|  |  |  |
| --- | --- | --- |
| Directions:  L left R right ½L, ½R  half left, half right SA straight ahead  X cross as in Xing Crossing X-rds cross-roads | Codes:  BR bridge TK track FP footpath BP bridle path FB footbridge RWY railway CarPk car park RD road | *recent changes are in italics*  L bank: refers to left bank of river or stream as viewed, not necessarily as it flows  CP Checkpoint  **!!** = **Take Care with navigation (in bold)** |

**Point identification relates to GPS waypoints. GPS data are available in various formats from hmarston.co.uk/rrr**

**The instruction tells you where to go from one waypoint towards the next, and the general direction (or directions)**

**Distances (in metres) are the straight line separation of waypoints; the actual route will often be longer**

**Climb is difference in altitude (in metres) of successive waypoints, negative values indicate an overall descent**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Point | Description – Stage 1**Start** **Grid Ref SE 440017** | dir | dist | climb |
| STA | From the MWBC building. Follow lakeside track, FP over BR | SW | 412 | 0 |
| A01 | Continue along lakeside FP, blue BR on L, sculpture on R.  At end of lake, ½ L (do not cross FB) to path junction.  L along main hard-surfaced FP, signed TPT.  Keep on FP, to L of stream, to underpass. | WNW | 1510 | 0 |
| A04 | Follow FP under 2nd BR, R across FB to RD. Cross RD, under metal arch **! after 100 m ½ L (before BR)** | WNW | 572 | 0 |
| A05 | FP signed Elsecar, on narrow path, cross RD. | W | 520 | 0 |
| A06 | Go under metal arch. Surfaced path, parallel to dual carriageway, to Retail Park access RD | SW | 936 | 0 |
| A07 | Cross RD, R of Morrisons, SA on main path down slope, follow surfaced path, ½ R after open area | WSW | 666 | 10 |
| A08 | Join canal towpath. Follow canal under road BRto RD crossing | SW | 544 | 5 |
| A09 | Cross RD, continue along towpath, cross RD, follow fence on L by RWY to stile, L on RD to level Xing at **Elsecar** | SW | 1460 | -5 |
| A10 | Over level Xing. ½ R on muddy TK uphill, sweep R to top of field, take path to woods | SE | 304 | 39 |
| A11 | On entering woods proper, **!! immediately fork ½R down path (initially obscure),** sweeps downhill | S | 189 | -14 |
| A12 | Path swings L and uphill | S | 243 | 25 |
| A13 | At end of wood, take TK (½R) (NOT field path ½L). Follow TK to RD | SSW | 691 | -5 |
| A14 | Turn L, follow RD to cross-roads (**Wentworth**). | SE | 315 | 15 |
| A15 | SA. ½R then 600 m along surfaced TK to concrete TK on L at 4-way junction by house | SW | 640 | 14 |
| A16 | ½L. Cross TK. Downhill FP between fences/hedges, L, follow stream then R & L at gated FB | S | 942 | -44 |
| A17 | FP follows stream, R uphill to TK, L & R to RD | E,SW | 464 | 25 |
| A18 | L through **Thorpe Hesley** to cross-roads | SE | 330 | 0 |
| A19 | SA at cross-roads into housing estate (RD goes down, swings R) | SE | 180 | -5 |
| A20 | L at T-junction to RD at bottom of hill. | SE | 98 | -10 |
| A21 | R then L down fenced path. Keep to tarmac path to steps on L towards Health Centre | SW,SE | 97 | -2 |
| A22 | L up steps, take path to L of high fence round pharmacy. Follow path to crest of ridge | SE | 245 | 20 |
| A23 | Turn L and follow ridge and path to RD | E | 897 | 0 |
| A24 | R through **Scholes** to 90° R bend in RD. | SSE | 599 | 4 |
| A25 | Take FP ½L for 80 m to stile on R | SE | 88 | 0 |
| A26 | R uphill across open land 500 m to Keppels Column (landscape feature). Cross stile behind column (NOT stile at corner of field) to RD in housing estate | SSW | 509 | 40 |
