

Follow this into Tweedbank past Gun Knowe Loch and part way round a long right hand bend, turn left into Essenside Drive, bearing right almost immediately onto a path 5. At the bottom of a short drop, turn right along the 'Black Path' (shared cycle / footpath), which is followed to its termination at an industrial estate road.

Cross over this road to the path opposite and bear left onto a short section of blocked off road 6. Turn right onto the old Galashiels to Melrose road, then left at the junction with a section of dual carriageway along a shared use path towards Melrose. Where this path is interrupted by the entrance into the Waverley Castle Hotel 7, turn right across the road and into a slip road which leads back to Darnick. Shortly, the outward route is regained and is followed back to Melrose.

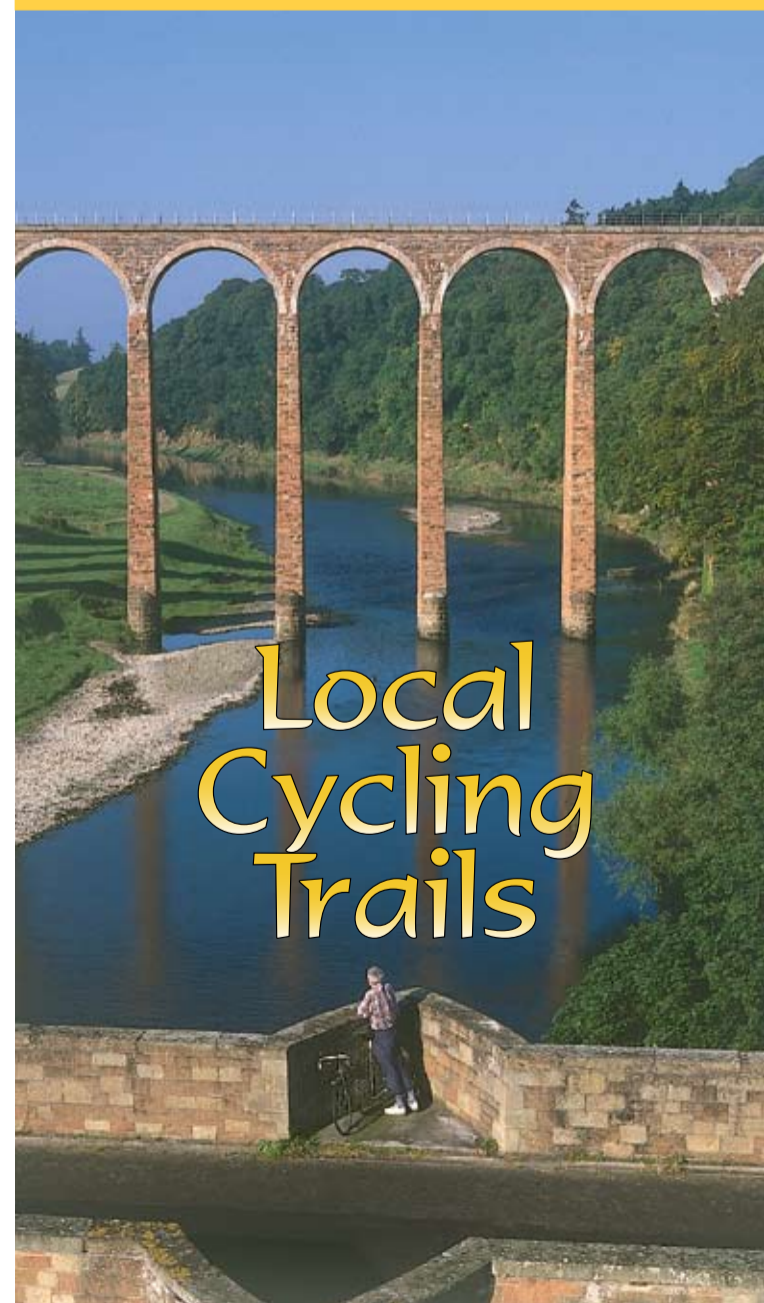
At the 'T' junction 3, turn left to visit Abbotsford House (wheel your bike down the path to the house entrance and ask advice on where it can be left in safety), or right to continue on the trail. Within 1/4 mile, a roundabout on the A6091 trunk road must be negotiated, following signs to Tweedbank. If you're not too happy about cycling here, push your bike along the verge for a short distance, cross the A6091 with the help of the central island and turn right along the segregated path, which leads into Tweedbank Drive 4.

