

Musselburgh to Innerleithen

km		
		Leave station carpark
0.2	RB	2 nd exit no SP
0.8	TR	At Tfl no SP onto B6415
2	RB	2 nd exit SP B6415 Millerhill
4.3	TR	SP Danderhall (A6106)
4.5	TL	At T SP Danderhall
4.6	RB	1 st exit SP A6106 Dalkeith
5.6		Sherriffhall Roundabout – CARE! Take 4 th exit SP A7 Galashiels
		Follow A7 thro various RBs and Tfl to
18.7	TR	SP B7007 Innerleithen
42.7	TR	At T SP A72 Peebles
42.8		CONTROL Innerleithen

Innerleithen to Johnstonebridge

		Continue along High Street
43.0	TL	SP B709 St Mary's Loch
57.4	TR	At T SP A708 Moffat
88.6	TL	No SP opposite turning circle
90.7	TL	At T no SP
93.9		Poldean
97	TR	SP Newton
98.1	TR	Over railway bridge
99.6	TR	At Xrds no SP
100.4	TL	At T B7076 no SP
102.7	TL	SP Services
103.1		CONTROL Johnstonebridge Services

Johnstonebridge to Newton Stewart

		Retrace to B7076
103.6	TL	At T SP B7076 Johnstonebridge
103.9	TR	SP Johnstonebridge
106	TL	At T SP B7020 Templand
111.6	TR	In Templand SP Shieldhill 4
116.8	TL	At Xrds SP Shieldhill ¾
120.7	TR	At T SP A701 Moffat
121.7	TL	SP Duncow 3
126.4	TR	At T SP Auldgirth 4
132.9	TL	At T SP A76 Dumfries
133.2	TR	SP Dunscore 3½ - CARE!
134.3	TR	SP Glenmidgie 1½
134.7	TL	SP Dunscore 3
134.9	TR	At T SP Glenmidgie ¾
136.2	TL	SP Glenmidgie Smithy
137.2	TR	Bear right at fork no SP
139	TL	Bear left at fork no SP
139.9	TR	No SP opposite Upper Breccoes
141.8	TR	At T no SP onto B729
146.6	TL	At T SP A702 Moniaive
150.2		Info Control on right at junction
	TL	SP A702 Dalry
170.6	TR	At T in Dalry SP A713 Ayr
171.8	TL	After bridge onto A762 no SP
173.6	TR	SP Glenlee
174	TL	At postbox SP Byway
179.8	TR	At T no SP onto A712
200.1	TR	SP B7079 Newton Stewart
201.9	TL	After bridge into
		CONTROL Newton Stewart

Newton Stewart to Maybole

	Retrace to junction then	
	TL	SP A714 Girvan
215.3	TR	SP Glentrool Village 2
230.6	TL	SP Crosshill
249.5	SO	At Xrds SP Crosshill 1
255.4	TL	At T SP A77 Girvan
255.5	CONTROL Maybole	

Maybole to Abington Services

	Retrace along A77	
256.1	TR	SP Kirkmichael
257.9	TR	At T SP Kirkmichael
267.4	TL	In Straiton SP B741 Dalmellington
277.2	TR	At T SP A713 Dalmellington
277.9	TL	SP B741 New Cumnock 10
278.1	RB	1 st exit SP B741 New Cumnock
294.9	RB	2 nd exit A76 Dumfries
306.8	Kirkconnel Info Control on right	
311.4	TL	At Tfl SP B740 Crawfordjohn
333.4	TR	At T SP B7078 Abington
337.6	RB	2 nd exit SP Services
	RB	1 st exit SP Services
	CONTROL Abington Services	

Abington Services to Musselburgh

	Retrace to Roundabout	
337.8	RB	1 st exit SP A702 Edinburgh
339.6	RB	1 st exit SP A73 Lanark
349	TR	SP Symington 2
351	TL	At T in Symington
351.2	TR	At playpark into Manse Rd
352.2	TR	At T onto A72 no SP
355.2	TL	At T SP A702 Edinburgh
358	TR	SP A72 Peebles
363.9	TL	At T SP A701 Edinburgh
384.3	SO	At Xrds SP A6094 Dalkeith
387.4	RB	3 rd exit A6094 Rosewell
393	TR	SP Rosewell
394.8	TR	At T SP A6094 Bonnyrigg
395.1	RB	2 nd exit SP A6094 Bonnyrigg
	SO	Thro next 3 RB's
398.8	RB	1 st exit SP A7 Edinburgh
	SO	Thro next 2 RB's
401.7	Sheriffhall Roundabout – CARE! 3 rd exit SP a6106 Millerhill	
403.1	RB	3 rd exit SP B6415 Musselburgh
403.2	TR	
403.2	TL	SP B6415 Musselburgh
405.8	RB	1 st exit SP B6415 Musselburgh
407	TL	At Tfl no SP
407.6	RB	2 nd exit no SP downhill
407.9	TL	Into Denholm Rd just before pedestrian crossing
408.2		Take 4 th cul de sac on right
	FINISH 78 Denholm Road Take bikes thro gate into garden	

Key

TL/TR – Turn left/ turn right

SO – Straight on

T – T junction

Tfl – Traffic lights

RB – Roundabout

SP – Signpost