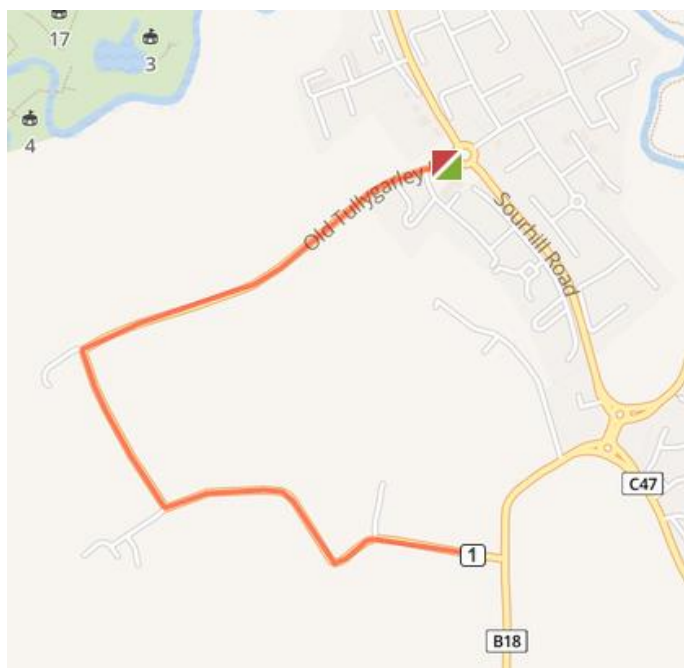


## Routes from the Rosses (updated 14 July 2020)

### Tullygarley Allotments (3.2k / 2.1m)

A mainly flat out and back route along a quiet rural road with no notable hills.



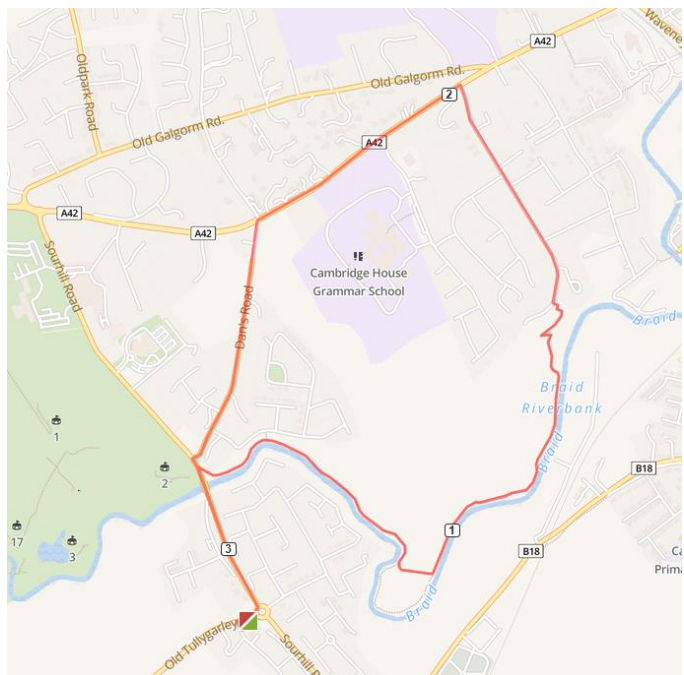
#### Start: Rosses Car Park

- From the Carpark turn onto the Old Tullygarley Rd away from the roundabout
- Follow the road for 1 mile to the Tullygarley Allotments on the right and then
- Return the way you came to the finish

#### Finish: Rosses Car Park

### Braid River Path and Dans Rd (5k / 3.1m)

A mainly flat circular route including a scenic riverside path with only one short notable hill at the end of the river path.



#### Start: Rosses Car Park

- From the Carpark turn follow the Tullygarley Rd until just before junction with Dans Rd then
- Right onto river path until top of zig-zags then
- Right onto Grange Rd then
- Left onto Galgorm Rd then
- Left onto Dans Rd then
- Left onto Tullygarley Rd to Finish

#### Finish: Rosses Car Park

## Routes from the Rosses (updated 14 July 2020)

### Toome Rd and Braid River Path (7.4km / 4.6m)

A mainly flat circular route including a scenic riverside path with only one short notable hill on the Toome Rd section.



#### Start: Rosses Car Park

Tullygarley Rd until roundabout then  
Left onto Toome Rd to mini roundabout then

Left onto Queen Street then

Over Harryville bridge then

Left onto Waveney Rd then

Left onto Galgorm Rd then

Left onto Grange Rd then at top of the small hill

Left onto Riverside path until it joins Tullygarley Rd

Left along Tullygarley Rd to Finish

**Finish: Rosses Car Park**

### Galgorm Rd and Galgorm Castle (4.8km / 3m)

A mainly circular route including a scenic section in the grounds of Galgorm Castle with only one short notable hill within the grounds.



#### Start: Rosses Car Park

- Follow Tullygarley Rd until just junction with Dans Rd then

- Right onto Dans Rd then

- Left onto Galgorm Rd to Galgorm village then

- Left into Galgorm Castle Grounds and follow road towards clubhouse

- Keep clubhouse and then County Hall on left and follow path to top of the hill then

- Right along the path downhill until it joins the Sourhill Rd then

- Right down the Sourhill Rd to

- Tullygarley Rd to Finish

**Finish: Rosses Car Park**