|  |  |  |
| --- | --- | --- |
| Directions:L left R right½L, ½R  half left, half rightSA straight aheadX cross as in Xing Crossing X-rds cross-roads  | Codes:BR bridge TK trackFP footpath BP bridle pathFB footbridge RWY railwayCarPk 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 flowsCP 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 485969Open 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!**