

LOCHFOOT, BEESWING & NEW ABBEY

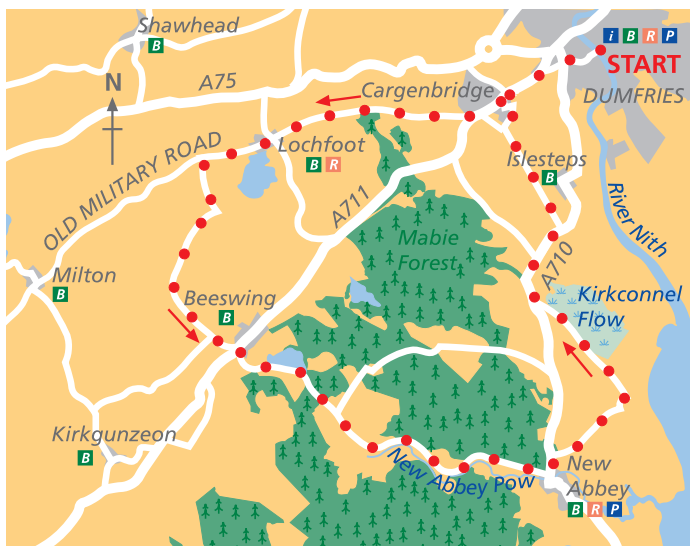
- START** Dock Park or Whitesands, in Dumfries
- 37km/23 miles**
- Allow 3 hours**
- Steep climbs to Lochfoot and between New Abbey and Kirkconnel House**
- On route, snacks, meals and toilets are available in New Abbey**

Lochfoot A moorland village at the north end of Lochrutton. The loch has a central crannog or man-made island built in Medieval times.

Beeswing Formerly known as Lochend, this village took its current name some time after Robert Orde, a local racehorse owner renamed the Inn in honour of his champion racehorse.

New Abbey lies five miles south of Dumfries and is steeped in religious history. At its heart stand the impressive sandstone remains of Sweetheart Abbey. Other visitor attractions include the Corn Mill and Shambellie Museum of Costume.

Kirkconnel Flow This rare and species-rich raised bog habitat has recently been protected from drying out by careful removal of most of its tree cover and modification of the drainage system.



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Miles	Route
0.0	Wheel your bike over the River Nith on the suspension bridge, (upstream from Dock Park) following National Cycle Route 7 signs. 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. Stay with the pedestrian/cycle route where it crosses the main road. Follow the route alongside the perimeter of the factory site taking care at the two roundabouts. Continue past the factory to reach a small gate to the minor road.
2.0	Turn right and continue to follow the NCR 7 signs through Lochfoot.
5.8	Take first left (signposted to Beeswing and New Abbey) and continue straight on to meet the main road at Beeswing.
9.1	Carefully cross the main road at the offset junction (signposted to New Abbey and Kinharvie) and continue past Loch Arthur for a very pleasant descent to New Abbey.
14.4	At the T-junction the route turns left, but it is well worth taking time to explore the village and it's interesting heritage sites. Return to the route, pass Shambellie Museum and take the first road on the right - it may be safest to dismount on the left and wheel your cycle across. Follow this delightful road through a sharp left hand bend then up and down two steep valleys.
16.1	Bear sharp left at the entrance to Kirkconnel House for a flat run past Kirkconnel Flow. Slow down as you approach the gate pillars and stop at the junction. Take special care when you turn right on to the main road. Go past the turnings to Mabie Forest and Mabie Farm Park.
19.1	Take the next left. After a steep climb and descent turn right and continue past Cargenbridge School. Turn left after the school then right to the roundabout. Turn right at the roundabout using the cycle crossing points and retrace the shared pedestrian/cycle path towards Dumfries. Join the road. Carefully cross the junction by the Toll Bar to Rotchell Road and take the next right into Rotchell Park. Go straight across the offset junction for a short, steep drop down to the Suspension Bridge.
23.0	Wheel your bicycle across the Suspension Bridge to return to your start point on the Whitesands or at Dock Park.

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.