

Shortest distance 201, suggested route 209.

Lanes to Bamburgh on the coast before turning to pleasant cycling through the Borders. There is a 2km section of track before reaching the A68 that I've marked as a waypoint in the gps file. I've never ridden it but the Google camera car has been down it and it looks fine. It saves 2km.

Eventually join the A7 at Stow where there is very little, maybe a shop and cafe. A GPS fix might be useful for proof of passage. A lane runs parallel to the A7 for a good way, but I've not found the A7 too bad here outwith rush hours. Cycling is banned on the A720 and the A90 near the Forth Bridge. I've picked a route through Edinburgh that makes straight through the centre to pick up the A90 out of town.

Currently (2013) tram works are carrying on in the area of Lothian St and Queensferry Road and it's not clear what cycling provisions there will be, so I suggest a 200 yards walking in that area will stop you getting lost. I haven't ridden the route off the A90 from Burnshot to the Forth Bridge that's in the GPS file, but Martin Foley from Ecosse has cleared it, and it has good write ups on the cycling forums. I've found the NCN1 track to Dalmeny hard to follow in the past.

There is a travelodge at Glenrothes <http://www.travelodge.co.uk/hotels/274/Glenrothes-hotel>.

I've stayed in the past in Freuchie, the hostel at Falkland has been closed some years now.

E9 (210k). Falkland, Inverkeithing, Stow, Kelso, Bamburgh, Alnwick.

07/10/06, 140m on clock, 13hr08, 0507- 1845. Dry, moderate westerly.

Up in the dark again and back to Falkland with butties in lieu of breakfast.

Mine hosts had counselled against the shorter route through Glenrothes.

I heeded their advice and had no difficulty following the A92 in the dark.

As light came I needed a lot of care on the slip-roads and was glad to find a garage near Crossgates where I warmed up. It had been a headwind so far and I was frozen. At Inverkeithing I was sweating over the road bridge being closed cos of wind. It was OK, it occurred to me I could at a pinch have taken the train to Dalmeny. On the other side there were signs on the A90 prohibiting cyclists so I followed the sustrans route until it rejoined the A90 at a point where it seemed busier!

A 3 pronged attempt to leave Edinburgh finally succeeded when I turned R just after Waverley Station, and saw a sign for the A7. A nice steady climb over the Moorfoot Hills and down to Stow which apart from the shop was short on controls. (Galashiels could have been used at a pinch.)

Steep climb out then a short stretch on the A68 to Earlston and a break.

B road to Kelso where I duly got lost trying to find my way out.

Crossing the river is the trick! Then a tail wind all the way to Bamburgh on easy

B roads. Shops shut but a couple of pubs open so I avoided a trip into Seahouses.

B roads and lanes to get to the flyover at the A1 to Alnwick. Fairish weather and the wind made it the easiest day of the three. Met Mary and went on holiday in nearby Rothbury.

