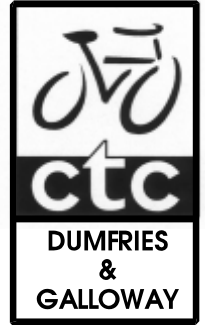


Guid Nychburris Twa-Step

Audax Cycle Challenge 6/7 September 2008

Glasgow CTC DA

Supported by



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

This route is based on my original Guid Nychburris 500K which I have re-organised to provide you with 2 x BR events in one weekend. So keep your diary free for these Audax Ecosse rides, designed to give you an enjoyable ride with VERY SIMPLE NAVIGATION. The start times have been necessary to suit the majority of controls and availability of "helpers"

Saturday 6th Sept 2008 - 6am Start - DUMFRIES(Mabie)

On step 1 - You'll have a scenic ride round Galloway and Ayrshire on lightly trafficked, (un)classified roads and there are excellent Controls at Minnigaff, Dalmellington and Moniaive.

Sunday 7th Sept 2008 - 5am Start - DUMFRIES(Mabie)

Step 2 - Outwards from Mabie, 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, direct to Penrith. In Penrith(southbound) go thru the Town, but northbound you must follow the one-way system. The Southern control is at Milnthorpe(A6) Wildlife Oasis. The return route is via controls at Calthwaite and Longtown, ascending Shap from both directions

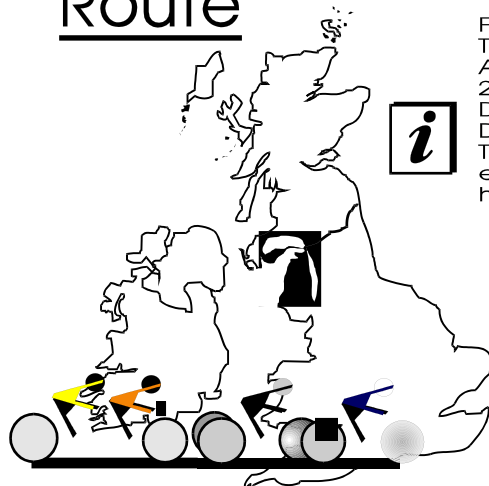


Both events are planned to start and finish at the Ranger's Office, Mabie Forest. For travelling instructions and directions to start, see www.dandgcycling.org.uk and click link to Oot Tae Carrick. The Ranger's Office is situated in the courtyard, just behind the Mabie Hotel, follow temp AUK signs or official signs to Recreation Office. Good forest parking, usually contributions to honesty box

Overnight accommodation is available at Marthorn of Mabie Independent Hostel/Education Centre. If you prefer, there is convenient camping/caravan, B&Bs Hotel close-by.



Route



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