Turn left out of St. Dunstan's Park onto the High Street. Shortly after a short climb, bear left into High Cross Avenue which is followed to Darnick. Immediately after winding through the village, turn left into Broomliees Road 7. The built up area is soon left behind as the road climbs gradually past Sunnyside and Keeside farms before dropping steeply through woods to Abbotsford.

### Abbotsford - 5m / 8km

Turn right out of St. Dunstan's Park onto the High Street, road 2.

## Melrose



# Local Cycling Trails

Turn right towards Dryburgh on the B6356, which climbs initially with the River Tweed and the Eildons coming into view again. Continue straight on at the next junction (the short cut comes in here on the right) and drop down to Dryburgh. The entrance to Dryburgh Abbey is straight on, for Melrose turn right then bear left at the end of this cul-de-sac onto a path leading to a suspension bridge crossing of the Tweed 7. A road on the far side leads to the A68 trunk road.

Head east along the crest of a ridge (extensive views, particularly to the south and the distant Cheviot). Drop down to Thir Farm, turn right at the 'T' junction and wind along easily graded lanes past Whittrigill Farm and Bemsyde Moss Nature Reserve (on the right hand side slightly further on) to Clintmains 9.

After about a 1/4 mile of ascent, turn right onto a minor road 4, then right again at the next junction. Scott's View is reached in a further 1/2 mile, much of it uphill, but this does mark the end of any significant climbing for some miles, besides giving a superb view of the Eildon Hills. A drop and short rise lead to Bemsyde where the route takes a left turn 5. (to shorten the route by 3 1/2 miles and visit Wallace's Statue, take a right turn here).

Go past the Trimmontium stone and down under the disused but restored Leaderfoot viaduct to the south end of Old Drygarange Bridge 3. Turn left onto the bridge, then right at the far end to join the road to Smallholm. A short descent to cross over the Leader Water is followed by a steep climb up the other side (this road is used by lorries to a nearby quarry, so some cyclists may be happier pushing their bikes up this hill).

Turn right out of St. Dunstan's Park onto the High Street, bear left into Buccleugh Street and turn left at the far end into Abbey Street 1. Melrose is then soon left behind on the pleasant hedge lined road to Newstead. Continue uphill through the village and at the far end, before reaching the bypass, bear left onto a section of traffic free, gated road 2.

### Scott's View and Dryburgh - 13 1/2 m / 22km

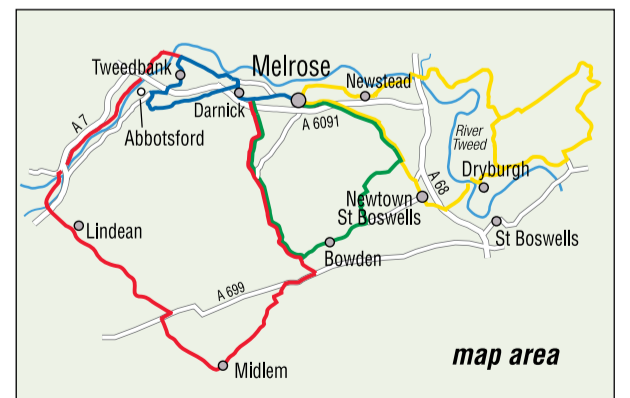
Cross the A68 (fast traffic, particular care required) and take the old road into Newtown St. Boswells (shops and pub). Turn left at the north end of the village towards Melrose 8.

## Local Cycling Trails

Four colour coded, signed trails using mainly quiet roads are both described here and illustrated on the map overleaf. These should suit family groups and less experienced cyclists, although the use of some short sections of A class and busier B class roads is unavoidable - sections on which particular care is required are noted.

It also needs to be pointed out that most of the trails are quite hilly - the topography dictates that this will be the case - but there is a reward in the form of many fine views and exhilarating downhill runs.

The starting point for all trails is the car park at St. Dunstan's Park, located off the west end of Melrose High Street almost opposite the Greenyards rugby ground.



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This road climbs to a summit at Bowdenmoor Reservoir, which is perched on the west side of the Eildon Hills. Shortly after starting the descent, bear left into a narrow lane 6. This is twisting and steep in places, so take care. Bear left at the bottom of this lane into Chiefswood Road and then turn right at the 'T' junction with High Cross Avenue 7 to join the blue trail back into Melrose.

