

NRR Friday Route 7

4.2 miles

Right Obelisk Rise, Right Ash Rise, Lynton Ave, cross Harboro Rd, into Whitehills,
Past Tesco, RLRL, cross Pastures Playing Field, cross Welford Rd, down footpath to cycle path.
Cross and thru kissing gate.

Before 1st bridge Left to 5 arch bridge

Cont. to follow river to low railway bridge

Under bridge, thru gap, then up across field to top

Cut thru from field to Julian Way

Left on Julian Way, cont. up North Western Ave

At Welford Rd. Left then Right into Acre Lane (Olde Cobbler)

Right Birchbarn Way, Left Harboro Rd

Right Lynton Ave, Ash Rise, Left Obelisk Rise and back

5.7 miles

Right Obelisk Rise, Right Ash Rise, Lynton Ave, cross Harboro Rd, into Whitehills,
Past Tesco, RLRL, cross Pastures Playing Field, cross Welford Rd, down footpath to cycle path.
Cross and thru kissing gate.

Over 2 river bridges then Right, follow field edge up towards railway crossing

Cont. back to kissing gate

Before gate, Right and follow river to 5 arch bridge

Cont. to follow river to low railway bridge

Under bridge then Right,

Cont. to follow river thru to Mill Lane

At Mill Lane Left to Cock Hotel

Left Harboro Rd, cont. up to Whitehills pub

Right Lynton Ave, Ash Rise, Left Obelisk Rise and back