

This road climbs to a summit at Bowdenmoor Reservoir which is perched on the west side of the Edlton 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 Chelfswood 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 continue right again with the B6398 4. Continue through Bowden and turn right beyond the village onto the B6359 towards Melrose 5.

On reaching the bypass **2**, 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 Newton St. Boswells, now barred to through traffic by a gated section. The road leads uphill to the Rhymers Stone (pleasant view of the Tweed Valley), then over two crests before dropping down to Ellidon.

Turn right out of St. Dunstans Park onto the High Street, then left into Bucclugh Street and turn right at the far end onto Abbey Street. Turn left in the Market Square to leave the town centre via East Port 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 climbs, but is very quiet with the central, gated section barred to traffic. Descend to the junction with Melrose bypass 9, turn left and then right to enter the town (short sections of path can be used here to make the A6091 crossing easier). Continue through the town centre and take the first turning on the left thereafter to reach the car park and starting point.

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

Midlem & Lindean - 15½ 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 $\frac{1}{2}$ 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 Ettrick 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).

From right towards Dryburgh on the B6356, which climbs initially with the River Tweed and the Elidons 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 turns right then bears left at the end of its cul-de-sac onto a path leading to a suspension bridge crossing of the Tweed 1. A road on the far side leads to the trunk road.

headed east along the crest of a ridge (extensive views, particularly to the south and the distant Cheviot). Drop down to Third Farm, turn right at the T junction and walk along basically graded lanes past Whirrigill Farm and Bemersyde Moss Nature Reserve (on the right hand side slightly further north).

After about a $\frac{1}{4}$ mile of ascent, turn right onto a minor road  , then right again at the next junction. Scott's View reaches in a further $\frac{1}{2}$ 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 Elidir Hills. A drop and short rise lead to Bemerydyde where the route takes a left turn  . To shorten the route by $3\frac{1}{2}$ miles and sit Wallace's Statue, take a right turn here).

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

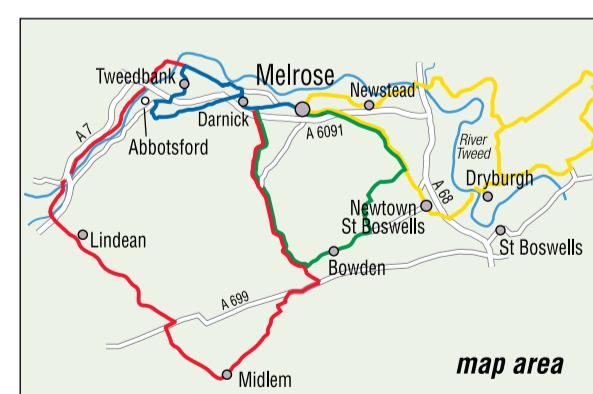
- 13¹/₂ m / 22 km

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.



Europe and Scotlan

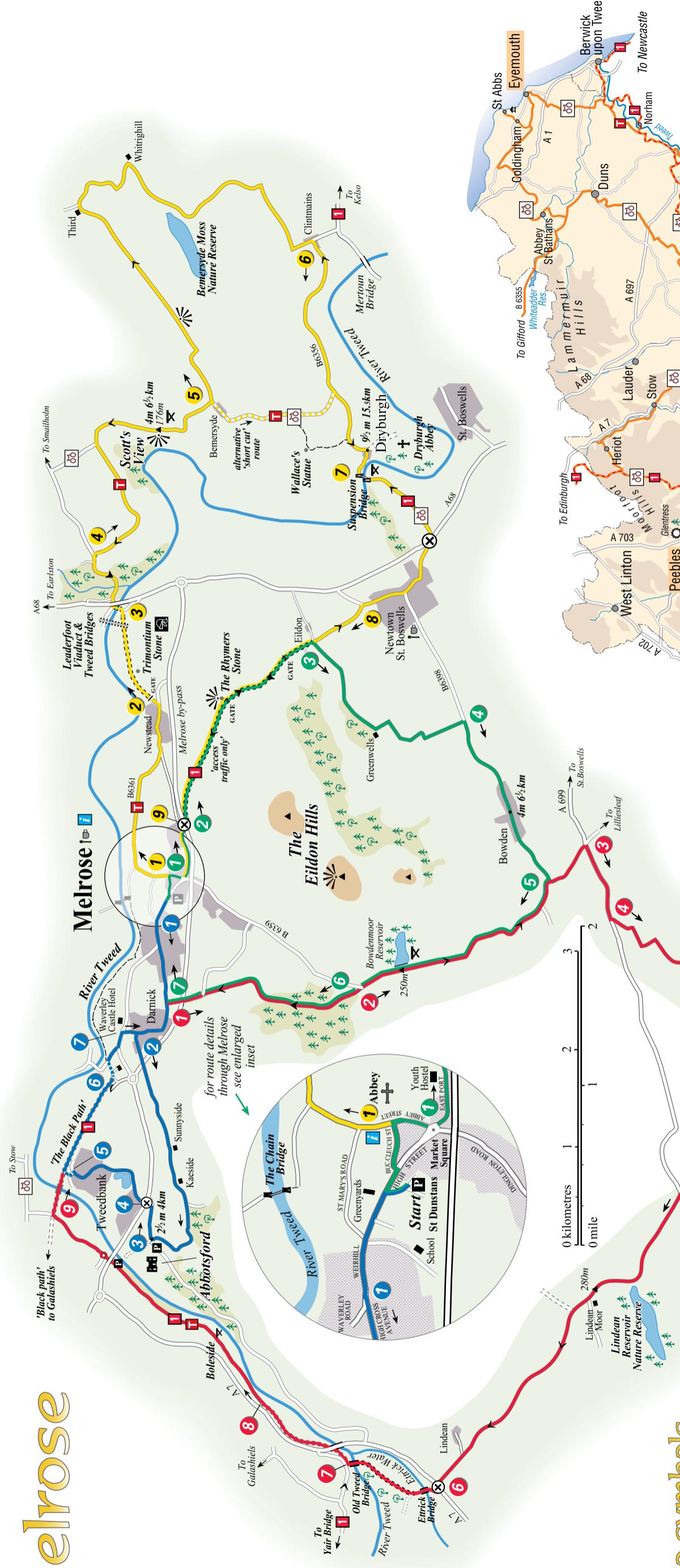
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Melrose



