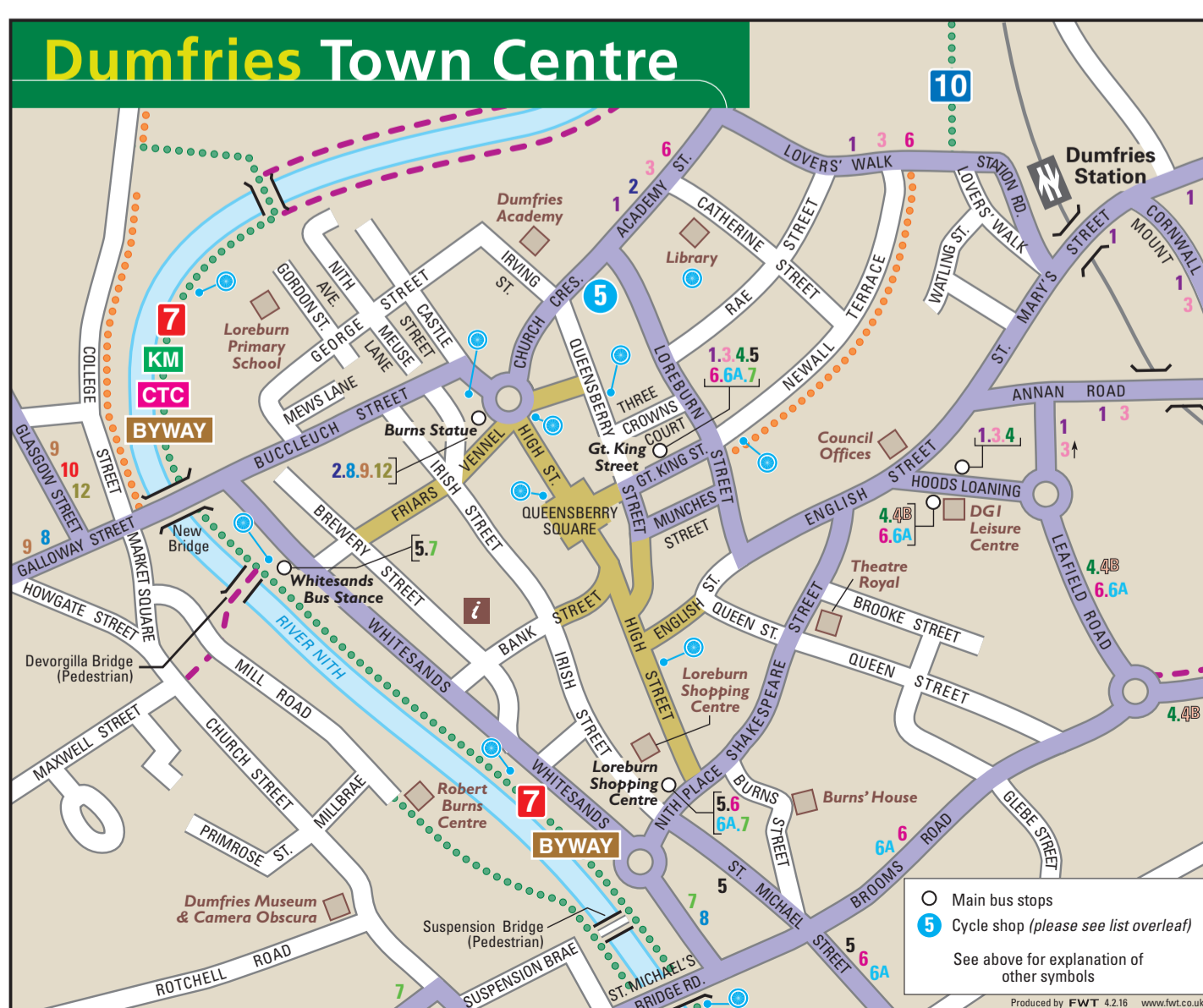


Dumfries Town Map



See map overleaf for continuation of cycle and bus routes beyond Dumfries



Go SMART!

Welcome to your GoSmart Active and Sustainable Travel Guide for Dumfries & Galloway. This guide provides you with information you need to get more active and to travel sustainably in Dumfries & Galloway. It shows some of our traffic free paths for walking or cycling, signed longer-distance cycle routes and public transport information.

GoSmart is an initiative to encourage the residents of the region and visitors to Dumfries and Galloway to get more active and try out ways of travelling sustainably. We have information, ideas and incentives to encourage you to GoBike, GoBus, GoWalk and GoShare.

If you have suggestions or comments on how GoSmart could improve conditions for walking, cycling, or using the bus in and around Dumfries & Galloway, let us know and we'll see what we can do. Sustainable Travel Team contact details are below.

