



WINTER TRAINING ROUTE 8. PRIORITY 10

9.7 Miles (15.6 km) Ascent 130m

ROUTE

Down Derby Road, through Sandiacre and Stapleford to the Sherwin Arms, continue down Derby road at Bramcote island, at the Priory Pub turn left up Wollaton Vale, at the Hemlock Pub turn left up Bramcote Lane (Thoresby Road), turn right at Derby road, return to the centre by the same route used on the way out.