

## Central Park 8 Minute Mile Route (6.57miles)

Start: Club access road.

Turn Right on to **Trevithick Road.**

Turn Right on to **Kings Tamerton Road.**

Turn Left on to **Weston Mill Hill.**

Turn Left on to **Mowhay Road.**



Take third Right on to **Ham Lane.**

Turn Left on to **Ham Drive.**

Turn Right on to **Outland Road.**

Turn left on to **Peverell Park Road.**

Turn Right in to **Central Park.**

Turn Left at Cross Paths in front of **Pounds House.**

Bare Right.

Bare Right.

Turn Left on to Path at **Argyle Barn Park.**

Turn Right on to **Gilbert Lane.**

Turn Left towards **Clock Tower.**

Turn Right towards **Swimming Pool.**

Turn Right towards **Park and Ride.**

Past Park and Ride and on to **Outland Road.**

Turn Left on to **Ham Drive.**

Return to Club via same route without Kings Tamerton Road loop.

**STRETCH STRETCH STRETCH!**