

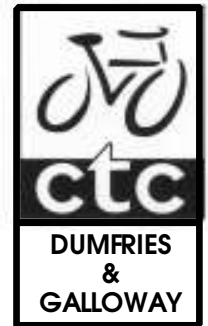
Guid Nychburris Twa-Step

Audax Cycle Challenge

Permanents

Step 1 - Oot tae Carrick 200K
Step 2 - The Cumberland Gap 300K

Supported by



These route are based on my original Guid Nychburris 500K which I have re-organised to provide you with 2 x Permanents.

Designed to give you an enjoyable ride with VERY SIMPLE NAVIGATION.

From DUMFRIES

Step 1 - You'll have a scenic ride round Galloway and Ayrshire on lightly trafficked, (un)classified roads with Controls at New Galloway, Minnigaff(Newton Stewart), Dalmellington and Moniaive.

DUMFRIES

Step 2 - The opening 50 miles is relatively flat. The designated route through Carlisle is straight forward and brings you to an unclassified road West of the M6(to enter Southwaite Services), direct to Penrith. The new route makes use of the "Services Road", west of M6(Route7)

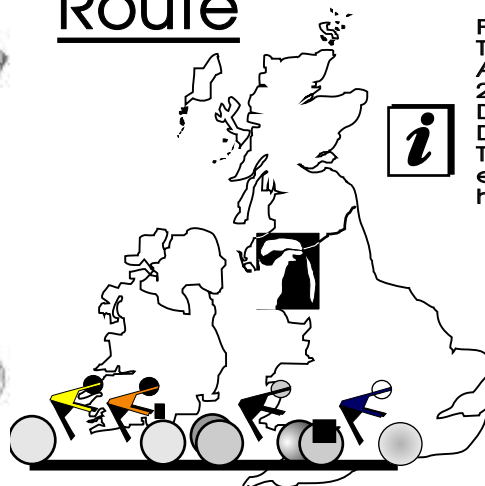
In Penrith(southbound) go thru the Town, but northbound you must follow the one-way system. The Southern control is at Carnforth Truck Haven(adjacent to roundabout north of Town). The return route is via return controls at Southwaite Services and North Carlisle, ascending Shap from both directions.



The routes are rural, with limited stops outwith the designated Controls. So plan you ride.

Open, exposed countryside.

Route



For information & entry form send s.a.e.
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