



The British Cycling
UK National Road
Championships



Why Not Cycle the Time Trial Circuit?

If you are visiting Dumfries and Galloway for the UK National Road Cycling Championships, a great introduction to the area is to cycle the time trials circuit.

There is lots to see and do on the 22km circuit, that can be enjoyed in a more leisurely style, if you are not competing to be the UK Champion! The Time Trial Circuit will be closed to vehicles and cars for most of Thursday 23 June, but makes a great 1.5 to 2 hours cycle over the weekend of the UK National Road Championships, or at any time for that matter!!

The route starts and finishes at the impressive Crichton Estate on the outskirts of Dumfries. The Crichton is home to universities, businesses and conference halls. It's a beautiful location, with a fascinating history, and is an ideal place to start a relaxed cycle.

Leaving the Crichton, head out onto the B725 – the Bankend Road. The road rises gently for a mile or so and then opens up to sweeping countryside views. After a few miles you come to Bankend, and the Time Trial route continues straight on. You may notice signs to the Brow Well – four miles from Bankend, this rural spot is renowned in Scottish history for where Robert Burns was recommended to bathe to cure his rheumatic fever. Unfortunately the Bard grew rapidly ill during his time at Brow Well, and died three days later in Dumfries. Cyclists can also take a detour to Ruthwell, where a small independent museum, the Savings Bank Museum, tells the story of the world's first savings bank, established by Henry Duncan, a local Minister in 1810.

At the half way point of the route you'll come across Caerlaverock Castle, a medieval fortress, surrounded by a moat. The grounds of the Castle are currently open, though restoration works mean that there is no entry to the Castle itself. Close by you'll find the WWT Wetland Centre, a spectacular nature reserve

of 1400 acres, where you can sample a wildlife-rich landscape and amazing views of the Solway. The reserve was the location for BBC's Autumnwatch in 2015 and the café, visitor centre and tower hides can give you a welcome break from the saddle.

As the B725 loops back towards Dumfries, the time trials route now follows the River Nith, with very attractive views across to Criffel. The village of Glencaple is an ideal coffee or lunch spot, and here you'll find the Nith Hotel and The Boathouse, which are excellent places to eat – and The Boathouse has a small deli and gift shop too. Do find time to time stop and browse at Vintage on the Nith, a charming antiques shop that specialises in furniture from the 1950s to 1970, glass and ceramics and has a section of antiquarian books as well. You're now only three miles from the Crichton, which you enter through one of the Glencaple Road gates.



British Cycling and Dumfries and Galloway Council wish to thank the communities of Bankend, Caerlaverock and Glencaple for their support and cooperation on June 23, to enable the national Time Trials to take place safely.