

OLD MILITARY ROAD, MILTON LOCH & SHAWHEAD

START Dock Park or Whitesands, in Dumfries

38km/23½ miles

Allow 3 hours

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.

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 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 National Cycle Route 7 signs through Lochfoot to Milton.
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.
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.



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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