



## WINTER TRAINING ROUTE 1. SHERWIN SIX

6.6 Miles (10.6 km) Ascent 85m

6.2 Miles (10.0km) Ascent 80m via Hickings Lane

### ROUTE

Down Derby Road from the sports centre.  
Through Stapleford to the Sherwin Arms.  
Left along Ilkeston Road.  
Left at Pasture Road, past the Man of Iron Pub.  
Continue down Church Street.  
Right at Stapleford traffic lights.  
Return via Station Road and Derby Road up the hill to the sports centre.