| A27 | Turn R to main RD | SSW | 134 | 0 |
| A28 | L at main RD, to 1st RD on R (Golf Course access RD) | ESE | 454 | -15 |
| A29 | Turn R towards Golf Course, ½L after 40 m down bank, across old CarPk to RD, L on RD, R at gates | SW | 134 | -6 |
| A30 | Follow FP between fence and hedge, bear L with fence then down to RD, follow to CP in pavilion. | S | 373 | -14 |
| CP1 | **GRANGE Checkpoint (1) Grid Reference SK 393939 Open 06:15 to 10:30**  15.6 km |  |  |  |
| Point | Description – Stage 2 | dir | dist | climb |
| CP1 | Follow fence below CarPk, L at boulders to TK | SE | 94 | -5 |
| B01 | Under BR, follow TK to RD | E | 38 | -1 |
| B02N | R at RD, follow pavement 500 m to gated TK on L (opposite stile and steps from classic route) | SSW | 524 | -25 |
| B03 | Cross to TK, path L uphill after 30 m opposite statue – DON’T GO INTO FIELD - past second statue and minor paths on R and L, R at first (faint) path that goes UP from the main path, at remains of derelict stile. | SE | 383 | 50 |
| B04 | R past (derelict) stile. In field follow chain link fence on R to RD, follow to X Rds. **Hilltop** | S | 414 | 5 |
| B05 | SA on fenced path at L of new houses. SA and bear R alongside fence, aim for pylon at bottom of hill. | SSE | 500 | -34 |
| B06 | Fork L through hedge to steps to R of pylon, path to RD. Cross RD, through gap to R of gate (FP sign), bear L along TK for 70 m. | E,S | 100 | -10 |
| B06A | R down steps, follow path to L through thickets to RD | SE,E | 126 | -30 |
| B07 | L, follow RD 290 m to **hidden path** on R. Path is just past bus shelter behind next lamppost (No 35), at a small gap in bushes (after TDE access gates, before JSG access gates) | ENE | 290 | 0 |
| B08 | Path is at small gap between security fences, R in front of next security fence, parallel to RWY. **Take care – sharp spikes on top of fence** - L over FB over RWY, down steps and R to towpath at river/canal | SSE | 156 | -14 |
| B09 | Along R bank of river for 1 km, cross arch BR and pass 2 locks. | S | 1029 | -15 |
| B10 | L across BR over canal. L through stile | SE | 96 | 9 |
| B11 | FP to RD, **Tinsley**. Cross RD, turn R then L after bus stop to service RD | SSW | 121 | 3 |
| B12 | Follow service RD to main RD (Bawtry Rd) past Pike & Heron to Park House Lane on R, at top of hill | SE | 994 | 17 |
| B13 | R, follow Park House Lane to end, just before warehouse CarPk. | SW,SE | 709 | 5 |
| B14 | L on fenced path, **!! R (after only 40 m !!)** behind warehouse, between (damaged) fences to field, follow fence on L to stile and RD | NE,SE | 547 | 0 |
| B15 | R along RD, go under BR to Wood Lane | S | 268 | 0 |
| B16 | R down Wood Lane to airport access RD at end | SW | 259 | 0 |
| B17 | L at RD (The Car People on L), follow RD to roundabout near Hotel, after bus shelter. | SE | 485 | 0 |
| B18 | L at roundabout then R on RD between warehouses to road corner at B18A. Cross Rd to FP then L between warehouse and main RD, follow FP to steps leading to BR under main RD. | E | 379 | -9 |
| B19 | Follow fence R under main RD and R after BR through scrub, emerge to TK then L on FP between hedge and housing development | SE | 213 | 0 |
| B20 | Follow FP, cross RD, FP between fences. Follow RD to Catcliffe. | ESE | 320 | -20 |
| B21 | R on main RD to far traffic lights. L on broad bricked path at lights (after FP sign) | SSW | 352 | 0 |
| B22 | At top of bricked path, B22A, jink L to brick red track. Follow TK past development parallel to river. | SE | 882 | 20 |