Turn right here along a twisting and undulating minor road, and right again at the junction with the B6398 4. Continue through Bowden and turn right beyond the village onto the B6359 towards Melrose 5.

On reaching the bypass 7, turn left and then right across it (short sections of path can be used here to make the crossing easier) into the former road to Newtown St. Boswells, now barred to through traffic by a gated section. The road leads uphill to the Rhymer's Stone (pleasant view of the Tweed Valley), then over two crests before dropping down to Eildon cross roads 3.

Turn right out of St. Dunstan's Park onto the High Street, bear left into Buccleugh Street and turn right at the far end into Abbey Street. Turn left in the Market Square to leave the town centre via East Fort 1 (this slight diversion avoids a busy section of the High Street, which is usually lined with parked cars and vans unloading).

### Eildons - 8m / 13km

The next section includes some steep climbing, but is very quiet with the central, gated section barred to traffic. Descend to the junction with Melrose bypass 9, turn left into Abbey Street. Turn left in the Market Square to leave the town centre via East Fort 1 (this slight diversion avoids a busy section of the High Street, which is usually lined with parked cars and vans unloading).

Cross the A68 (fast traffic, particular care required) and take the old road into Newtown St. Boswells (shops and pub). Turn left at the north end of the village towards Melrose 8.

### Midlem & Lindean - 15 1/2 m / 25km

Follow the blue trail out of Melrose, but turn left, before reaching Darnick, into Chiefswood Road 1. Pass under a bridge and bear right about 200 yards further uphill. This narrow, twisting lane climbs throughout its length, steeply in places, but is otherwise very pleasant. Bear right at the next junction onto the B6359 and reach the summit at Bowdenmoor Reservoir 2.

The ensuing long descent to Bowden Toll Cross Roads 3 provides a welcome rest before turning right onto the A699 road towards Selkirk. Some fast traffic is, unfortunately, likely to be encountered along here but this road is only used for just over 1/2 mile before turning left 4 onto a quiet lane leading to Midlem. The village is very attractively situated around a spacious green and would be perfect with a tearoom and pub - as it is, you will need to bring your own refreshments. Continue uphill through the village to get back to the A699 at Clarilawmuir Farm.

Turn right and then left 5 towards Lindean. Pass Lindean Reservoir and Nature Reserve on the left, and reach the final major summit of the day. Drop downhill, steeply in places, to the A7 trunk road at Lindean 6. The A7 must be crossed here, but visibility is very good in both directions, so this should not pose any problems.

Carry straight on into the cul-de-sac leading over the Etrick Water to Sunderland Hall, but bear right before reaching the estate lodge along a section of disused road which skirts the grounds. At the far end, cross over the Old Tweed Bridge and turn right onto a cycle path immediately before the next road junction 7.

