

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.











# Walking and Cycling Routes within the Communities of Keir, Penpont and Tynron

Nirkpatrick Macmillan Loop Active Travel Path Cycling routes 

and Country Estate, the Duntifiesshire home of the Duke and Duchess of Buccleuch, offers numerous cycling and walking trails to suit every ability and interest all year round. From short walks to more strenuous marked paths, to scenic cycle tracks, family trails and off-road mountain bike trails, the trails range from 1.5km to 7km.

The spectacular 17th-century Drumlanrig Castle Drumlanrig Castle and Country Estate www.drumlannigcastle.co.uk 01848331 555

> All routes are suitable all year round, but some walking tracks may be boggy underfoot in countryside of Mid and Upper Nithsdale offer a wide variety of walks and cycling routes to explore. Over varying distances, they take in sites of historical interest and fine views advised to choose a route that is best suited to the weather conditions and your ability. and there are a range of routes to suit all ages and abilities. The terrain is mixed so it is Surrounded by beautiful scenery, the villages of Keir, Penpont and Tynron and the Byways Links Core walking paths

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

wet weather.

# **Useful information**

# **Transport**

The 212 bus service operates Monday-Saturday www.travelinescotland.com 0871 200 2233 Thomhill there are regular services south into nformation on all bus services in the area is between Moniaive and Thornhill, and from available from Traveline Scotland. Dumfries and north to Sanguhar.

## Walking

and Penpont-Keir Mill circular are available from the KPT office, Main Street, Penpont, the Three Route information and maps for Core Path 73 Villages Café and village shop, Penpont and online: www.kptdevelopmenttrust.org









known as Jake, at the door has a long connection to of what is now the Three On the right is his advert eycling and bike repair. Pictured is John Hyslop, Villages Café in c. 1930. promoting motors and The Cross in Penpont bicycle repair.

# Amenities

In Penpont there is a village shop and community café. There are public toilets in the car parking area on Marrburn Road opposite the Three Villages Café.

# Accommodation

from Airbnb to star-rated self catering, as well as There is a full range of self catering in the area, www.visitscotland.com/accommodation/ hotels and bed & breakfasts.

To Core Path 51 and "Striding Arches" by artist Andy Goldsworthy

Tynron Doon Iron Age hillfort

# Responsible Access

- Please keep dogs under close control.
- Follow the Scottish Outdoor Access Code! Please park considerately.
  - www.outdooraccess-scotland.scot

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