



WINTER TRAINING ROUTE 11. TROWELL MOOR 12

- 12.0 Miles (19.3 km) Ascent 145m, via Admiral Rodney & The Priory
- 11.0 Miles (17.7 km) Ascent 155m, via Admiral Rodney & Thoresby Road
- 11.3 Miles (18.2 km) Ascent 140m, via The Gondola & The Priory
- 10.3 Miles (16.6 km) Ascent 150m, via The Gondola & Thoresby Road

ROUTE

Down Derby Road, through Sandiacre and Stapleford, at the Roach turn left up Church Street, continue up Pasture Road past the Man of Iron, left up Trowell Road at the mini traffic island, right at the Festival Inn leading up to Trowell Moor, stay on this road past Balloon Wood traffic lights, turn right into Wollaton Village (Wollaton Road), right at the Admiral Rodney, left at the Hemlock Stone, right at the Priory, return via Derby road through Stapleford to the centre.