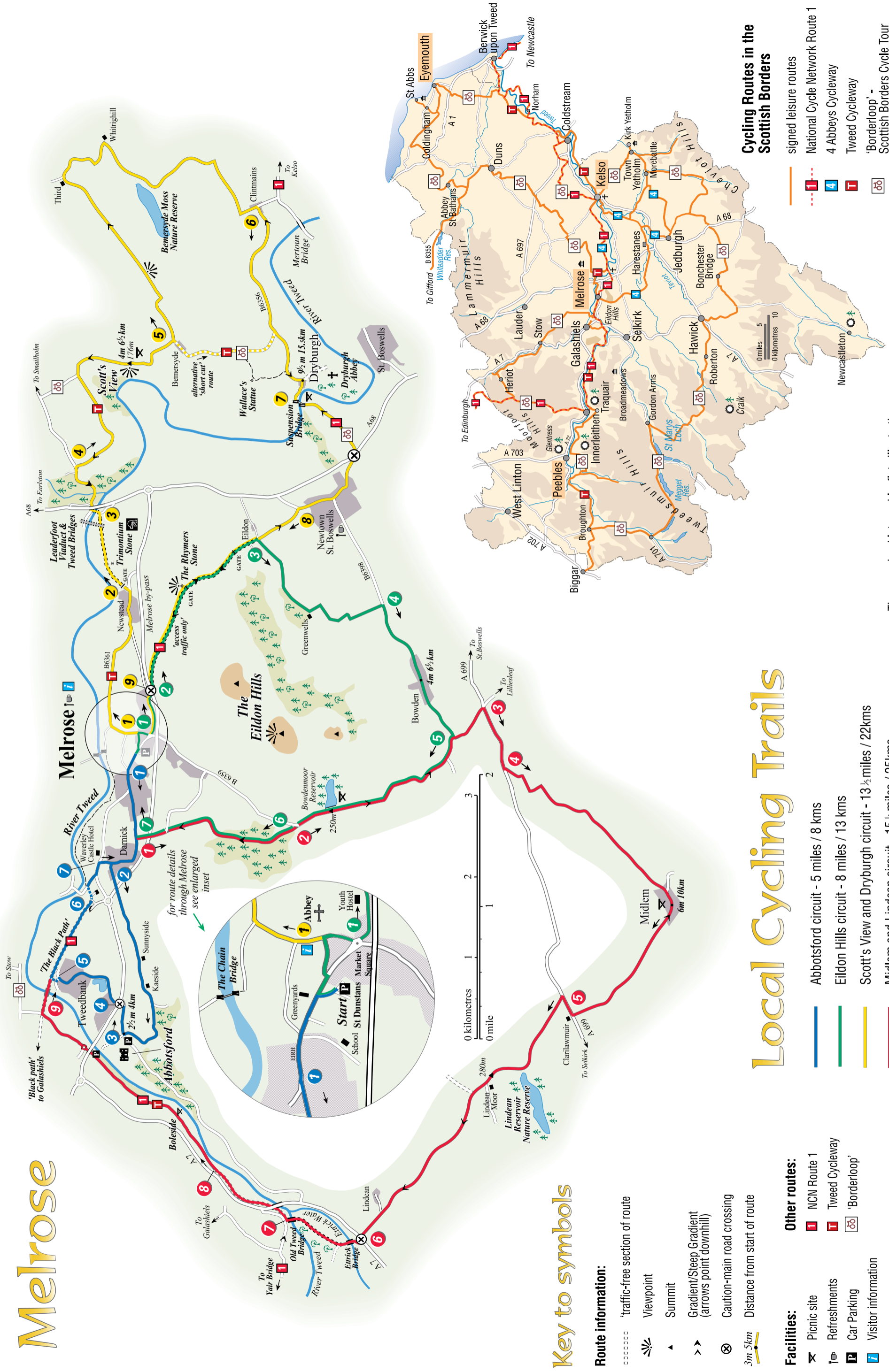
The path leads down under and then along the east side of the A7 before joining a very minor road at Boleside 8. Continue north along the west bank of the Tweed, pass under a high, modern bridge and, shortly beyond the bridge, continue straight on at a mini roundabout into Winston Road. Follow this uphill and, just before it bears to the left, turn right 9 onto the 'Black Path' (shared use). The Tweed is soon recrossed and the blue trail joined for the return to Melrose (refer to the blue trail for remaining route details).

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Scotland's leading short break destination

# Melrose



## Key to symbols

### Route information:

- ⋯ traffic-free section of route
- 🌄 Viewpoint
- ▲ Summit
- >> Gradient/Steep Gradient (arrows point downhill)
- ⊗ Caution-main road crossing
- 3m 5km Distance from start of route

### Facilities:

- ⛶ Picnic site
- 🍷 Refreshments
- 🚗 Car Parking
- 📖 Visitor information

### Other routes:

- 📍 NCN Route 1
- 🚲 Tweed Cycleway
- 📍 'Borderloop'

There are also Local Cycling Trails leaflets available for available for Duns, Eyemouth, Hawick, Jedburgh, Kelso, Peebles and Selkirk.

## Local Cycling Trails

- 📍 Abbotsford circuit - 5 miles / 8 kms
- 📍 Eildon Hills circuit - 8 miles / 13 kms
- 📍 Scott's View and Dryburgh circuit - 13½ miles / 22kms
- 📍 Midlem and Lindean circuit - 15½ miles / 25kms
- 📍 Colour coded route directions - refer to text for details

There are booklets and leaflets illustrating all of these routes available from Visitor Information Centres and local cycle shops

## Cycling Routes in the Scottish Borders

- 📍 signed leisure routes
- 📍 National Cycle Network Route 1
- 📍 4 Abbeys Cycleway
- 📍 Tweed Cycleway
- 📍 'Borderloop' - Scottish Borders Cycle Tour
- 📍 Local Cycling Trails
- 📍 Off road Forest Trails

### Melrose