Phone us free on: 0800 0234 586
Email us at: gosmart@dumgal.gov.uk

Write to us at: Sustainable Travel Team, Millitia House, English Street, Dumfries DG1 2HR

Go BIKE!

Cycling is a great way to make short regular journeys, or to spend leisure time. Cycling regularly can bring lots of benefits. A quick way about town: Cycling can be a quick and reliable way to travel around town and when you get to your destination there is no time wasted trying to find a parking space.

A cheaper way: You can buy a commuter bike for less than the monthly payment on a new car. Cycling just three miles to and from work every day could save something in the order of £200 per year in fuel for an average sized car.

A healthier way: Cycling regularly is a great way of getting and staying fit. Adults should get 150 minutes of moderate exercise each week in bouts of 10 min or more.

- This brings a whole host of proven benefits:
- Feeling good: Regular activity can make you feel fitter and more alive. People who exercise more are happier and less likely to suffer from mental health problems.
 - Having more energy: People who exercise more actually get less tired and jaded at work.
 - Better sleep, less stress: Exercise and fresh air help you to sleep and reduces stress levels.

But perhaps most of all, cycling is great fun. Give it a go and find out! Get in touch with our Sustainable Travel Team to find out how to start enjoying the benefits cycling can offer you.

Go BIKE!

- 30 Second Bike Check**
1. Lift the front end of the bike by the handlebar stem:
 - Pat the front tyre to check the wheel is tight in the frame.
 - Squeeze the sides of the front tyre to check inflation.
 - Wobble the tyre/wheel from side to side to check there is no excessive bearing play.
 2. Return the wheel to the ground, apply the front and rear brakes:
 - Check that the brake pads bear evenly on the rim.
 - Check that the cables inside the levers are free from fraying.
 - Check that there is no part of the mechanism missing.
 - Check by pushing the bike forward that the brakes work.
 3. Release the brakes, step over the front wheel and grip in between the knees:
 - Grasp the handlebar grips, check for side to side up and down movement.
 - Check that all levers on the handlebars are tightly fitted.
 4. Move towards the rear of the bike, grasp the saddle:
 - Check for movements up and down and side to side.
 5. Lift the rear of the bike by the saddle:
 - Pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame.
 - Squeeze the sides of the rear tyre to check inflation.
 - Wobble the tyre/wheel from side to side to check for bearing tightness.
 6. Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle:
 - Work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket and jam.
 - Repeat using the front gear changer to ensure the chain will not throw off the chain rings.
 - Wobble the pedals side to side in turn to check there is no excessive play in bearings or in the bottom bracket.

Go WALK!

Why Walk?
Health: Walking regularly is a great way of staying and getting fit. Walks can be tailored to every ability and do not have to be strenuous. Adults should get 150 minutes of moderate exercise each week in bouts of 10 minutes or more.

The feel good factor: Regular activity can make you feel fitter and more alive! People who get regular exercise are happier and less likely to suffer from mental health problems.

With lots of local walks in the Dumfries & Galloway region to enjoy, reduce your stress levels and enjoy the outdoors.

If your journey involves a car journey, try parking a bit further away and walk the last section. This would count towards your 150 minute a week exercise.

Go BUS!

