

Saltash 7 Minute Mile Route (6.41 miles)

Start: **Club** access road.

Turn Right on to **Trevithick Road**.

Carry on to **Roman Way**.

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**.

Bare Right on to **Callington Road**.

Turn Right on to **New Road**.

Bare Left on to **Old Ferry Road**.

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

Cross Over **Tamar Bridge**.

Turn Right on to **Pemros Road**.

Carry on to **Wolseley Road**.

Turn Left on to **Fletemoor Road**.

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

Carry on to **Trevithick Road**.

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

Return to **Club**.

STRETCH STRETCH STRETCH!