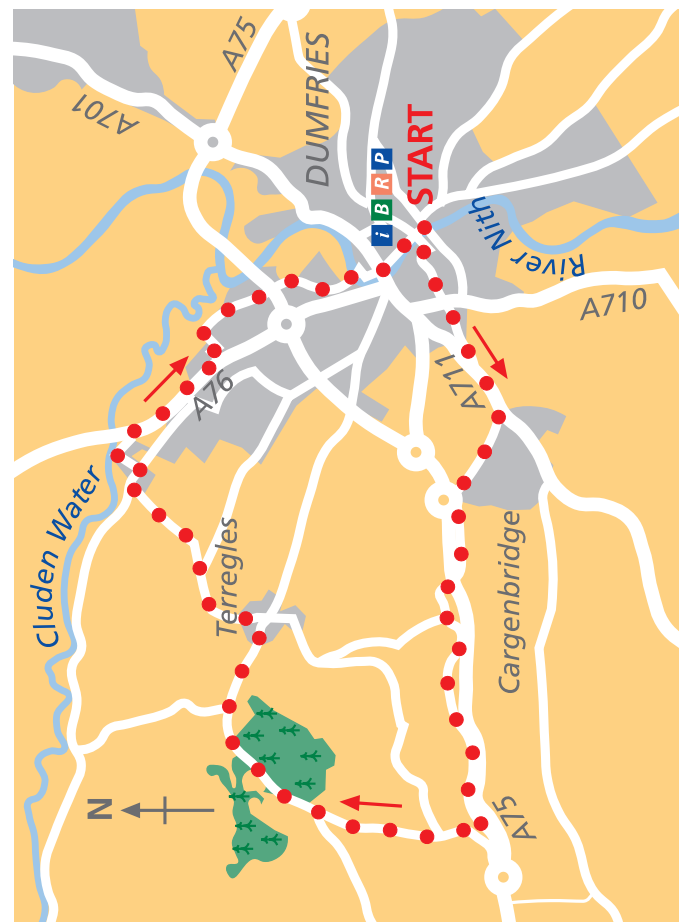


# CARGEN GLEN AND TERREGLES

- START** Dock Park or Whitesands, in Dumfries.
- 19.5km/12 miles**
- Allow 1 1/2 hours**
- Steep climb up the Cargen Glen**

This is a short strenuous route ideal for a summer evening or to work off a heavy lunch. The outward leg uses a cycle route along a bypassed section of the A75.

Miles	Route
0.0	Wheel your bike over the River Nith on the suspension bridge, (upstream from Dock Park, downstream from the bus stands). Climb Suspension Brae and continue straight across the offset junction, down Rotchell Park, left on to Rotchell Road and cross over at the junction.
1.0	Merge with the shared pedestrian/cycle route, which changes sides. Turn right at the first roundabout (leaving the cycle route), straight over the second and at the third roundabout take the first exit. Near the top of the Glen the road becomes a cycle route.
4.7	On meeting the minor road turn right and continue to the T-junction.
6.0	Turn right at T-junction (signposted to Terregles and Dumfries).
7.7	Turn left in Terregles (signposted to Newbridge) and straight on until the T-junction.
9.1	Turn right and first left, then right at the bottom of the hill. Cross the A76 at the cycleway crossing and follow signs for Dumfries. The cycle way leaves the side of the A76 (see map of North West Dumfries Detail on page 7) to join Elder Avenue, turn right (do not rejoin the cycle way), then right at the T-junction and left at the first crossroads. Follow the road downhill then right to reach the bridge over the bypass.  Cross the bridge and follow the Byway, National Cycle Route 7 (do not turn right through the park) and Town Centre signs back to the Whitesands.
12.3	Whitesands



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**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.