

TVU Route Instructions

Emergency phone number. 07785 987987

Start

Head South on Great North Road. When you see a defibrillator box on your right, turn Left onto Church Lane. After going over the road bridge follow the road. Be careful if there are traffic lights present on the lane for heavy crossing vehicles. On approaching the river continue to follow the road to the Right.

When you get to the lock keepers cottage, move onto the footpath next to the river Pass the locks on your Left hand side, and when the paved path runs out, move onto the footpath to your right and continue ahead with the River to your immediate right until you reach The Muskham Ferry Pub in 1.7 miles. Continue ahead, in 50yds the path divides keep Right (going straight ahead, not following the river).

Enter a wooded section and follow the path Right and then Left onto Crab Lane. Follow Crab Lane bearing round to the Right, until you reach Church Lane. Turn Left.

The road goes over the A1, continuing Ahead over the level crossing. Turn Left into Forge Cottages and follow the road until you reach the mini roundabout, where you Turn Left.

Follow the Great North Road for 1.5miles until you reach the major roundabout. **Please cross with care using the pedestrian crossing.**

Continue ahead into Newark

CP1 - 6.4 miles - is on your Left.

Toilets are located just over the level crossing in the car park on your right.

Continue over the level crossing and straight across at the mini roundabout. Before you cross the bridge over the river Trent, Turn Left and follow the towpath. After 400m you will see a white footbridge, do not cross the bridge over the river, instead bear slightly right and go under it. Go over the Bridge for the Marina and continue Ahead. Go through the double gate. Turn Right, again through the double gate and go over the white foot bridge. Turn Left.

Continue past the locks and along the river for 1.5miles. On reaching Holme Lane, Turn Left, turn immediately Left again going over the stile and onto the floodplain bank.

Continue ahead you will go over a stile after 800 yds, a gravel road will cross your path, Turn Right onto this path and continue ahead. You will enter the village of Holme, Turn Right onto Langford Lane. Continue Ahead for 1.5miles.

CP2 - 11.3 miles - is on your Left.

Continue along this cycle route for 1.5 miles ignoring footpaths on each side until you reach the quarry road, cross the quarry road going through the gates on each side of the road. Continue along the path until you reach RSPB Langford Lowfields. Turn Left and go through the gate. You go through another gate and over a bridge. Follow this path ahead for 1 mile, there will be turns into a nature reserve on the left, ignore these!! At the end of the path there is a kissing gate, go

through that and Turn Left. Go through the gate and on to the Floodplain bank. Turn Right and follow the river north, the path will become a track. You will approach a house, Wharf Cottage, follow the path through the garden, please ensure you close the gate. Continue along the river path, you will go through 6 sets of gates, where you see an overhead quarrying structure, Turn Right. Pass through a gap by the right of the gate and Turn Left. After 200 yards Turn Right. Continue Ahead and through the kissing gate into Besthorpe nature reserve. Follow the path until you reach the Floodplain bank, go on to it and Turn Right. Follow the river until you go through a gate, Turn right and follow the gravel road ahead. This will then become a tarmac road, continue into the village of Besthorpe.

CP3 - 17 miles - is on your Left. Toilets are located in the hall.

When leaving the checkpoint Turn Left and continue along Low Road. After passing Fleet Lane on your right you will see an alley way ahead take this and follow to the left. On reaching the river go through the gate. Turn Right and follow the river side path. You will reach a road Turn Left onto that road. Follow this road and you will see a track ahead, DO NOT turn right on High Street, instead follow the track ahead. Continue straight ahead for approximately 2 miles along the track. Cross the footbridge and continue to follow the path ahead around the edge of the field. This lovely new path is the Trent Valley Way, follow this path, you will go through a double metal gate and up the hill. On reaching the road Turn Right, follow the road until you come to a T junction Turn Left. You are now in South Clifton. Then Turn Right on to Front Street. Continue straight on and this road will exit the village and become Church Street. Continue along this road, the road will pass the School and the Church. After 400 yards you will come to a bridge, immediately after the bridge Turn Right onto the path. Follow this path until the end of the hairpin, where you will turn back on yourself. Go over the bridge and onto the viaduct. Continue on this path for 2 miles until the path ends. Follow the path up to the road. Turn immediately Left and you will see the Checkpoint.

CP4 - 23.6 miles.

Continue along this path until you reach the road Turn Left. Follow the road over the old railway line bridge and down the hill. You will approach a road which bends in front of you. You are going straight across and you actually follow the road for about 50 yards as it's an offset junction. Continue ahead and you will pass through Skegby, a small group of houses. Continue ahead for 1000 yards. At the next junction Turn Left. You will now enter Normanton on Trent. At the church Turn Right.

CP5 - 26.1 miles - is on your Left at the Village Hall. Toilets are located in the hall.

Continue along south street following the road to the left and then to the right, before bearing left. You will approach the main road Turn Right. This road is quite busy so be careful. After 250 yards Turn Left onto Ingram Lane. Follow this road for 1.5 miles where you will approach the village of Sutton on Trent. Turn Left and follow church street. You will pass the church on your left. Continue straight on. After about ½ a mile Turn Left onto Carlton Lane. Follow this lane for

1000 yards until you reach Carlton on Trent. Turn Right and then Turn Left. Continue on Church Lane. Continue straight ahead. You will leave the village and see the A1 to your right. Continue along this road for your last mile. You may even be able to see the milestone across the A1 to your right, hear the cheers or even smell the amazing food. When you get to the bridge Turn Right and head over it.

You have reached the finish and earned that beer!!

That is your Ultra Marathon completed!! Well done!!