Key to symbols

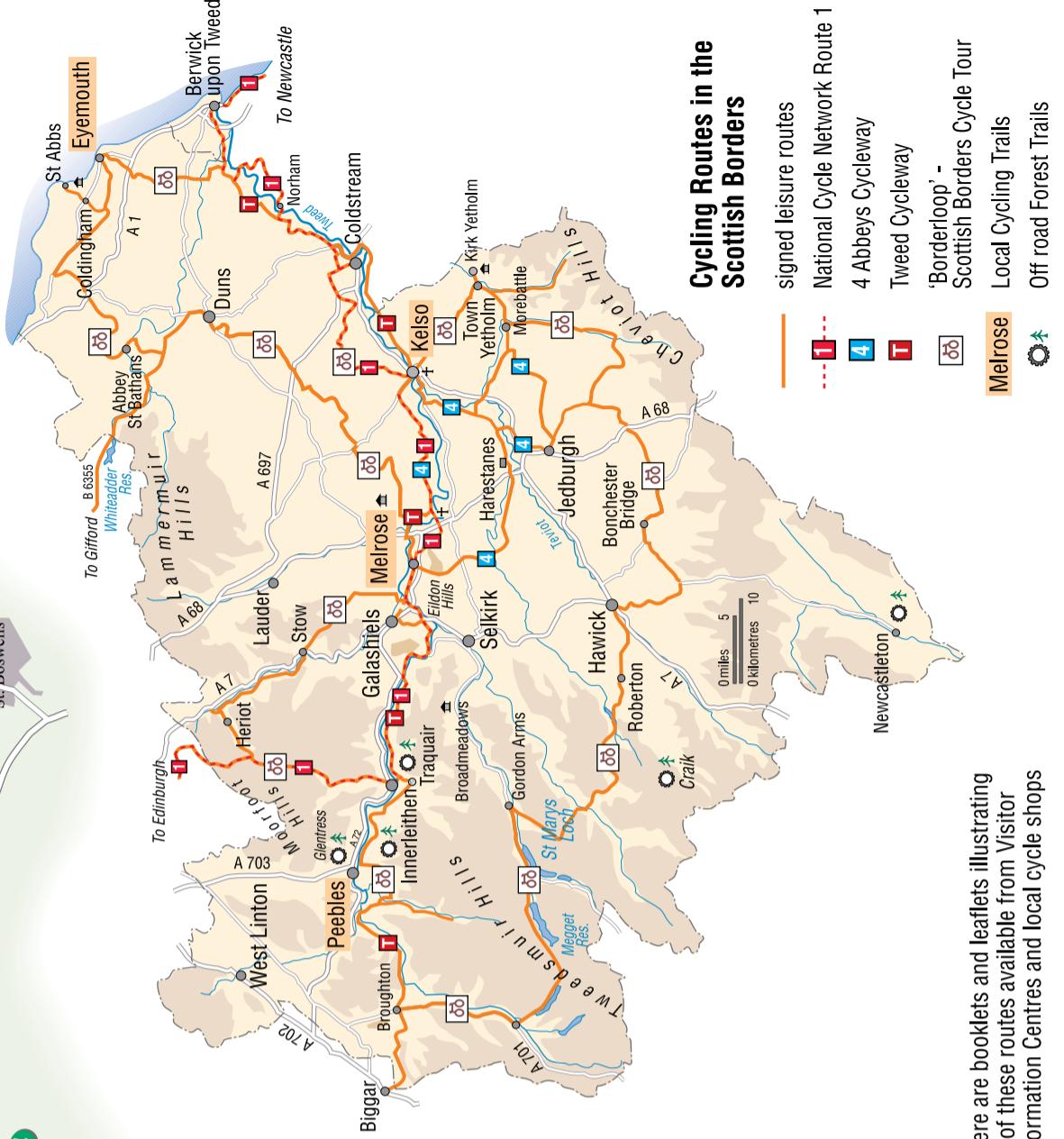
- Route-free section of route
- Viewpoint
- Summit
- Gradient/Steep Gradient (arrows point downhill)
- Caution-main road crossing
- Distance from start of route

- Other routes:**
- NCN Route 1
- Tweed Cycleway
- 'Borderloop'
- Car Parking
- Visitor information

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 - 13 1/2 miles / 22kms
- Midlem and Lindean circuit - 15 1/2 miles / 25kms
- Colour coded route directions - refer to text for details



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
- Melrose
- Off road Forest Trails

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