

Route Information

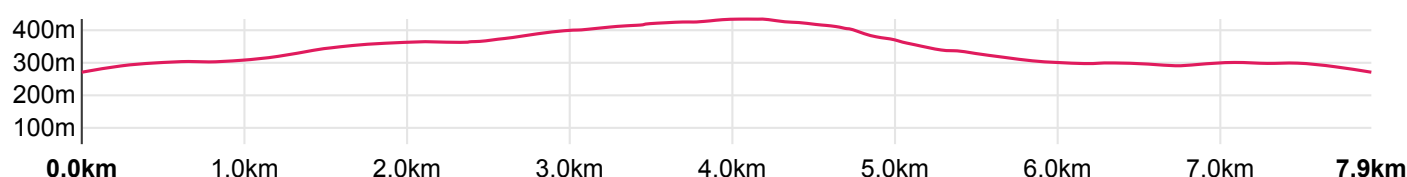
Route Name BSARU Family Route 1 2016

Leaving The Watch turn sharp left(west) on a tarmac road through a field. At the end of this field pass through a gate(cattle grid) and turn sharp right(North East) on a track alongside a wall. Follow this as it curves left and up hill, keeping the wall on your right. You will pass Allergrain Wood on your right as the track gently climbs. 200m beyond the wood you will turn sharp left. The grass track you are on now continues gently uphill past a cairn and over Scar Law. Ignore any tracks that lead off to either side and enjoy the views that open up on either side as you gain height over the next 1.3 km till you meet the wind farm road. Here you will take a very small dogleg left and continue over the road following the grass track as it ascends to the cairn on Dunside Hill which you will reach after a further 1.75km. This is the highpoint of your route so take some time to appreciate the views. To the North is the valley of the Dye Water, whilst north west you are looking towards the Fallago Rig Wind Farm. On a clear day you should also be able to see the Cheviot Hills to the south. The path you are taking turns sharp left and curves easily downhill for 2km until it joins the wind farm road. Take time to soak in the great views over Watch Water Reservoir as you descend, keeping Wester Grain (burn) and Sheilburn Wood on your left and crossing the Sheil Burn before rejoining the wind farm road. Bear left along this gravel road for a 100m before bearing right along the track signposted Southern Upland Way. Follow this track as it continues past Scarlaw Farm until you reach the finish back at The Watch after around 2km. Enjoy a well earned rest and refreshments! Thank you!!

Route Summary

Total Distance	7.91 km (4.92 mi)		
Elevation	271 m (889 ft) at lowest point	Walk	1 h 55 min
	435 m (1426 ft) at highest point	Run	1 h 3 min
Total Ascent	205.0 m	Cycle	45 min

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	NT 662 567	0.00 km	55° 48' 11" N	2° 32' 24" W	271m (889ft)
	Dist to next: 0.43 km				
62	NT 662 567	7.91 km	55° 48' 11" N	2° 32' 25" W	271m (889ft)