



## WINTER TRAINING ROUTE 12. BEESTON 12

12.0 Miles (19.3 km) Ascent 125m

11.3 Miles (18.2 km) Ascent 135m, via Wollaton Road

### ROUTE

Down Derby Road, through Sandiacre and Stapleford to The Sherwin Arms, straight on down Derby Road to the Priory, turn right along Woodside Road, pass by broadgate and turn right along Queens Road, continue along Queens Road to Toton, turn right at the Manor Hotel, up Stapleford Lane, straight on at A52 island, up Toton Lane, left down Brookhill Street and back to the centre via Derby Road.