

## NRR Wednesday Route 1 – Hills

### 5.4 Miles

Right Obelisk Rise  
Ash Rise  
Lynton Ave  
Left Harborough Rd  
Left Up Boughton Green Rd  
Right down Eastern Avenue  
2<sup>nd</sup> right up Hastings Rd  
Down Yelvertoft Rd to McGanns  
Left on Kingsthorpe front  
2<sup>nd</sup> left into Cranford Ave  
Up and over Cranford Ave, down to Eastern Ave  
Left up Eastern Ave to the top  
-----5 and 7 mile route same to here-----  
Right Boughton Green Rd  
Left Yardley Drive  
Left down Holly Lodge Drive  
Right at lower Obelisk Rise turn  
Up Obelisk Rise, and back

### 7.3 miles

Right Obelisk Rise  
Ash Rise  
Lynton Ave  
Left Harborough Rd  
Left Up Boughton Green Rd  
Right down Eastern Avenue  
2<sup>nd</sup> right up Hastings Rd  
Down Yelvertoft Rd to McGanns  
Left on Kingsthorpe front  
2<sup>nd</sup> left into Cranford Ave  
Up and over Cranford Ave, down to Eastern Ave  
Left up Eastern Ave to the top  
-----5 and 7 mile route same to here-----  
Left Boughton Green Rd  
1<sup>st</sup> Right into Hinton Road to the end  
Left Chalcombe Ave to the top  
Left Boughton Green Rd to Moulton Park roundabout  
Left Holly Lodge Drive  
Right at lower Obelisk Rise turn  
Up Obelisk Rise, and back

**9.2 miles**

Left on Obelisk Rise

Left Holly Lodge Drive down to roundabout

Right on Boughton Green Rd to the bottom (Harborough Rd)

Left on Kingsthorpe front

Left Yelvertoft Rd (by McGanns) to top

Over and down Hastings Rd to Eastern Ave

Right Eastern Ave to very end

Right Kingsthorpe Grove to Waitrose

Right at Traffic lights into Cranford Ave

Up Cranford and down Hastings Ave

Left up Eastern Ave to the top

Left Boughton Green Rd

1<sup>st</sup> Right into Hinton Rd to the end

Left Chalcombe Ave to the top

Left Boughton Green Rd to Moulton Park roundabout

Right into Moulton Park

Right up to Nationwide

Right and right again along path beside the college (to Boughton Green Rod)

Right and left on Yardley Drive

Left Down Holly Lodge Drive

Right at lower Obelisk Rise turn

Up Obelisk Rise, and back