



## Kirkpatrick Coast to Coast – Portpatrick to Eyemouth

### Summary

The Kirkpatrick coast to coast cycling route is the perfect way to discover Southern Scotland. This brand new route traverses Galloway and the Scottish Borders where you'll have the opportunity to explore ancient castles, historical abbeys and beautiful moorland scenery. Here you'll find some of the finest road cycling in the UK through gorgeous rolling green hills. If you're looking for a coast to coast cycling trip through hidden corners of Scotland, this the trip for you!

### Highlights

Strolling around the historic streets of Kirkcudbright, Scotland's artists' town  
Soaking up the history at Melrose Abbey, a monastery founded in 1136  
Enjoying the fresh Scottish air surrounded by wonderful moorland scenery

### Example 4-Day Itinerary

**Day 1.** Arrive in Eyemouth and we'll transport you to the pretty west coast village of Portpatrick. Stay overnight in a very comfortable bed and breakfast or hotel. You can enjoy the local hospitality and soak up the harbour atmosphere.

**Day 2. Cycle from Portpatrick to Gatehouse of Fleet, distance approx. 64 miles.** As you head east you'll skirt around Luce Bay with spectacular coastal views. You pass the impressive Glenluce Abbey then through the the Gateway to the Galloway Hills, Newton Stewart. The spectacular viaduct over the River Fleet, dating from 1861 is a worthwhile detour just before you descend into Gatehouse of Fleet where you spend the night.

**Day 3. Cycle from Gatehouse of Fleet to Lockerbie, distance approx. 64 miles.** Continuing along the beautiful Solway Coast, the views over to the Isle of Whithorn and beyond to the Isle of Man are spectacular and you'll have the chance of spending some time browsing the galleries in Scotland's artists' town, Kirkcudbright. Continuing east, the rolling green hills stretch out ahead along ancient military roads all the way to the bustling town of Lockerbie.

**Day 4. Cycle from Lockerbie to Melrose, distance approx. 73 miles.** The route today crosses some of the most remote areas of Dumfriesshire and the Borders. The climb into Langholm Moor takes you to a height of 300 metres and you're rewarded with stunning views. Through dense pine forest, your journey for the day ends at the pretty Borders town of Melrose.

**Day 5. Cycle from Melrose to Eyemouth, distance approx. 51 miles.** There are impressive sights in the form of Dryburgh Abbey, Floors Castle (owned by the Duke of Roxburgh), Kelso Abbey and Norham Castle. Your ride finishes in the lovely harbour town of Eyemouth, where you can enjoy a celebratory night or head home straight away.

### Duration:

4 to 6 days of fabulous cycling  
4 to 7 nights of comfortable accommodation

### Total Distance:

408 km or 252 miles

### Self Guided trip includes

- Comfortable accommodation
- Baggage transfers
- Transport from Eyemouth to Portpatrick at the start or end of the trip
- Comprehensive maps, gpx files & list of services on the route
- Phone support from us

### Available on request:

- Pick up and drop off at public transport links
- Bike and equipment hire

### Dates:

Self-guided cycling trips are available between April and September for groups of 2 or more. Contact us with the dates you have in mind.

### What bike?

The Kirkpatrick Coast to Coast cycle route can be ridden on a hybrid, gravel, road bike or mountain bike. See below for more details.

### To make a booking or for more information:

Email us:

[info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone us: +44 (0)7922 653327

or +44 (0)141 6286676



## Kirkpatrick Coast to Coast – Further Information

### Accommodation and food

We use only tried and tested accommodation providers on our trips, many that we have worked with for years, so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in guest houses and hotels is always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. Most of our accommodation is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is now also pretty much universal in every location. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement of at least £30 per person, per night will apply.

### Clothing and kit

Southern Scotland receives a generally mild climate all year round with the Gulf Stream passing our western coastline. There are even palm trees growing in the region! The east is generally a bit drier but cooler than the west, however conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>) and a list of useful items will also be sent to you when you book your trip with us. General climatic information for Scotland is available here: <http://www.scotlandinfo.eu/weather-climate.html>. Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes from us, we can provide pannier bags in which to carry supplies for the day.

### Midges!

Midges (small biting insects) can be a pest in the Highlands but are usually not a problem when you're on the move. If you decide to stop for a break in a sheltered spot where there is no wind and there are trees and water in the vicinity, there will always be midges around. They rarely cause a serious problem, they're more of a nuisance, but some people react badly to their bites and develop an itchy red spot which can be irritating. Some insect repellent is advisable, those containing DEET being the most effective, and cream is available in pharmacies that relieve the irritation of the bites.

### The route

The Kirkpatrick Coast to Coast cycle route is a brand new cycle route along quiet country roads. This coast to coast route follows quiet country lanes through the rolling scenery of Dumfries and Galloway and the Scottish Borders. This trip, if completed in 4 days starting in Portpatrick and finishing in Eyemouth, has a **Fitness Grading of 7** which means that you should have a high level of fitness and stamina from regularly taking part in cycling-based activities. You are comfortable riding for up to 8 hours per day. The route is on generally gently undulating terrain but there might be short sections of physically demanding terrain.

### **What bike?**

The Kirkpatrick Coast to Coast route is perfect for hybrid, gravel or road bikes as the entire route is on paved roads. It is possible to complete the route on mountain bikes but it is advisable to fit smooth tyres to help rolling along the country roads. Ask us if you need any further advice.

### **Bike hire**

We are currently unable to provide hire bikes for this route.

### **Self guided trips**

Our self guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). We will organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

### **Fully supported trips**

Our fully supported cycling trips are designed to provide you with a completely hassle-free biking holiday experience. We will organise every aspect of your trip including quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick up and drop off at locations convenient for your travel plans and full support from our friendly, knowledgeable back-up team in case of technical (or physical!) emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road!

### **Transport and baggage transfers**

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless prior arrangements are made.

### **Any questions?**

We've tried to cover everything on our website and this information pack but if you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone: +44 (0)7922 653327 or +44 (0)141 6286676

**We look forward to seeing you on one of our fantastic biking adventures!**