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**Cottingham Fitmums & Friends Running Schedule – Winter Routes**

**Route 1: Bacon Garth and The Mill Loops**

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| **Route** | **Miles** |
| Base – R Northgate (Use Crossing) – L West End – L Hallgate – L George St – (Use crossing to left) R Northgate – Base | **1** |
| Base – L Northgate (Use crossing) – R King St (Use crossing) St on at traffic lights Oakdene – R The Garth – R Bacon Garth Lane – (Use crossing to right) L South St – R Baynard – West End – R Northgate (Use crossing) – Base | **2** |
| Base – L Northgate (Use crossing) R King St – (Use crossing) St on at traffic lights Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Rd – R Green Lane – R Eppleworth Rd (CAUTION UNEVEN SURFACE) – L West End – R Northgate (Use crossing) – Base | **3** |
| Base – L Northgate – (Use crossing) R Snicket to Canongate – R Broad Lane Close- snicket thru to Hallgate – R Hallgate – (Use crossing) L King St – (Use crossing) St on at traffic lights Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Road – R Green Lane – R Eppleworth Rd (CAUTION UNEVEN SURFACE) – West End – R Northgate (Use crossing) – Base | **4** |
| Base – L Northgate (Use crossing) R King St – (Use crossing) St on at traffic lights Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Road – turn R down footpath – L under bridge – cross road (Take care crossing Eppleworth Rd) – up hill to Mill (stay on right hand side and in single file) – R Keldgate (Potholes) – R Harland Way (Use the new crossing) – onto Northgate – Base | **5** |
| Base – L Northgate (Use crossing) – New Village Rd – Thwaite St- (Use crossing at traffic lights) – L Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Rd turn R down footpath – L under bridge – cross road (Take care crossing Eppleworth Rd) – up hill to Mill (stay on right hand side and in single file) – R Keldgate (Potholes) – R Harland Way (Use the new crossing) – onto Northgate – Base | **6** |

**Route 2: Green Lane/Bricknell/Priory returns**

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| **Route** | **Miles** |
| Base – L Northgate – (use crossing) R Canongate – R Broad Lane Close – thru snicket at end to Hallgate – R onto Hallgate – R King St – L Northgate – (use crossing) Base | **1** |
| Base – R Northgate – (use crossing) L West End Rd – (cross with care) R Eppleworth Rd (CAUTION UNEVEN SURFACE) – L Green Lane – L Castle Rd – Southwood Rd – L Baynard – R Hallgate – L George St (use crossing to left) – R Northgate – Base | **2** |
| Base – R Northgate – (use crossing) L West End Rd – (cross with care) R Eppleworth Rd (CAUTION UNEVEN SURFACE) – L- St Margaret’s Ave – L Castle Rd – Southwood Rd – (cross with care) South St – L King St – L Northgate –(use crossing) Base | **3** |
| Base – R Northgate –(use crossing) L West End Rd –(cross with care) R Eppleworth Rd (CAUTION UNEVEN SURFACE) – L Green Lane – L Castle Rd – Southwood Rd – (cross with care) over roundabout to South St – Thwaite St – New Village Rd – Northgate –(use crossing) – Base | **4** |
| Base – L Northgate –– (use crossing) R King St – R Hallgate towards Fairmaid - L Eppleworth Rd (cross with care) (CAUTION UNEVEN SURFACE) – L Green Lane – L Castle Rd – Southwood Rd – (use crossing) R Parkway – L Wake Ave – The Garth – Link Rd – Kingsway – L Priory Rd (cross with care) – R Thwaite St (use crossing) – L New Village Rd – Northgate (use crossing) – Base | **5** |
| Base – R Northgate (use crossing) - L West End Rd – R Eppleworth Rd – (cross with care) – L St Margarets Ave – L Castle Rd – Southwood Rd – across roundabout (cross with care) to South St – Thwaite St (use crossing near where the Railway Pub used to be) – R Hull Rd – R Bricknell Ave – R Railway Bridge – R Priory Rd – (use crossing) onto Beck Bank – Hallgate – R King St – L Northgate (use crossing) – Base | **6** |

