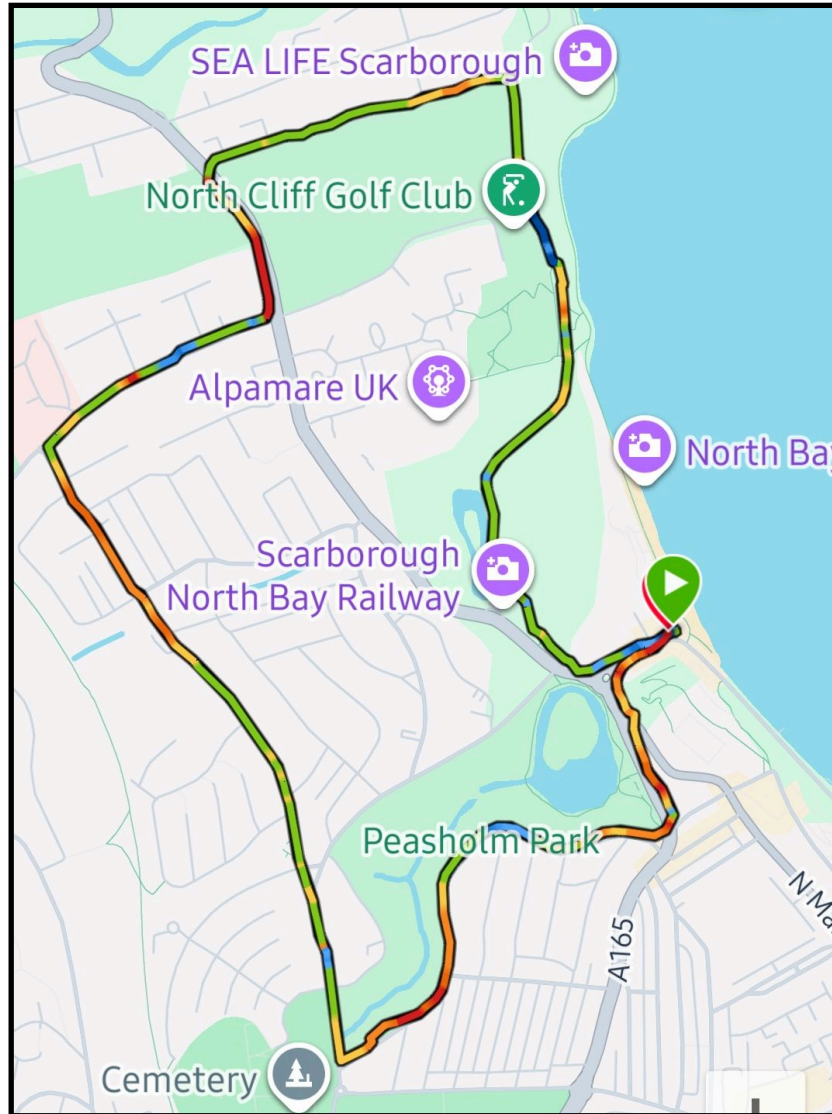


Rise and Shine Runners  
Route 2



START: The Sands on Peasholm Gap

1. Head away from the sea front towards the Open Air Theatre
2. Turn right through the Open Air Theatre
3. As you get back to the sea stay left and head up the path over the railway line past the golf course
4. Left up Scalby Mills Road to the Ivanhoe
5. Turn left down Burniston Road
6. Turn right, up Cross Lane
7. Turn left down North Leas Avenue
8. Just before you get to Dean Road roundabout, turn left down Peasholm Drive
9. At the end of Peasholm Drive turn left onto Columbus Ravine and follow the road past Peasholm Park
10. Turn right at the roundabout onto Peasholm Gap and back to the Sands