| B23 | L across large grey-green bridge over river, initially R then straight uphill to FB over RWY | NE | 190 | 2 |
| B24 | SA up RD to gateway to CP at sports ground at end of high fence on R. | NE | 179 | 10 |
| CP2 | **TREETON checkpoint (2)  G.R. SK 431875  Open 8:30 to 12:00**10.1 km (25.7 total) |  |  |  |
| Point | Description – Stage 3 | dir | dist | climb |
| CP2 | From sports ground, go back through gate, R, immediately R at FP signs (TPT and ROW) | NE | 5 | 9 |
| C01 | Take FP alongside upper fence of sports ground.  Keep SA until path starts to go downhill | SE | 438 | -9 |
| C02 | **!! ½R through stone squeeze** (obstruction to stop bikes) under telephone wire to bend in TK | SE | 244 | 0 |
| C03 | SA over concrete FB, follow lakeside path, SA to terraced houses | SE,S | 938 | 0 |
| C04 | 150 m SA to main RD, cross dual carriageway | S | 172 | 0 |
| C05 | R for 300 m, over BR. After joinery works, **!! L on FP** (TPT ) between fences !! | SW | 339 | 0 |
| C06 | Take cycle TK alongside fence and under viaduct | SE | 1301 | 0 |
| C08 | Continue parallel to RWY, under (new) RD BR to TK (route crosses bridge) | SE | 527 | 0 |
| C09 | R on TK to RD, R to 2nd (main) RD | SW,N | 52 | 0 |
| C10 | R following RD over (new) RD BR to roundabout, to FP on R, 100 m after RWY, | NE | 187 | 0 |
| C11 | **!! Acute R down** FP back to RWY, bear L, continue parallel to RWY to **Rother Valley Park.** | SW,SE | 588 | 0 |
| C12 | At fence corner, up flood bank, L before RWY BR, follow L bank of river to RD. SA along RD | E,SSE | 1641 | 5 |
| C13 | Follow park access RD to main RD | ESE | 1241 | 5 |
| C14 | R on pavement, cross RD at tarmac TK on L just before stream (bridge) at bottom of hill | S | 108 | 4 |
| C15 | Follow tarmac TK to canal, merge L to towpath, uphill (**Norwood)**. Follow canal bank past houses, through gate to L of fence. Continue on canal towpath to stile to field. | NE,E | 628 | 25 |
| C16 | Follow R edge of field to motorway embankment, R on TK, L under BR | E,SE | 338 | 20 |
| C17 | After BR, R parallel to motorway. At TK corner, take trod ½L over hill to stile at summit | SSE,SE | 603 | 19 |
| C18 | SA to **Woodall** village. SA through village for 300 m, to **FP (hidden) after Todd's cottage (No 26)**, **before barn !!** | SSE | 504 | -15 |
| C20 | L on FP across field (weave between electric fences) aiming for church, 800 m to FB and stile | E | 738 | -9 |
| C21 | ½R, 4 stiles/gates in line | SE | 315 | 14 |
| C22 | R across field to playground and stile to CP in sports ground hall at L end of CarPk | SSE | 164 | 0 |
| CP3 | **HARTHILL checkpoint (3)  G.R. SK 492806 Open 9:30 to 14:00.** 11.9 km (37.6 total) |  |  |  |
| Point | Description – Stage 4 | dir | dist | climb |
| CP3 | Go onto RD, L, to pub | E | 68 | -0 |
| D01 | Bear L just after pub, take FP (snicket) to main RD, L to signed FP after wide drive on R | E,N,E | 84 | 15 |
| D02 | FP up steps, cross lane, up access TK to stile on R at end | E | 120 | 0 |
| D03 | Cross stile, follow FP along line of hedges (2 stiles), uphill to L edge of woods (access at stile). SA, exit by 2nd stile. SA to second wood. Wind turbines ahead. | E | 1023 | 9 |
| D05 | ½R in front of wood to lane. Turn L for 30 m to stile on R | SE,E | 232 | 0 |
| D06 | Cross stile, ½L from stile, cross 2 fields diagonally to stile, EITHER SA on same line OR follow verge next to hedge. Through gap to 4th field to stile to lane, cross lane. (Bearing 102°) | 102° E | 463 | -14 |
| D08 | SA (jink R at end of 1st field, then L along hedge) over fields to TK at FP signs (Bearing 96°) | 96° E | 1377 | -22 |
