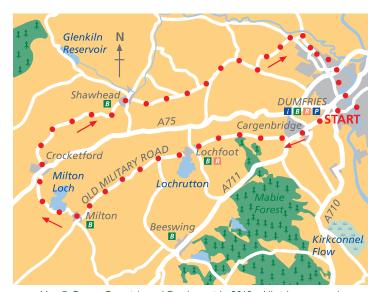
## OLD MILITARY ROAD, MILTON LOCH & SHAWHEAD

- START Dock Park or Whitesands, in Dumfries
- 38km/23<sup>1</sup>/<sub>2</sub> miles
- Allow 3 hours

2.0

Steep climb to Lochfoot

- Milton Loch is rich in wildlife being one of the best examples of a shallow mesotrophic (medium nutrient status) freshwater loch in the Stewartry.
- **Crocketford** village lies nine miles west of Dumfries and had a toll bar in the 18th century, hence its other name of 'Ninemile Bar'.
- **Shawhead** lies close to Glenkiln Reservoir, where you can enjoy sculptures in a rural setting.



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Miles	Route
0.0	Wheel your bike over the River Nith on the suspension bridge (upstream from Dock Park, downstream from the bus stands) following National Cycle Route 7 signs. Climb Suspension Brae and continue across the offset junction, down Rotchell Park, left on to Rotchell Road and cross over at the juction.
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.

- 8.8 Milton. Turn right (signposted to Crocketford).
- 10.9 Stop at the T-junction with the main road and take care as you turn right on the main road. Take the last (unsigned) road to the left before leaving the village.

Turn right and continue to follow National Cycle Route 7 signs through Lochfoot to Milton.

- 14.8 Continue through Shawhead, following signs for Terregles.
- 19.1 Terregles. Turn left (signposted to Newbridge) and continue straight on.
- 20.6 At the T-junction 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 cycleway leaves the A76 to join Elder Avenue (see map of North West Dumfries Detail page 7), turn right (do not rejoin the cycleway), 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, NCR 7 (do not turn right through the park) and Town Centre signs back to the Whitesands.

23.7 Whitesands.