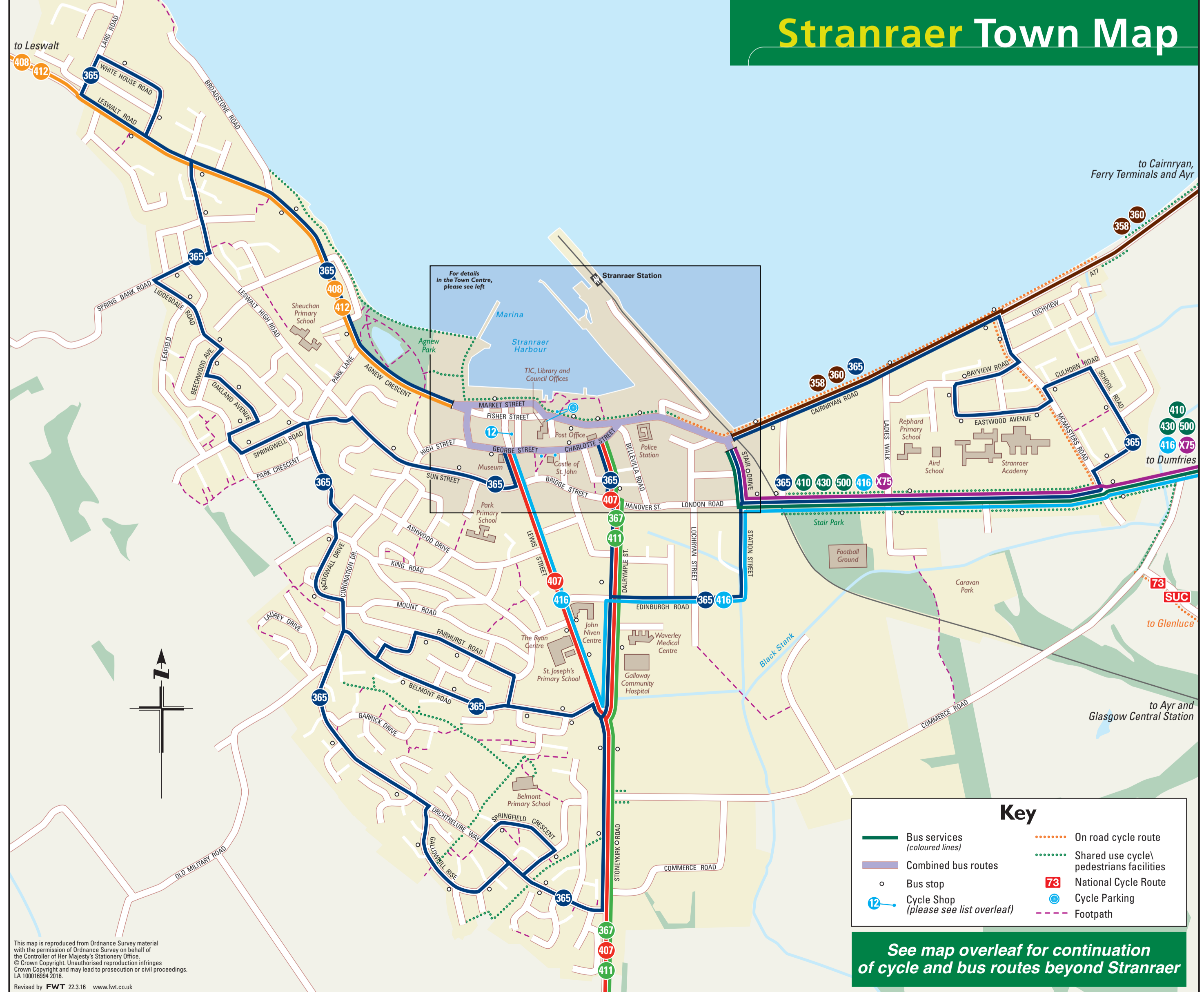
- Have you thought about taking the bus instead of the car? It can:
- lower your carbon foot print.
 - save you money - less petrol and fewer miles on your car.
 - help avoid the parking dilemma and congestion by dropping you in the centre of town.

Traveline Scotland: For instant public transport information or to plan a journey, contact Traveline on 0871 200 22 33
www.travelinescotland.com

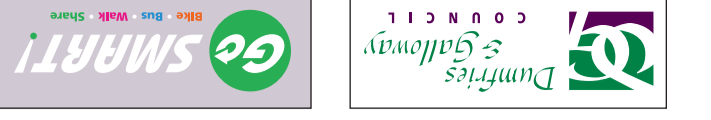
traveline
public transport info
0871 200 22 33
(calls from landlines cost 12p per minute)
www.travelinescotland.com
service available 24 hours, 7 days a week



Stranraer Town Map



See map overleaf for continuation of cycle and bus routes beyond Stranraer



Dumfries & Galloway Sustainable Travel Map

SUSTAINABLE TRAVEL MAP
Due to the rural nature of our region, travel is essential and choosing sustainable means of transport has a wide range of benefits, for both users and the wider environment.

Vehicular travel is one of our main sources of atmospheric emissions contributing to unnatural climate change. By embracing more sustainable and active means of travel we can significantly decrease our personal contributions as well as playing a part in meeting wider targets. Active travel is the most environmentally friendly, cost effective and healthy method of getting around, and is an easy way of reaching the NHS' recommended levels of physical activity. This improves health and has been shown to reduce risk of heart disease, stroke and type 2 diabetes by 50%.

By using sustainable methods of travel we can also help reduce congestion within our towns. Traffic on our roads has grown in recent years and is predicted to continue to grow between 19 and 55% over the next 25 years, unless we take action.

SWestrans is one of seven regional transport partnerships in Scotland and covers an area contiguous with the boundaries of Dumfries & Galloway Council. SWestrans is responsible for providing transport to the region that supports the above and provides a viable alternative to private travel.

This map has been produced to make it easier finding alternatives to the car by showing bus, cycle and walking routes across the region. Also included are some places of interest in Dumfries and Galloway which you may like to visit.

