

### Course Details

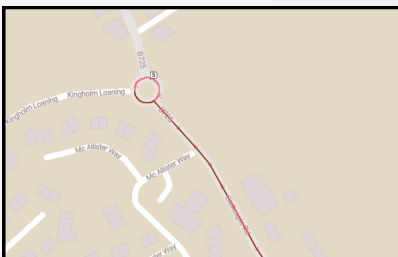
Glencaple 10 takes in a classic Dumfries cycle route. Part of the Sustrans Cycle network Route 7. The course starts beside the Nith on Shore Road close to Caerlaverock Nature Reserve. Then heads North West back towards Dumfries. The first section is flat in nature then gently rises towards the Turn; a roundabout at Brownhall Primary School. With the turn being the high point of the course the return leg is a fast flowing down hill. Total elevation for the course is approx. 330ft

### Current Course Record

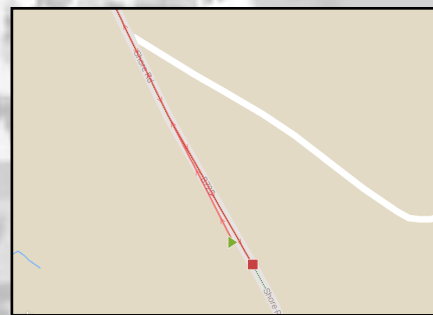
Cameron Scade— 24min 08sec



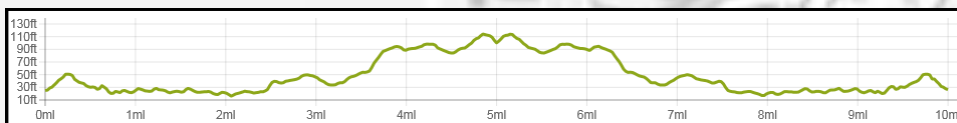
Parking at Caerlaverock Tearoom Car park Glencaple.



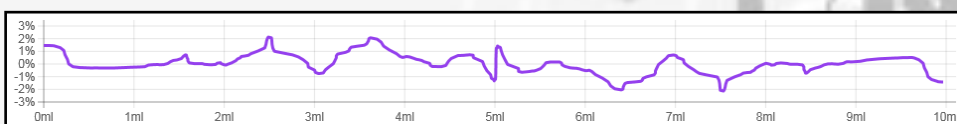
The Turn at 5 mile mark roundabout at Brownhall Primary school.



Start/Finish location.



Course Profile



Course Gradient

↔	distance	10.00 ml
▲	Ascent	331 ft
▼	Descent	329 ft
▲	Max Grad	2.1 %
▼	Min Grad	-2.1 %