

BARNHILL SPRINGS

START Moffat Town Centre

15kn/9.4 miles

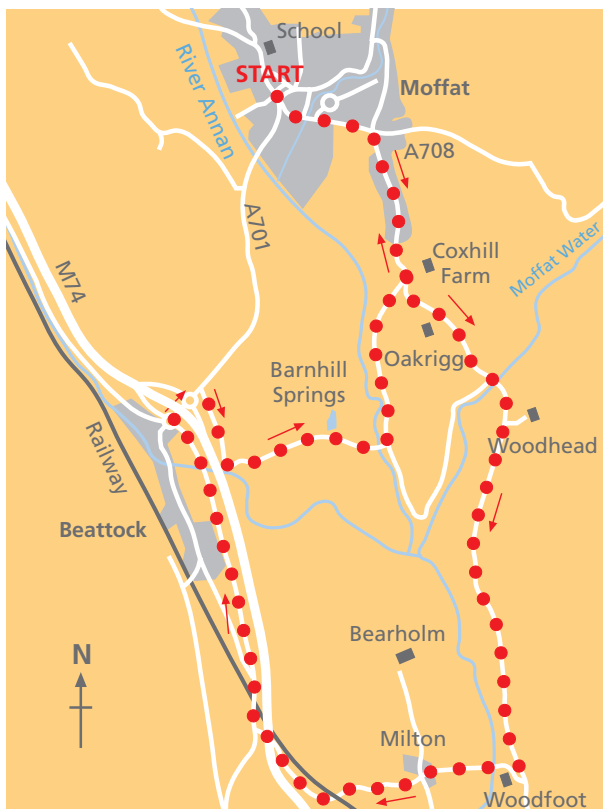
Allow 2 hours

A moderate to easy route

This is primarily on quiet side roads but includes a section of the cycle path along the route of the old A74. It is particularly well suited to families or those who do not want strenuous exercise. Please note that care must be taken where the route crosses the A701 and the slip road to the M74. These two roads can be extremely busy, particularly during the summer months.

Moffat was granted a market in 1662 and hotels opened shortly after that date. During the 18th century sulphur springs were found and the town developed as a spa, or health resort. It was visited by famous people including James Boswell and Robert Burns. A grand Hydropathic Hotel was opened, and well-heeled clientele took coach rides to the wells to drink the mineral waters. In this period James Macpherson worked as a tutor in Moffat House (now a hotel in the town centre). In 1759 he published supposed translations of the ancient bard Ossian, which were later found to be fraudulent.

Moffat is a busy country town with a good range of accommodation, cafés and shops, both on the High Street and in the surrounding streets.



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Miles	Route
0	Leave Moffat High Street on the A708 signposted Selkirk. After approximately half a mile, turn right onto the Old Carlisle Road signposted for Newton Wamphray/Boreland. Along this road there are many fine Victorian houses as well as more recent developments. A short, moderate climb awaits you after about a mile but, having passed the sawmill on your right, you are rewarded for the expenditure of energy by a downhill section which brings you to Dumcrieff Wood. Here the Southern Upland Way crosses your path.
	At this point prepare yourself for a steady moderate climb of about one mile. On reaching the top you may want to pause for breath and enjoy views over the Annan Valley towards Queensberry Hill in the middle distance.
3.5	After a generally flat stretch of about a half mile you will find a sharp descent at the foot of which you turn sharp right. (If you reach Poldean Bridge and cottages you have gone too far!) Having crossed a metal bridge and cycled a further mile you will reach the hamlet of Hoppertitty, which lies close to the site of a Roman fort. Having passed under a railway bridge and motorway flyover you should arrive at a T-junction by way of another moderate incline.
4.8	Turn right and join the marked cycle route in the direction of Moffat.
6.5	After about 1¾ miles you will reach a roundabout. Take the right hand exit for Moffat, pass under the A74(M) and cross the 2nd roundabout for Moffat. Take the first minor road to the right which will lead you past Barnhill Springs.
7.5	After a mile you should turn left immediately after crossing another metal bridge over the River Annan. Follow this gently undulating road for about three quarters of a mile.
8.3	Take a left turn at the T-junction. This takes you back on to the Old Carlisle Road, where you should retrace your steps to Moffat.
8.8	Turn left at the junction (Old Carlisle Road and the A708), which you will meet after about half a mile.

ON SHARED USE PATHS • Please be courteous and be prepared to slow down or stop if necessary • Give way to pedestrians, horse-riders and wheelchair users, leaving them plenty of room • Carry a bell and use it - not all pedestrians can see you • Always follow the Highway Code • Be seen - most accidents to cyclists happen at junctions • Fit lights, wear a helmet and light and reflective clothing • Respect land management activities such as farming and forestry and take litter home • Be self-sufficient - in remote areas carry food, repair kit, map and waterproofs.

Bikes on Buses – the 500/X75 carries bikes along the A75 www.dumgal.gov.uk/timetables