

Saltash 12 Minute Mile Route (4.1 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 **Pemros Road.**

Cross Over **Tamar Bridge.**

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

Turn Right on to **Silver Street.**

Turn Right on to **Albert Road.**

Turn Right on to **Culver Road.**

Turn Right on to **Fore Street.**

Carry 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!