

Saltash B 7 Minute Mile Route (6.74 miles)

Start: **Club.**

Turn Right on to **Roman Way.**

Turn Left on to **Row Lane.**

Turn Left on to **Victoria Road.**

Turn Right on to **Pemros Road.**

Cross Over **Tamar Bridge.**

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

Carry on to **Fore Street.**

Bare Left on to **St Stephens Road.**

Bare Right on to **Long Park Road.**

Turn Right on to **Church Road.**

Turn Left 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.**

Turn Left on to **Normandy Way.**

Cross over Victoria Road on to **Peter's Park Lane.**

Turn Left on to **Trevithick Road.**

Return to **Club.**

STRETCH STRETCH STRETCH!