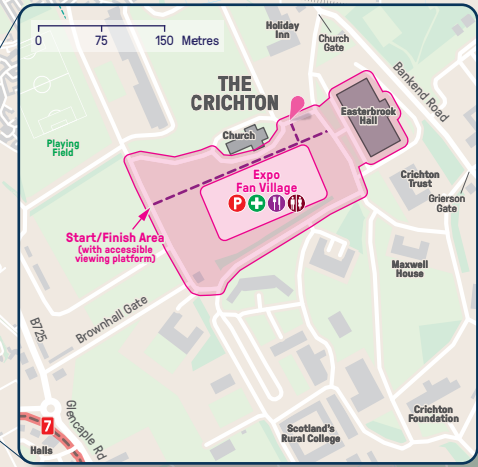


**KEY**

	Venue area		One way carriageway
	Public entrance		NCN route number
	National Cycle Network		Bus stop
	NCN Linking Route		Rail station
	Cycleway		Crossing
	Accessible trackway		Cycle parking
	Footway		First aid
	Steps		Catering
	Railway		Toilets
			Bike shop



## HOW TO REACH THE VENUES

### WHITESANDS and THE CRICHTON

Located on *National Cycle Network Route 7*, the historic market town of Dumfries is host to the Para Cycling Road Races, with event centres at two locations; The Road Races start and finish on the Crichton Estate, whilst the Individual Time Trial Races start and finish at the riverside location of Whitesands.

Both venues are easily accessible by bicycle from *NCN 7*, with Whitesands lying adjacent to the route, and the Crichton Centre a short distance away, with access via Bankend Road by the Holiday Inn Hotel. Dumfries Railway Station is located to the north of the town on the Glasgow South Western Line.

## APPROXIMATE DISTANCES AND TRAVEL TIMES FROM DUMFRIES STATION

<b>WHITESANDS:</b>	0.8 miles (1.3 km)	<b>by bicycle: 15 mins</b> <b>on foot: 40 mins</b>
<b>CRICHTON CENTRE:</b>	1.9 miles (3.2 km)	<b>by bicycle: 25 mins</b> <b>on foot: 45 mins</b>

## ADDITIONAL INFORMATION

**Note:** On-road sections of *NCN 7* south of Dumfries are being used as part of the road race route, and these will be closed to the public during the races between 11th – 13th August.

For more information about the event, including race schedules and ticket purchase, please go to:  
[www.cyclingworldchamps.com](http://www.cyclingworldchamps.com)  
or  
[www.southofscotlandenterprise.com/uci](http://www.southofscotlandenterprise.com/uci)



## FRIENDLY STOPS

<b>EASTERBROOK BISTRO</b> , Dumfries, DG1 4TL	01387 702224
<b>FROTHY BIKE CO</b> , Dumfries, DG2 1RX	01387 248770
<b>G &amp; G CYCLE CENTRE</b> , Dumfries, DG1 1EX	01387 259483
<b>DG2 WHEELS</b> , Dumfries, DG2 9AB	01387 256808
<b>THE USUAL PLACE CAFÉ</b> , Dumfries, DG1 1BZ	01387 253485
<b>KINGS COFFEE &amp; BOOKS</b> , Dumfries, DG1 1EX	01387 254444