



WINTER TRAINING ROUTE 8. SCHOOL LANE 10

9.6 Miles (15.4 km) Ascent 160m

9.8 Miles (15.8 km) Ascent 135m, via College Street

ROUTE

Down Derby Road, through Sandiacre and Stapleford to The Sherwin Arms, at Bramcote Island, cross the A52 (via foot bridge) and turn right up Town Street, Caution: No footpath at first bend, but rough unlit path to the left avoids second bend. Continue down Chilwell, Bramcote and School Lanes, turn right at Charlton Arms, left onto Depot Corner, then right at traffic lights on the main road, turn right opposite the retail park along Swiney Way, turn right up the hill onto Stapleford Lane, left at Brookhill Street, left along Station Road and return to the centre up derby road.