| D10 | Cross TK, aim for gate to R of farm in valley. (Bearing 96°) Follow signed FP past farm to gate | 96° E | 367 | -12 |
| D12 | Follow path down and up earthbank to RD (**Top Hall Farm**). | E | 268 | 0 |
| D13 | R, then ½L at stile (opposite RD junction). Go diagonally across field to opposite corner, gap in hedge. | NE | 432 | -9 |
| D14 | Bear R, follow hedge at back of airfield, through farmyard to lane | ENE | 405 | -10 |
| D15 | Turn L (downhill) to RD junction, L at junction, R at next junction | N | 166 | -2 |
| D16 | Follow RD to corner, to FP signed Turnerwood | NNE | 177 | -2 |
| D17 | Go SA on FP to lane, R on RD to canal BR at **Turnerwood**. (There is often an unofficial drink station here). Follow L bank of small stream to stile at RWY | NNE | 749 | 0 |
| D18 | Cross RWY **TAKE** **CARE** Turn R, follow FP on L of ditch. Go L round back of farm to TK | NE,N | 534 | -5 |
| D19 | Turn L uphill on TK towards woods, down, cross BR. | NE | 430 | 0 |
| D20 | **Keep with fence on R**. After 300 m, bear R along a TK past a shed (keep fence to field on R, following yellow posts). Note: Route through golf course is usually signed on the day | N | 258 | 10 |
| D21 | Fork L (obeying Permissive Path signs), then L through tunnel | N,NE | 388 | -13 |
| D22 | After tunnel, turn L as signed, pass to R of putting green to next sign (partially hidden), R behind line of bushes to path at corner between bushes. L at T-junction, cross a fairway, emerging opposite lane | N,NE,N | 391 | 13 |
| D25 | ½ R up lane, down to cross-roads at Butchers Arms, **Woodsetts** | N | 783 | -5 |
| D26 | SA for 100 m to access RD | NE | 71 | 0 |
| D27 | Turn R to Woodsetts CP in sports pavilion | SE | 105 | 0 |
| CP4 | **WOODSETT, the mid-Checkpoint (4) with food and transferred kit G.R. SK 554837**  **Opens 10:15; You may be asked to retire after 16:00**  9.2 km (46.8 total) |  |  |  |
| Point | Description – Stage 5 | Dir | dist | climb |
| CP4 | L out of pavilion, head towards RD, going round playing fields to stile | SE | 121 | 0 |
| E01 | L along RD to end of village | SE | 331 | -5 |
| E02 | L on TK opposite shops, past barrier, to tall hedge. DO NOT TAKE PATH IN FRONT OF HEDGE | NE | 337 | -4 |
| E03 | **Keep on TK to field, R at BP sign (at concrete block). Take BP between fence and 2nd hedge**, over FB. SA across fields, cross causeway between ponds before house | E | 1573 | -10 |
| E06 | Turn L on FP opposite house and between fences to stile to R of Wallingwells house, emerge on TK | NNW | 304 | 5 |
| E07 | R along TK to TK fork | NE | 126 | 0 |
| E08 | Take R fork, follow TK to tarmac RD. **!!L on FP behind first lamppost at start of housing estate!!** | NE | 913 | 5 |
| E09 | Follow FP past shrubs, on R of field (diverts into edge of housing estate)to RD. **Carlton-in-Lindrick**. | N | 578 | -10 |
| E10 | Turn L to L bend in RD, after industrial estate | W | 192 | 0 |
| E11 | **!! Acute R turn to FP** between fence and overgrown stream, below open hill | NE,N | 751 | 0 |
| E12 | SA in wooded area, L then R across parkland to L of old toilets, L to FB to park RD by **Langold** **Lake** | W,N | 155 | 0 |
| E13 | Turn R by lake, then L across dam, follow main park RD past CarPk to park gate | NE,N | 472 | -5 |
| E15 | Turn L, R on FP at back of small CarPk, behind sign. Follow main FP through woods to stile. | N | 1091 | 17 |
| E16 | Turn L following hedge along TK past fields, through woods to lane | NW | 879 | 19 |
| E18 | SA across RD to (initially) wide TK, downhill, CP on L just before RD (and pub) | NW,W | 725 | -25 |
