



## **The Torrminator**

**Warm Up:** Starting at New Mills Leisure centre. Head out along the sett valley trail. Turn left at High Hill Road level crossing. Down to Bate mill Road and head back to New Mills. At Junction of Mellor rd/ Spring Bank Rd head down Dye House road. At the leisure centre head to the Torrs.

**Torrminator:** Basically this routine is reps up all the ways out of the Torrs. First up to Torr top. Then Hyde Bank Road. Along under the bridge and up to Church road (by Co-op) down and back round to

hill up to Rock Tavern. Up to Rock Mill Lane near visitor centre/Bus Station. A short section down to the river. Over the millennium walkway and over the river. Up Torrvale road by the mill. Back over the river and up to Hague Bar Road. Back Past the station and down to the river. Follow the river back for one last trot up via Torr top (first one we did) but this time all the way to Market street.

**Warm down:** Return to the leisure centre then done!

5.1 Miles 1925 feet of up