

WHITHORN AREA

THE CRADLE OF SCOTTISH CHRISTIANITY

- START** Whithorn. Park in the centre of the town. Route signposted as the “Machars Red Route”.
- 27km/17miles or 14.5km/9miles if taking the shortcut
- Allow 3hrs or 1½hrs for the shortcut
- Gently undulating
- On route, toilets and snacks available in Garlieston and the Isle of Whithorn

A visit to **Whithorn Museum** will help you to understand the importance of this area through the ages.

St Ninian's Cave Retreat of the saint who came to the area in the early 5th century. Some crosses in the cave were probably carved by early pilgrims. The carved stones are now kept in Whithorn museum.

Isle of Whithorn A harbour village and popular sailing base. Try the short walk to St Ninian's chapel and Iron Age fort.

Cruggleton Church The most complete small Romanesque church in Dumfries and Galloway. Restored in 1890, but with substantial 12th century masonry still visible. Built in the times of the original Earls of Galloway, who had a nearby stronghold at Cruggleton Castle, accessible by a coastal path starting at Galloway House Gardens or in Garlieston.

Garlieston A village that saw feverish wartime activity during the trials of the Mulberry harbours that were used in the D-Day landings. The remains of a harbour are still visible in Garlieston Bay. The museum and Galloway House gardens are both worth a visit.

Miles	Route
0.0	Whithorn. Turn left at the top end of town and follow the Red Cycle Route .
0.9	Option to turn right and follow signs for St. Ninians Cave. To return to the Route, retrace to cross roads and turn right. (Add 3 miles cycling and 1½ miles walking.)
3.6	Isle of Whithorn. Have a look around and leave on the road for Garlieston. Follow Red Cycle Route signs for return to Whithorn.
6.2	For the short cut back to the start go straight on.
8.4	Cruggleton Church
10.6	Option to turn right to Garlieston. Return to route.
12.8	Sorbie.
17.0	Whithorn.



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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