Produced by FWT 7.4.16 www.fwt.co.uk

General Information

- Transform Scotland: www.transformscotland.org.uk
- Energy Saving Trust: www.est.org.uk
- The Association for Commuter Transport: www.act-uk.com
- Choose Another Way: www.chooseanotherway.com
- Tourist Information: www.visitdumfriesandgalloway.co.uk

Bus timetables may be viewed online at www.swestrans.org.uk
Copies are available from public libraries, council offices, tourist information centres and other outlets, or by phoning (01387) 260383

Dumfries & Galloway Sustainable Travel Map

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- 1 Ae Bike Shop and Café**
Ae Village
Parkgate
(01387) 860805
 - 2 Annandale Cycles**
Caledonian Place
Moffat
(01683) 220033
 - 3 Castle Douglas Cycle Centre**
Church Street
Castle Douglas
(01556) 504542
 - 4 DC2 Wheels**
12/14 Terregles Street
Dumfries
(01387) 256808
 - 5 Grierson & Graham Cycle Centre**
10 Academy Street
Dumfries
(01387) 259483
(free secure cycle parking available 9am-5pm Monday-Saturday)
 - 6 Halfords**
St. Michael's Bridge Road
Dumfries
(01387) 267118
 - 7 Kirkcovan Cycles**
The Old Red Crosshall
Victoria Lane
Newton Stewart
(01776) 702836
 - 8 Morrison Cycles**
23 High Street
Langholm
(01387) 380476
 - 9 MPG Cycles**
High Street
Dalbeattie
(01556) 610659
 - 10 Next Level Bikes**
21A St. Andrews Street
Castle Douglas
(01556) 504698
 - 11 Nithsdale Cycle Centre**
46 Brooms Road
Dumfries
(01387) 254870
 - 12 R.S. Bowie**
24-26 Queen Street
Stranraer
(01776) 702836
 - 13 Riks Bikedshed**
Drumlanrig Castle
Thornhill
(01848) 330080
 - 14 Studio Velo**
30 St. Andrews Street
Castle Douglas
(01556) 503069
 - 15 The Breakpad Bikeshop**
Kirkcudbright
Palnure
(01671) 401303
 - 16 W. Law**
19 St. Culbert Street
Kirkcudbright
(01557) 330579



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- | | | | | | | | | | | | | | | | | | | | | | |
|-------------|----|---------------|----|----------------|----|---------------|----|--------------------|----|-----------------|----|--------------------|----|------------|----|-----------------|----|------------|----|----------------------|----|
| Abington | G7 | Bentpath | I5 | Castle Douglas | F3 | Dalbeattie | F3 | Falldale | I4 | Hightae | H4 | Kirkland | F5 | Maybole | C6 | Newton Wamphray | H6 | Rhinehouse | F3 | Stoneykirk | B3 |
| Ae Village | G5 | Blackcraig | D3 | Castle Kennedy | D6 | Dalmeilington | D6 | Garlieston | D2 | Holywood | G4 | Kirkpatrick | G5 | Mennoch | F6 | Newtown Stewart | F4 | Rigg | D3 | Stranraer | B3 |
| Amisfield | H5 | Bladnoch | D3 | Caulkerbush | G3 | Dalswinton | G5 | Gatehouse of Fleet | E3 | Islesteps | G4 | Kirkpatrick Durham | F4 | Middlebie | H4 | Newtonnairns | F4 | Rockcliffe | G3 | Terregles | G4 |
| Annan | I4 | Boreland | I5 | Clarebrand | F3 | Dalton | H4 | Gatehouse of Fleet | E3 | Johnstonebridge | H5 | Kirkpatrick | I4 | Milton | G5 | Palnackie | F3 | Rowanburn | J4 | Thornhill | G5 |
| Arbigland | G3 | Borgue | E2 | Clarencefield | H4 | Dornock | I4 | Gelton | F3 | Keir Mill | G5 | Knock | A3 | Palnure | D3 | St Ann's | H5 | Tongland | H5 | | |
| Ardwell | B2 | Bridge of Dee | F3 | Clooseburn | G5 | Drummore | B2 | Glencairn | B6 | Kelloholm | F6 | Knocknain | A3 | Minnigaff | D4 | Park | G5 | Samye Ling | I6 | Tongland | F3 |
| Auchencairn | F3 | Brighouse Bay | E2 | Collin | H4 | Dumfries | G4 | Glencairn | H4 | Kelloholm | F6 | Knocknain | A3 | Minnigaff | D4 | Parkegate | G5 | Sandyford | I5 | Townhead of Greenlaw | F3 |
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