

BE ACTIVE!

Walking and Cycling Opportunities in **Keir, Penpont, and Tynron**





Be Active!

Being and keeping active is vital for your physical and mental health. Whether you're a visitor exploring our beautiful local villages and countryside or a resident wanting to make more of the area, getting out and about through gentle exercise keeps those muscles and joints active, reduces blood pressure and stress and allows you to enjoy the company of others.

Walking and Cycling ———

Fortunately, the countryside around the communities of Keir, Penpont and Tynron, in mid-Nithsdale, Dumfriesshire, contains plenty of opportunities to be and to keep active while visiting local attractions – as illustrated in our map, overleaf.

Our principal paths run around the community of Glenmidge and over Halliday Hill, in the south; from Keir Mill over Capenoch Hill to Tynron, in the middle; and from Keir Mill along the Scaur Water to Penpont in the north. But there are miles of other walks to enjoy and plenty of quiet roads on which to cycle – with bike repair stands in Keir Mill, Penpont and on the Active Travel Path (see opposite) to help you on your way.



Active Travel Path

The first section of our Active Travel Path was opened in March 2024 and runs from the centre of Penpont village for two miles (nearly) all the way to Thornhill, our nearest town – we expect to complete the path by 2026.

The path is separated from road traffic but fully paved, has level or gently sloping gradients and is suitable for all activities - from cycling and walking to skateboarding and horse riding. It is fully wheelchair accessible. The path offers the perfect opportunity for gentle (or strenuous!) activity, with places to stop and admire the views, and is a springboard for other paths and cycle routes to take you further afield.

E-Bike Hire

Want to explore more of our communities and countryside at leisure while staying active? Why not hire one or more of our e-bikes? The KPT Development Trust has a range of bikes for adults, young people and children, and a cargo bike to carry small loads (or children!). At £10/day or £5/half a day they are tremendous value and provide a way of delving into the quieter and usually more inaccessible parts of this area in an environmentally sustainable fashion.

Community Café

After all that activity you will need to relax and refresh yourself and where better than in our friendly, local community café? The Three Villages Café is open from 9.30 am until 4pm, Wednesdays to Sundays, and offers a full menu of breakfasts and lunches – all made to order - drinks and homemade cakes & desserts, using fresh produce from our community garden where possible. On Friday evenings there is a tea-time club. To join, just book a table or take-away. We offer free wi-fi indoors, a tea garden outside and e-bikes for hire.



KPT Development Trust

The KPT Development Trust is a charitable company, limited by guarantee, established to advance the social, economic and environmental development of the three rural communities of Keir, Penpont and Tynron in Nithsdale, Dumfries and Galloway.



Working with local people, community councils, the regional council and other stakeholders, as appropriate, the Trust aims to address the sustainability of the KPT area, including:

- Jobs, disadvantage and conditions of life generally;
- The provision of local services and infrastructure;
- The protection, improvement and promotion of the local environment; and
- The advancement of the local, cultural heritage.

Three Villages Café

Three Villages Café is a community enterprise café serving the communities of Keir, Penpont and Tynron. This social enterprise was set up by KPT Development Trust and is managed and run by staff and volunteers. The café is situated on Main Street, Penpont.

For More Information

Visit our website <https://kptdevelopmenttrust.org> or the Facebook pages for KPT Development Trust or Three Villages Community Café.

Contacts

Email: info.kptdt@gmail.com

Tel: **01848 331435 / 07873 320824**

E-Bike Hire

For e-bike hire contact us as above or call in to the community café.



The KPT Development Trust is grateful to the following organisations for financial assistance with this leaflet and many of the activities described in it.



Supported by



Active Travel Path

Core walking paths

Cycling routes

Byways

Links

Kirkpatrick Macmillan Loop

Only one mile from Penpont on the way to Keir Mill is the former home of local blacksmith Kirkpatrick Macmillan (1812-1878), inventor of the first pedal-driven bicycle.

Transport

Walking



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