



WINTER TRAINING ROUTE 2. BREASTON 7

7.6 Miles (12.2 km) Ascent 80m

6.8 Miles (10.9km) Ascent 70m via Bostocks Lane one way

ROUTE

Down Derby Road to Sandiacre traffic lights.
Right along Longmoor lane and Longmore Road.
Turn right (under the Motorway) along Longmoor Lane.
At the Navigation, cross Risley Lane, down Stevens Lane.
Left at the main road.
Straight on past Wilsthorpe island.
Left up College Street, right along Longmoor Lane, left up the hill.