**Route 3: Queens Way – various options back**

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| **Route** | **Miles** |
| Base – R Northgate – (use crossing) L George St – R Hallgate – Fairmaid Pub – R West End – R Northgate – (use crossing) Base | **1** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (use crossing) – thru snicket to Canongate- R Broad Lane Close- Snicket to Hallgate – R Hallgate – (use crossing at lights) towards Fairmaid Pub – R West End – L Dene Rd- R- Eppleworth Rd- L West End Rd- R Northgate – (use crossing) Base | **2** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (use crossing) – New Village Rd – R Thwaite St – South St (use crossing at lights) – R Baynard Ave – West End Rd – R Northgate – (use crossing) Base | **3** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate – (use crossing) snicket thru to Canongate R Broad Lane Close- Snicket thru to Hallgate – L Hallgate – Beck Bank – R Newgate St – L Oakdene – R Link Rd – R The Garth – R Wake Ave – L Parkway – R Burton Rd – L Southwood Rd (use the new crossing, it’s on your right as you come out of Burton Road) – R St Margaret’s – R Eppleworth Rd – R West End – R Baynard – L South St – L King St – L Northgate – (use crossing) Base | **4** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (use crossing) – New Village Rd – R Thwaite St (use crossing near where the Railway pub used to be) – Newgate – L Oakdene – R Link Rd – R The Garth – R Wake Ave – L The Parkway – R Burton Rd – L Southwood Rd (use the new crossing, it is on your right as you come out of Burton Road) - R Green Lane – R Eppleworth Rd (CAUTION UNEVEN SURFACE) – R West End – R Baynard – L South St – L King St – L Northgate – (use crossing) Base | **5** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (use crossing) – New Village – R Thwaite St – South St (take care at roundabout) – Southwood Rd – (use crossing) L Parkway – R Burton Rd – L Southwood Rd – R Green Lane – R Eppleworth Rd (CAUTION UNEVEN SURFACE) – R West End Rd – L Hallgate – L King St– L Northgate – (use crossing) Base | **6** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (use crossing) – New Village Rd – R Thwaite St – South St –over roundabout (take care) to Southwood Rd – R Green Lane – R Eppleworth (CAUTION UNEVEN SURFACE) - L West End Rd – (use crossing) L Harland Way (Use new crossing near the Housing development) – L Keldgate – Mill – L Bev Rd (down hill, facing the traffic and single file) – cross road with care – up footpath to Castle Rd - L Castle Rd – Southwood Rd – L Baynard – West End Rd – R Northgate (use crossing) – Base | **8** |

**Route 4: Harland Way-Mill Loops**

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| **Route** | **Miles** |
| Base – R Northgate – (use crossing) L George St – R Hallgate – at top end (before funeral directors) L through first Snicket on L to Finkle St – L Finkle St – L King St – (use crossing) L Northgate – (use crossing) Base | **1** |
| Base – R Northgate – (use crossing) L West End – (cross with care) R Eppleworth Rd – L St Margarets – L Castle Rd – L Baynard – (cross with care) R Hallgate – L George St – (use crossing) Base | **2** |
| Base – R Northgate – (use crossing) L West End – (cross with care) R Eppleworth Rd(CAUTION UNEVEN SURFACE) – L Green Lane – L Castle Rd – (cross with care) R South St – L King St (use crossing at traffic lights) – L Northgate –– (use crossing) - Base | **3** |
| Base – R Northgate – Harland Way – (use new crossing) L Keldgate towards Mill – L down hill (stay in single file on R) – cross Eppleworth Rd with care – up footpath to roundabout - L Castle Rd – Southwood Rd – L Baynard Ave (cross with care) – R Hallgate – L George St – (Use crossing to left) R Northgate – Base | **4** |
| Base – R Northgate – Harland Way – (use new crossing) L Keldgate towards Mill – L down hill (stay in single file on R) – cross Eppleworth Rd with care – up footpath to roundabout - L Castle Rd – Southwood Rd – across roundabout to South St – L Beck Bank – Hallgate – R King St- L Northgate – (use crossing) Base | **5** |
| Base – R Northgate – Harland Way – (use new crossing) L Keldgate towards Mill – L down hill (stay in single file on R) – cross Eppleworth Rd with care – up footpath to roundabout - L Castle Rd – Southwood Rd (cross roundabout with care) – Thwaite St – L New Village – (use crossing) R Mill Beck Lane – L Queens Way – R Queens Drive – R Northgate – Base | **5.8** |
| Base – R Northgate – Harland Way – (use new crossing) L Keldgate towards Mill – L down hill (stay in single file on R) – cross Eppleworth Rd with care – up footpath to roundabout - L Castle Rd – Southwood Rd – (use crossing) R Burton Rd – L Parkway – R Wake Ave – L The Garth – L Kingsway – L Priory Rd – (use crossing) R Thwaite St – L New Village – Northgate – (use crossing) R Mill Beck Lane – L Queens Way – R Queens Drive – R Northgate – Base | **6.3** |

