

Shortest distance 201km, suggested route 208km.

After a bit of A77 good, quiet roads nearly all day. Stay off the A75, it's subject to large convoys of trucks off the Stranraer Ferry.

Enjoy Glen Trool and Merrick.

Not much at Glenluce or St John of Dalry's, the old military road to Dumfries is a gem.

I stayed at Mabie Forest, <http://www.marthrownofmabie.com/>.

They've been host to Tom Hanleys' audax weekends in the past.

Log from 2007, I've changed the controls of this leg a lot from Peter Coulsons original but still used a lot of the same roads.

W8 (210km). Dumfries, Castle Douglas, Moniaive, Dalmellington, Newton Stewart, Girvan.

09/06/07 (Sunday), 131m on clock, 12hr57 0619-1916, Dry to start.

Stayed at Marthrown bunkhouse in Mabie Forest. From the centre of Dumfries I took the Dalbeattie road before turning right to Lochfoot and continued along the old military road to Castle Douglas. After a till receipt at a newsagents past the PO sorting office I was sent back up the road past the roundabout to take the first left. This leads to Old Bridge of Urr and the B794 to Corsock. Here a right leads naturally to the A702 and Moniaive. Into the village for a stamp and food before retracing onto the A729 to Carsphairn for a butty at the shop/cafe there.

Followed A713 to Dalmellington where the shop was open. Started raining. Back on the A713 I took first left towards Straiton and into the mist over the moors. In Straiton I turned south thru Glen Trool, thence onto the A714 to Newton Stewart. This road was quiet with a good surface so after controlling in Newton Stewart I retraced and continued (without rain) to Girvan where I had digs booked at the Royal Hotel, a cheap contractor's pub where I got fed as well.