

NITH ESTUARY & CAERLAVEROCK

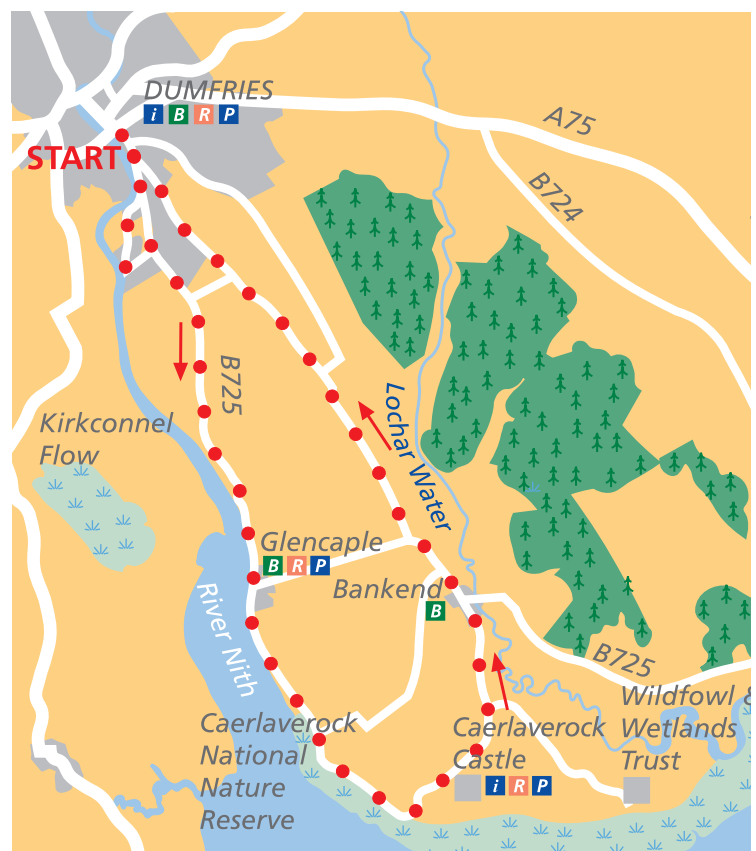
- START** Dock Park car park, Dumfries
- 27km/16½ miles**
- Allow 2½ hours**
- Mainly level with minor undulations**
- On route, snacks and toilets are available at Caerlaverock Castle and Caerlaverock Wildfowl and Wetlands Trust**

Nith Estuary You will be looking across the mudflats, river and merse to Airds Point and on to the broad shouldered granite dome of Criffel. Look out for fishermen, standing waist deep in the Nith, using traditional haaf nets to catch salmon returning to their spawning grounds.

Caerlaverock Castle. The impressive sandstone remains of this unique triangular medieval fortress are managed by Historic Scotland and the entry charge is displayed on signs. Tickets must be purchased from the visitor centre. The Castle, playground, visitor centre and toilets are open all year and the tearoom opens from April to October.

Caerlaverock Wildfowl and Wetland Trust Open all year, 10am-5pm. Fair Trade Café, 11am-4.30pm. Viewing platforms and towers, parking facilities and reduced rates for cyclists. From October to March this is an excellent location for close up viewing of barnacle and pinkfoot geese, whooper and mute swans and many other species of wildfowl. You can also book evening visits to see barn owls and badgers.

Miles	Route
0.0	Start from Dock Park car park and follow National Cycle Route 7 downstream through the Dock Park and on past the cricket ground to Kingholm Quay.
1.6	Kingholm Quay. The route joins the public road climbing uphill to a roundabout for a right turn. Follow NCR 7 as far as Bankend, taking your chosen diversions to Caerlaverock Castle and The Wildfowl and Wetlands Trust.
10.7	Bankend. Leave NCR 7 and follow signs for Dumfries.
15.1	Pass the Crichton Campus and Dumfries and Galloway Royal Infirmary. Turn right at the traffic lights and immediately sharp left to return to the River Nith. Turn right on NCR 7 through Dock Park to return to the car park.
16.6	Car park



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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.

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