| CP5 | **FIRBECK Checkpoint (5) in Village Hall on left G.R. SK 564885**  **Open 11:00 to 18:00**  9.0 km (55.8 km). |  |  |  |
| Point | Description – Stage 6 | dir | dist | climb |
| CP5 | Leave hall, L along RD to FP opposite RD (Kingswood Close) | SW | 81 | 4 |
| F01 | R along signed FP/TK. Follow zig-zag TK | NW | 308 | -4 |
| F02 | R bend in TK: continue along main TK | N,WNW | 653 | 8 |
| F03 | R bend in TK to L bend in TK along earthwall, | NNE | 390 | 11 |
| F04 | SA. Ignore BP, keep L alongside earthwall/hedge. Main TK is to R of hedge, swings to R | W | 481 | 5 |
| F05 | Follow TK towards house. Go L of house (gate). Emerge onto TK, turn L | N | 171 | -5 |
| F06 | Track emerges onto RD, acute R down RD | NW | 121 | -10 |
| F07 | Follow RD down, then up to gate on L 20 m before main RD | NE,N | 147 | 5 |
| F08 | L at gate, across field aiming for stile just R of ruin (**Roche Abbey**). | W | 718 | -5 |
| F09 | Follow path/TK to CarPk | NW | 189 | 0 |
| F10 | Through CarPk, follow valley path, cross lane | NW | 433 | 5 |
| F11 | Continue along valley path, to R of stream . | NW | 713 | 5 |
| F12 | Follow main path ½R uphill to top path | N,W | 79 | 14 |
| F13 | Turn L then L under RWY (narrow BR). Continue along path/TK to lane | NW | 412 | -4 |
| F14 | Cross lane, follow path to playing field, cross field, drop slightly to (hidden) gate to right of bush | NW | 541 | 4 |
| F15 | Cross fields (more gates) then R fork into churchyard | N | 295 | 0 |
| F16 | Path through Maltby churchyard. Out at lych-gate, to CP in church hall on right | N | 68 | 11 |
| CP6 | **MALTBY checkpoint (6)** **in church hall G.R. SK 527919**  **Opens 11:45; You may be asked to retire after 19:30**  6.3 km (62.1 km total) |  |  |  |
| Point | Description – Stage 7 | dir | dist | climb |
| CP6 | Go uphill, turn R at T junction to RD | NE,E | 96 | 8 |
| G01 | Cross RD then L up broad steps. cross main RD at Pedestrian Crossing (**Maltby**) | N | 65 | 14 |
| G02 | Go up side RD (B-road) past school, round bend to L. SA on minor RD where B-road bends R | N,W | 288 | 14 |
| G03 | Continue along RD, SA at crossroads to TK | W,NW | 884 | 5 |
| G04 | Follow TK, L in front of gate | NW | 313 | 5 |
| G05 | Follow wall round, first down 50 m, turn R, 100 m, ½R up walled path diagonal uphill following right hand wall of house grounds to TK (Ignore TK on right, steeper uphill) | SW,NW, | 166 | -5 |
| G06 | Follow TK to RD at farm. The trig point on R of TK is at Foredoles Head. | NW,N | 1203 | -42 |
| G07 | Turn R along RD **CARE – traffic will be going very fast!** to first junction on L to Micklebring at No HGV sign | E | 226 | 147 |
| G08 | Take RD on L through village to 4-way junction.  Turn ½R, (L of small village green) to FP (signed) after last house on L | N,NE | 856 | -58 |
| G09 | Take path on L of field to (ruined) stile at L corner (below M18 motorway) (Follow White “Heron Way” disk signs to Hooton Roberts). | NNW | 367 | -71 |
| G10 | Take path alongside fence (below M18) past 3 (ruined) stiles to TK. Turn R, under M18 | WSW,N | 180 | -7 |
| G11 | L on TK parallel to M18. **!! After 150 m, broken stile on R. EITHER** R, cross field (indistinct FP if any) **OR** 20 m down TK, take access gap to field, follow edge of field down then R. At track bridge (between posts), L over stream and R round end of bushes. | WSW,W | 290 | -9 |
| G12 | Take (usually) defined FP across field to gap in hedge (aim for white “Heron Way” disk on brow of hill) on bearing of 270° (due west). Between boulders on BR across railway cutting. Cross stile to L of gate. | 270°  W | 342 | 4 |
