

# RUTHWELL & CAERLAVEROCK CASTLE

- START** at Annan High Street
- 45km/28 miles**
- Allow 4 hours.**
- An easy route with no steep hills**
- This is a linear route following National Cycle Route 7. You can turn at any point.**

Miles	Route
0	Leave Annan High Street on the B721 Dumfries Road. Turn left down Port Street, following the signs for National Cycle Route 7. After a short distance turn right down Riverside Walk and cross the River Annan on the pedestrian/cycle bridge. Pass under this bridge, then under the railway bridge. Follow the cycle path to join the road at Newbie. Continue through Newbie.
2.7	Turn left onto the B724.
4	Turn left onto minor road for Powfoot village and cycle along the seafront.
5.5	Pass through Queensberry Bay Caravan Park.
6	Turn left onto minor road.
8.6	Follow the National Cycle Route 7 and turn left to Ruthwell.
9.6	Follow the National Cycle Route which joins the B725.
13.9	Turn left in Bankend.
14.9	Turn left for the Wildfowl and Wetland Trust (signposted) or continue on the B725 for Caerlaverock Castle.
15.6	Caerlaverock Castle.

**Powfoot** was originally a fishing village and was also used by smugglers in the 18th century. In the late 19th century it was developed as a holiday resort. The village has a pub. The caravan park at Queensberry Bay has a shop. The road through Ruthwell village was once the main road to Dumfries.

**Ruthwell Savings Bank Museum** commemorates the world's first penny savings bank founded in 1810 for parishioners.

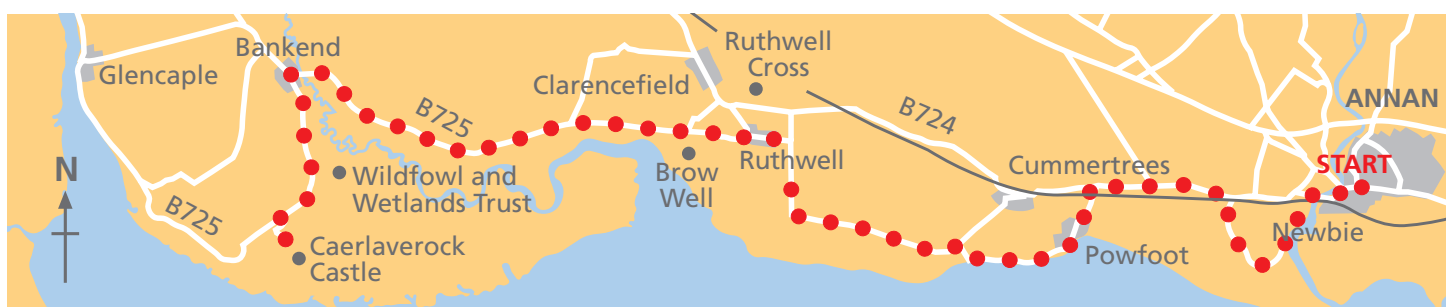
**Ruthwell Cross**, dating from the early 8th century, is the finest surviving example of a Northumbrian free-standing cross in Britain, with carved panels showing the divinity and power of Christ, and a runic text related to the theme of Creation.

**Clarencefield** This village has a pub serving meals.

**Brow Well** The water contains iron and was taken as a tonic by Robert Burns in 1796. The mineral water did not cure his illness which proved fatal.

**Wildfowl and Wetland Trust** Open all year 10am-5pm. Fair Trade Cafe 11am-4.30pm. Viewing platform. Reduced rates for cyclists.

**Caerlaverock Castle** is a fine red sandstone medieval moated fortress. The site has a café.



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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](http://www.dumgal.gov.uk/timetables)