**Route 5: Footbridge/ Flyover**

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| **Route** | **Miles** |
| Base – L Northgate – (use crossing) R King St – L at Off Licence (before Boots) through snicket – L at road towards Church – through snicket by church (Narrow) – L Hallgate (use crossing) – R King St – L Northgate –(use crossing) Base | **1** |
| Base – L Northgate – (use crossing) R king St – L Hallgate– Beck Bank – R Newgate – South St – R Baynard – R Hallgate – L George St – (Use crossing to left) R Northgate – Base | **2** |
| Base – L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (Use crossing) L New Village Rd – R Thwaite St – Newgate – South St – R Baynard – West End – R Northgate (Use crossing) – Base | **3** |
| Base - L Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate (Use crossing)- L New Village Rd – R Thwaite St (Use crossing) – L Priory Rd – (cross with care) R Kingsway – R Link Rd – R Garth – R Wake Avenue – L Parkway – R Burton Rd – (Use crossing) R Southwood – L Baynard – West End – R Northgate (Use crossing) – Base | **4** |
| Base – L Northgate (Use crossing) – New Village (Use island crossing) – Hull Rd – R Bricknell Ave – R Hotham Rd N – Footbridge\* – R Priory Rd (Use crossing) – L Newgate St – South St – R Baynard – West End Rd – R Northgate (Use crossing) – Base  \*Take care around foot bridge as this is steep and narrow and quite shady\* | **5** |
| Base – L Northgate (Use crossing) – New Village (Use island crossing) – Hull Rd – R Bricknell Ave – R National Ave – R County Rd – R Priory Rd (Use crossing) – L Newgate St – South St – R Baynard – West End – R Northgate (Use crossing) – Base | **6** |

**Route 6: West Bulls**

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| **Route** | **Miles** |
| Base – L Northgate (Use crossing) – R King St (use crossing) – L Hallgate – L down snicket past Hallgate School (Narrow) – onto Broad Lane Close – L Canongate – L Northgate (use crossing) – Base | **1** |
| Base – L Northgate (Use crossing) – R King St (use crossing)– L Hallgate – Beck Bank – L Thwaite St – L New Village Rd – Northgate (use crossing) – Base | **2** |
| Base – R Northgate (Use crossing) – L West End – R Baynard Ave – L South St – Newgate St – Thwaite St – New Village – Northgate (use crossing) – Base | **3** |
| Base – L Northgate (Use crossing) – R King St (use crossing) – L Thwaite St – (use crossing) R Hull Rd – R Bricknell Ave – (use crossing) L Hotham Rd Nth – L Cottingham Rd – Hull Rd – onto New Village Rd (over roundabout) - Northgate – Base | **4** |
| Base – R Northgate(Use crossing) – L West End – R Baynard – L South St – Thwaite St – (Use crossing) R Hull Rd – R Bricknell Ave –(use crossing) L Hotham Rd Nth – L Cottingham Rd – Hull Rd – onto New Village Rd (over roundabout) – Northgate –Base | **5** |
| Base – R Northgate (Use crossing) – L West End – (cross with care) R Eppleworth Rd (CAUTION UNEVEN SURFACE) – L Green Lane – L Southwood Rd (Use crossing) – South St – Thwaite St – R Hull Rd – Bricknell Ave – (Use crossing) L Hotham Rd North – L Cottingham Rd – Hull Rd – onto New Village – Northgate – (Use crossing) Base | **6** |

**Route 7: Priory Rd/Flyover and West bulls**

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| **Route** | **Miles** |
| Base – L Northgate – (Use crossing) R King St (use crossing at end) – R Finkle St – R into first snicket through to Hallgate – R Hallgate – L George St – (Use crossing to left) R Northgate – Base | **1** |
| Base – L Northgate –– (Use crossing) R King St (use crossing) – L Newgate St – R Priory Rd – R Kingsway – R Link Rd – R Oakdene – L South St – (use crossing) R Baynard Ave – R Hallgate – L George St – (Use crossing to left) R Northgate – Base | **2** |
| Base – L Northgate – (Use crossing) R King St (use crossing) – L Newgate St – R Priory Rd – R Kingsway – R Link Rd – R The Garth – R Wake Ave – L The Parkway – R Burton Rd – R Southwood Rd (Use crossing) – L Baynard – West End – R Northgate – (Use crossing) Base | **3** |
| Base – L Northgate – (Use crossing) R King St (use crossing) – R South St – Southwood Rd – R Green Lane – R Eppleworth Rd (CAUTION UNEVEN SURFACE) – R West End Rd – Baynard – L South St – Newgate St – L Beck Bank – Hallgate- R King St - L Northgate – (Use crossing) Base | **4** |
| Base – L Northgate – (Use crossing) R King St (use crossing) – L Newgate St (use island crossing) – R Priory Rd – L Footbridge (Priory Drive)\* – Straight across Bricknell Ave – Hotham Rd Nth- L Hull Road – L Thwaite St – (Use crossing) R Beck Bank – Hallgate- R King St – L Northgate –(Use crossing) Base  \*Take care around foot bridge as this is steep and narrow and quite shady\* | **5** |
| Base – L Northgate – (Use crossing) R King St (use crossing) – L Newgate St – R Priory Rd (Use crossing) – L Flyover – L Bricknell Ave – (Use crossing) R Hotham Rd Nth – L Cottingham Rd – Hull Rd – (Use island crossing) R New Village Rd – Northgate –(Use crossing) Base | **6** |