| G13 | Bear ½R (turn R through 30°) and cross field to gap in hedge, to L of high point of ridge; Do not drop into valley on L. Cross path (R then immediately L). Aim for Emley Moor TV tower, red lights at night | 302° NW | 502 | 4 |
| G14 | Cross field to L end of hedge near opening. Don’t go through opening; take TK to L of hedge | NW | 379 | -12 |
| G15 | Follow TK, bear L near end of field to path between hedge and fenced paddock to TK. Turn R | NW | 794 | -41 |
| G17 | Track between buildings, L and then R down and over stream. Turn L on signed FP (hidden sign) | N,W,N | 223 | 11 |
| G18 | FP (Bearing 320°) across field (uphill) to escarpment, ½ R to woods, immediately turn L down FP | NW | 533 | 19 |
| G19 | Go ½ L, following steep muddy path at L edge of wood. Path widens to TK, then lane. | W | 428 | -39 |
| G20 | Follow lane to start of village | N | 346 | 5 |
| CP7 | **HOOTON ROBERTS checkpoint (7)** in barn, 1st building on L **G.R. SK 485969 Open 12:15 to 21:45** 9.1 km (71.2 km total) |  |  |  |
| Point | Description – Stage 8 | dir | dist | climb |
| CP7 | Follow lane to main RD **(Hooton Roberts)** | NW | 155 | -3 |
| H01 | Go SA down lane, ½ R on TK. Where lane turns L, follow TK to R | NW | 691 | -6,+6 |
| H02 | Follow TK uphill. Pass barrier. Follow (interminable) TK, drop into field after top of hill. | N | 867 | 25 |
| H03 | L following TK in field to gate, go down field, crossing TK to stile. (If there are cows at the stile, alternative is to go L on the TK to the RD. Turn R to rejoin route. Adds 400m) | NNW | 379 | -35 |
| H04 | Go R along RD, bends R | N | 267 | -9 |
| H05 | Follow RD to first junction, turn L at telephone box | NE | 238 | 0 |
| H06 | Go down Ferry Boat Lane. Cross RWY via new FB on L – use either steps or ramp | N | 426 | -13 |
| H07 | Cross river, go to end of path, L to canal. | N,W | 107 | 3 |
| H08 | **½ R on path UNDER FB!!** (Do not cross canal) Follow canal towpath | W | 492 | 0 |
| H09 | ½ L at earthbank (before small FB) to Mexborough station CarPk. | SW,W | 218 | 0 |
| H10 | Small signed BR (subway) under RWY, R then bear L (not up to platform). FP on R bank of river to RD | S,SW | 561 | 0 |
| H11 | SA at RD, up bridge over RWY and canal. | W | 378 | 5 |
| H12 | On BR, after canal, **!! turn L down steps** to open area **(Swinton)** (almost) SA along RD | SW | 257 | 0 |
| H13 | RD turns R, turn L after low fence to canal before main RD, turn R under BR | W,NW | 162 | 0 |
| H14 | Follow towpath to R of canal, L at end under RWY BR | N,W | 291 | 0 |
| H15 | R up tarmac path in playing field to RD | NNW | 462 | 0 |
| H16 | Cross RD to stile (½ L) Follow illuminated cycle TK | NW | 214 | -20 |
| H17 | Continue along illuminated cycle TK to Dearne Valley College. | N,W | 402 | 0 |
| H18 | Follow RD through college, SA at roundabout | NW | 249 | 0 |
| H19 | Follow RD to Manvers Roundabout. Take 2nd exit Barnsley A6023 (R of MANVERS sign.) | NW | 245 | 0 |
| H20 | Follow FP/cycle TK. Pass 3 roundabouts, cross RD at Ped Xing after fire station, follow RD to L | WNW | 1475 | 0 |
| H21 | At roundabout, cross RD, and turn R Follow Bolton-upon-Dearn RD to MWBC entrance on L | NNE | 296 | 0 |
| H22 | Follow TK to MWBC and Finish outside building. | W | 171 | 0 |
| FIN | **FINISH (8) G.R. SE 441 018  Aim to finish by 22:30.** (24:00 for 4 am starters) 9.5 km (80.7 km total) |  |  |  |

**Congratulations! You've worked through that. Now you only have to do it!**