

## **NRR Wednesday Route 15**

### **5.9 Miles**

Right onto Obelisk Rise, Right Ash Rise, Lynton Avenue  
Cross the Harbour Road into White Hills Way, Right Link Road, Right at Tesco  
1<sup>st</sup> Left, 1<sup>st</sup> Right, 1<sup>st</sup> Left, across the Pastures to Welford Road  
Cross over Welford Rd and down the track  
Cross over cycle path through kissing gate  
Over three bridges & over railway crossing (**Take care**)  
Across horse field to farm track  
Left on farm track to Mill Lane  
Left on Mill Lane  
After crossing river take first alley on left into Kingsthorpe village  
Right up Kingsthorpe Green then Left on Knights Lane  
Left through to North Western Ave  
Left on Welford Road, Right at The Olde Cobbler, up Acre Lane  
Right Birchbarn Way  
Left Harbour Road, Right Lynton Ave, Ash Rise and back

## **NRR Wednesday Route 15**

### **7.5 miles**

Right onto Obelisk Rise, Right Ash Rise, Lynton Avenue  
Cross the Harbour Road into White Hills Way, Right Link Road, Right at Tesco  
1<sup>st</sup> Left, 1<sup>st</sup> Right, 1<sup>st</sup> Left, across the Pastures to Welford Road  
Cross over Welford Rd and down the track  
Cross over cycle path through kissing gate  
Over three bridges & over railway crossing (**Take care**)  
Across horse field to farm track  
Round the back of the farm to the back of The Firs  
Do not enter The Firs, go Left keeping the trees on your right  
Join the path through Kingsheath, all the way through to Mill Lane  
Left on Mill Lane to the Cock Hotel  
Left on Harbour Road, Left Welford Rd  
Right at The Olde Cobbler, up Acre Lane  
Right Birchbarn Way  
Left Harbour Road, Right Lynton Ave, Ash Rise and back

## **NRR Wednesday Route 15**

**9.2 miles**

Right onto Obelisk Rise, Right Ash Rise, Lynton Avenue  
Cross the Harborough Road into White Hills Way, Right Link Road, Right at Tesco  
1<sup>st</sup> Left, 1<sup>st</sup> Right, 1<sup>st</sup> Left, across the Pastures to Welford Road  
Cross over Welford Rd and down the track  
Cross over cycle path through kissing gate  
Over three bridges & over railway crossing (**Take care**)  
Across horse field to farm track  
Round the back of the farm to the back of The Firs  
Do not enter The Firs, go Left keeping the trees on your right  
Join the path through Kingsheath, all the way through to Mill Lane  
Left on Mill Lane to the Cock Hotel  
Cross over into Kingsthorpe Grove  
Left on Fairway  
Right Kenmuir Ave  
Left Kettering Road  
Just after Morrisons, take Left path up Bradlaugh Fields all the way to Boughton Green Road  
Right on BGR, then Left on Yardley Drive  
Right on Holly Lodge Drive, Left on Reynard Way and back