

164. St Marys Loch

Distance 21.5 miles/34km

Ascent 1097 metres

Start/Finish South St Mary's Loch, TD7 5LH

Follow the Southern Upland Way north along the eastern shore of St Mary's Loch to the A708 at the north-eastern end (3.7 miles/5.9km). Cross and continue to Blackhouse Tower (6 miles/9.6km). Turn L, leaving the Southern Upland way and following the trail up the Douglas Burn, then bear R heading north into the forest and across to the northern edge. Turn L onto a path over Peat Hill to a track junction into the forest. Turn R and follow the path north over Banks Burn and Kirk Burn and above Stake Law before turning L at a path junction and up to the summit of Stake Law at 681 metres. Continue up the ridge to the trig point on Dun Rig at 744 metres. Follow the ridge south-west over White Cleuch Hill to Blackhouse Heights at 675 metres. Turn L here and head south on the ridge over Black Law, Consleuch Head, Deer Law and Broomy Law before descending L to the road. Turn L and follow it to Clappercleuch, turn R and follow the A708 south, detouring off the road R but staying close and parallel to it back to the start.

Miles	Km	Directions
0.0	0.0	Follow the Southern Upland Way north along the eastern shore of St Mary's Loch to the A708 at the north-eastern end.
3.7	5.9	Cross and continue to Blackhouse Tower.
6	9.6	Turn left, leaving the Southern Upland way and following the trail up the Douglas Burn, then bear right heading north into the forest and across to the northern edge.
7.6	12.3	Turn left onto a path over Peat Hill to a track junction into the forest.
8.6	13.8	Turn right and follow the path north over Banks Burn and Kirk Burn and above Stake Law before turning left at a path junction and up to the summit of Stake Law.
10.6	17.1	Continue up the ridge to the trig point on Dun Rig.
11.4	18.3	Follow the ridge south-west over White Cleuch Hill to Blackhouse Heights.
14.1	22.7	Turn left here and head south on the ridge over Black Law and Consleuch Head to Deer Law.
16.5	26.5	Finally run over Broomy Law before descending left to the road.
18.1	29.1	Turn left and follow it to Clappercleuch, turn right and follow the A708 south, detouring off the road right but staying close and parallel to it back to the start.