

Saltash 11 Minute Mile Route (4.54 miles)

Start: **Club** access road.

Turn Left on to **Trevithick Road**.

Turn Right on to **Peters Park Lane**.

Turn Left on to **Victoria Road**.

Turn Right on to **Normandy Way**.

Turn Right on to **Pemros Road**.

Cross Over **Tamar Bridge**.

Turn Right on to **Lower Fore Street**.

Carry on to **Fore Street**.

Turn Left on to **Culver Road**.

Bare Right on to **Lower Port View**.

Turn Left on to **Higher Port View**.

Turn Right on to **St Stephens Road**.

Bare Right on to **Fore Street**.

Bare Right on to **Lower Fore Street**.

Cross Over **Tamar Bridge**.

Turn Right on to **Pemros Road**.

Turn Left on to **Normandy Way**.

Turn Left on to **Victoria Road**

Turn Right on to **Row Lane**.

Turn Right on to **Roman Way**.

Carry on to **Trevithick Road**.

Return to **Club**.

STRETCH STRETCH STRETCH!