

| Control | Description |
|---------|--|
| Start | Beat Box 113: On parking sign on the left of Thistle Park entrance |
| 1 | Beat Box 112: Signpost at the end of Cow lane |
| 2 | Beat Box 111: Lamp post next to the steps on Spring Vale Rd Brimington |
| | Junior School |
| 3 | Beat Box 61: Sign with directions at Chesterfield Canal, opposite The Mill |
| | pub. |
| 4 | Beat Box 60: Sign with directions on Tapton Lock, Lockoford Ln |
| 5 | Beat Box 119: Lamp post 15906, 200 Lockoford Ln |
| 6 | Beat Box 120: Lamp post 12616, by 380 Brimington Rd. |
| 7 | Beat Box 14: Lamp post 7544. Central walk, as you enter from Wikeley |
| | Way. |
| Finish | Beat Box 113: On parking sign on the left of Thistle Park entrance |