Dist	Туре	Note	Next
0.0	•	Start of route	0.0
0.0	1	From Blonk Street Bridge head north on the riverside path (river on your right)	0.3
0.3	→	Right onto Cobweb Bridge	0.2
0.5	←	Left onto Furnival Road (SP Meadowhall)	0.3
0.8	←	Left and cross the river	0.3
1.1	†	Follow the Five Weirs Walk along the pavement cycle path	0.2
1.3	→	Sharp right to continue on the Five Weirs Walk	1.3
2.6	→	Right and cross the bridge to continue on the other bank (SP Meadowhall)	0.9
3.5	←	Cross the bridge to continue on the riverside (SP Meadowhall)	0.8
4.3	+	Follow the diversion off the riverside around the Forgemasters site (SP Meadowhall NCR 6)	0.7
5.0	+	Left (SP NCR 6 / Meadowhall)	4.9

5.0 kilometers. +18/-24 meters

Dist	Туре	Note	Next
15.8	→	Right at the T-junction onto Scrooby Street	0.9
16.7	+	Just past the width restriction turn sharp left through the wooden gate onto the bridleway	0.6
17.2	→	Sharp right onto Cinder Bridge Road	0.3
17.5	+	Left onto the track (SP Public Bridleway)	0.8
18.4	1	Continue straight on the lane (SP No Tipping)	1.2
19.6	→	Right at the T-junction onto the B6089	1.5
21.0	←	Sharp left onto Hoober Lane, B6090	0.9
22.0	→	Right (SP Hoober Stand)	0.3
22.3	←	Left (SP Hoober Stand)	1.4
23.8	←	Left (SP Wentworth)	0.6
24.4	i	Needle's Eye is on the track to your right	0.5
24.9	→	Right onto B6090	0.4

Dist	Туре	Note	Next
9.8	→	Right to cross the bridge then imm. left, continuing on the canal	2.3
12.1	1	At Rotherham turn left over the railway bridge then imm. right onto George Street	0.1
12.2	1	Follow the path under the motorway	0.3
12.5	→	Right onto the A6123 (take care) then first left onto Tenter Street	0.6
13.1	→	At the T-junction turn right onto Clough Rd	0.1
13.2	→	Slight right onto War Path	0.2
13.3	→	Keep to the right (path can be rough in places!)	0.3
13.7	1	At the T-junction turn left onto Bassingthorpe Ln	1.0
14.7	→	Follow the road to the right	0.6
15.2	+	Left then imm. right to continue on Munsbrough Lane	0.4
15.6	1	Cross straight over onto Firth Street	0.2

10.6 kilometers. +65/-40 meters

Dist	Туре	Note	Next
25.3	→	Easy to miss! On the way into Wentworth turn right onto Clayfield Lane	0.7
25.9	→	At the T-junction turn right onto B6090	0.3
26.2	→	Right (SP Elsecar)	1.8
28.1	1	At Elsecar turn left (SP Trans Pennine Trail)	0.1
28.2	+	Left by the Milton Arms	1.1
29.2	+	At the T-junction turn left	0.7
29.9	→	Right through the concrete barrier blocks onto the track	0.2
30.1	1	Left to rejoin the Trans Pennine Trail	0.6
30.8	1	Continue over the road to stay on the Trans Pennine Trail	0.5
31.3	→	Right (SP Trans Pennine Trail)	1.6
32.9	→	At the T-junction turn right	0.3
33.2	+	Left (SP Trans Pennine Trail)	2.4

Dist	Туре	Note	Next
35.6	→	Right onto the track - eff. straight on (SP Trans Pennine Trail West)	2.3
37.9	←	In front of the church in Wortley turn left	0.3
38.2	→	Right (SP Trans Pennine Trail)	1.1
39.3	→	Right onto the old railway line track (SP Trans Pennine Trail)	0.1
39.4	→	Right onto the old railway line and head under the brige	3.1
42.5	→	Bear right at the fork (SP NCR 627)	3.2
45.8	→	Keep right at the fork	0.4
46.1	→	Sharp right	0.3
46.5	→	At the T-junction turn right onto Oughtibridge Lane	0.5
47.0	—	Opp. the park turn left onto Waterside Gardens	0.0
47.0	→	Take first right onto the riverside path	1.1
48.1	←	Slight left	0.8

14.9 kilometers. +171/-253 meters

Dist	Туре	Note	Next
56.9	Q	End of route	0.0

Dist	Туре	Note	Next
48.9	←	At the tarmac lane turn left	0.7
49.6	1	Continue straight on the cycle path beside the road	1.0
50.6	→	Right onto Penistone Road (cross to use cycle path)	1.3
52.0	←	At the first roundabout turn left onto Livesey Street	0.7
52.7	→	Cross the bridge and turn right onto Club Mill Road	1.6
54.3	←	Left onto Neepsend Lane (take care, can be busy)	0.7
55.0	†	At the 4-way junction go straight on (fork left)	0.2
55.2	→	Right onto Ball Street	0.3
55.5	+	Left onto Green Lane	0.4
55.9	+	Left (SP Kelham Island)	0.0
55.9	→	Follow the cycle path (SP NCR 627)	0.7
56.7	←	Left onto Bridge Street	0.1
56.7	←	Left onto Lady's Bridge	0.1
56.8	→	Right onto Blonk Street	0.1

8.7 kilometers. +29/-63 meters