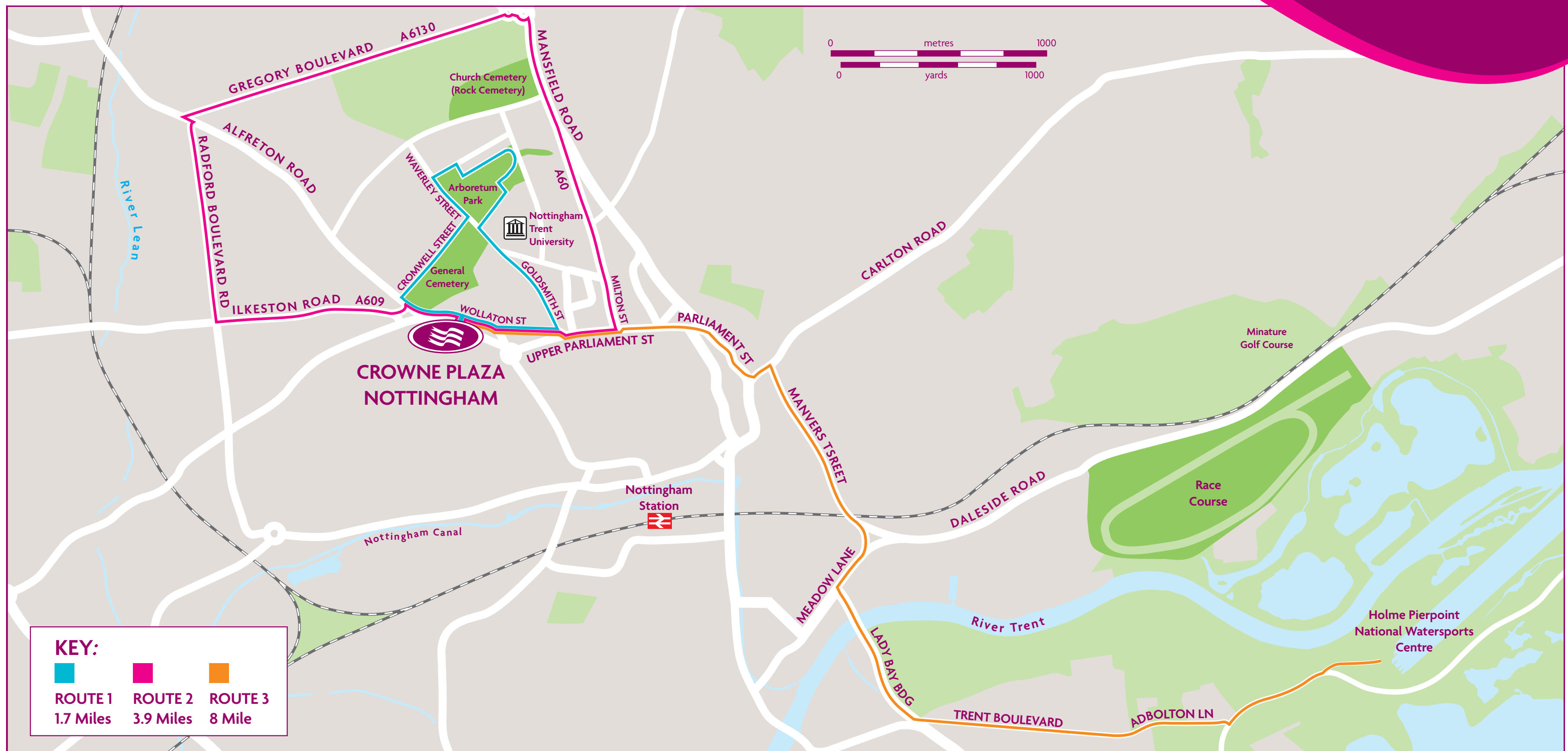


JOGGING IN THE CITY



ROUTE 1 via Cromwell Street 1.7 Miles

- Turn right out of the hotel up Wollaton Street
- Cross over to the right hand side of the road at the junction/ lights (Blue building on your right hand side)
- Take the 1st right down Cromwell Street to bottom of Cemetery boundary
- Turn left at end of road running up the hill (crossing road over tram lines)
- Turn right into Arboretum Street
- Turn right at end of Arboretum Street
- Turn right down Peel Street
- Turn left at the end of the road
- Continue straight up Goldsmith Street heading back to hotel

ROUTE 2 via Church Cemetery 3.9 Miles

- Turn left outside of hotel
- Pass the Concert Hall and Cinema heading down the High Street
- Turn left at Burger King and continue up Milton Street
- Carry up Milton Street to the traffic lights at the top of the road and cross over the junction with Church Cemetery on your left
- At the bottom of the road bear left – signposted M1 & Bulwell on to Gregory Boulevard
- Continue straight over at lights (Tram stop on hill on your left hand side)
- Continue until you reach large fruit shop on the corner of the road and continue straight over road
- Continue straight until end of road
- At junction take 2nd exit up Radford Boulevard Road
- Continue uphill passing the retail park on your right hand side
- Straight over at the 1st set of lights
- Turn left at set of lights up Ilkeston Road
- Cross over the road at the junction crossing over Cromwell Street – cemetery on your left
- Head down Wollaton Street back to the hotel

ROUTE 3 via Parliament Street 8 Miles

- Left outside of hotel entrance and past the Concert Hall
- Head south on Parliament Terrace towards Upper Parliament St
- Continue on Upper Parliament St / A6008
- Slight right onto Lower Parliament St / A60 /A6008
- Continue to follow A6008
- Slight left onto Southwell Road / A612
- Turn right into Manvers St / A612
- 2nd exit at roundabout onto Meadow Lane / A6011
- Left into Lady Bay Bridge / A6011
- Left onto Radcliff Road
- Left into Trent Blvd
- Continue onto Adbolton Lane
- Turn Left to stay on Adbolton Lane
- The National Watersport Centre will be on your left
- Return to the hotel following the same route back