

Central Park 7 Minute Mile Route (6.73 miles)

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 on to **Barn Park Road**.

Carry on in to **Central Park**.

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!