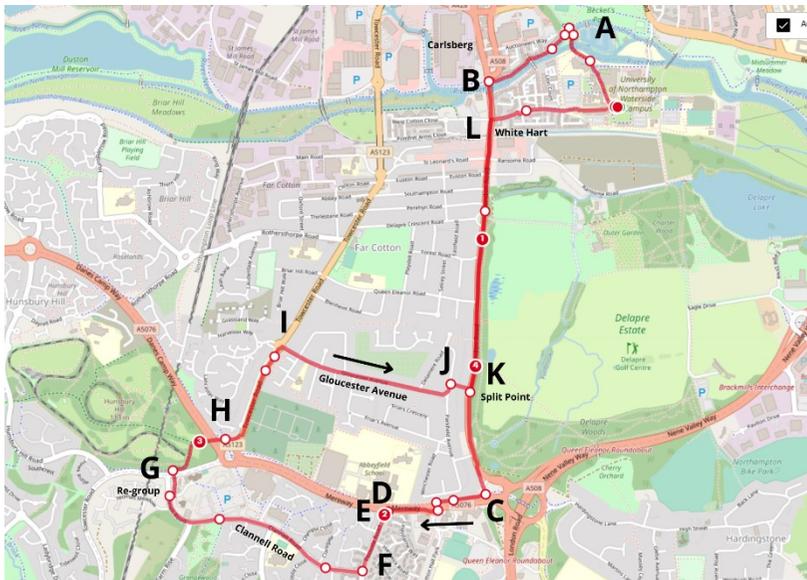


## NRR WINTER ROUTE E - DELAPRE & DANES CAMP

<https://www.mapmyrun.com/routes/view/5262549421/>

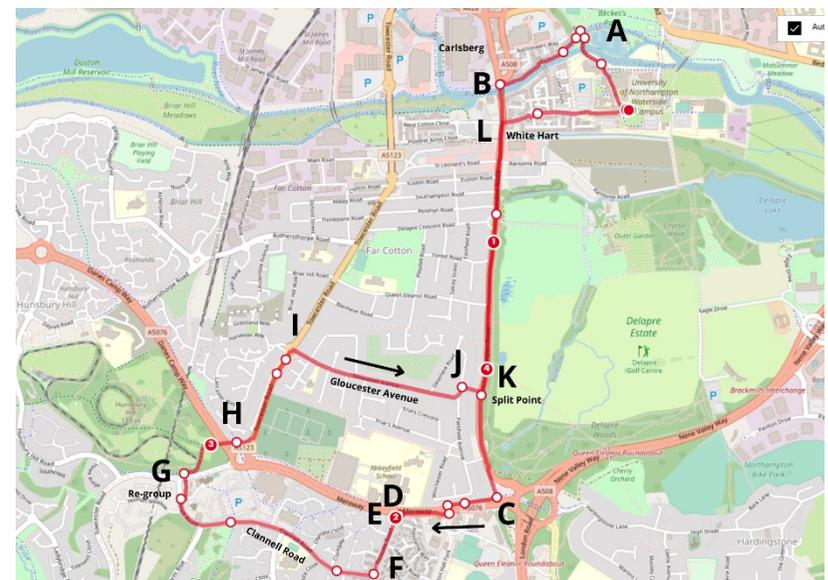


**5 miles (1 loop) | 7.5 miles (2 laps) | 10 miles (3 loops)**

- M. Leave the Uni towards Becketts Park. Cross the footbridge, double back and follow the canal path towards Carlsberg
- N. Turn left, cross the river and continue up London Road (passing Delapre Park) for just over 1 mile. Cross over to the right-hand side at one of the crossings
- O. Before the major roundabout, bear right on the pedestrian path onto Mereway
- P. At the roundabout before the fire station, cross at the crossing (take care – very busy)
- Q. Take the next left into Penvale Road
- R. Take the third right into Clannell Road (signposted to Danes Camp)
- S. Continue past Danes Camp for 0.6 miles and before you reach the main road, turn right then immediate left into the underpass (SUGGESTED REGROUP POINT)
- T. Once through underpass, turn right and then right again through next underpass and continue straight ahead onto Towcester Road
- U. For safety, remain on left-hand side of road until roundabout. Cross here and turn right into Gloucester Avenue
- V. Continue to the end of Glos Avenue until you reach a small green, bear left and then immediate right again, and head onto the main London Road (Delapre Park is opposite).
- W. ROUTE SPLIT - Turn LEFT, down the hill for the 5-mile route.  
*Turn RIGHT up the hill and repeat the loop for the longer route.*
- X. Continue down the hill to the White Hart (crossing at the crossing opposite the entrance to Delapre Park). At the White Hart, turn RIGHT back to the University.

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