

Cycle Tours

Innerleithen

Moorfoot Hills and Gala Water Valley - 37 miles / 59 km

From the east end of the High Street, head north out of Innerleithen on the B709 (signposted to Heriot). The road closely follows the Leithen Water, diverging after four miles to follow a tributary burn, at which point the climbing becomes more noticeable, though certainly not severe.

The summit of the road is reached at the Piper's Grave, some 7 miles from Innerleithen and 350m above sea level in the heart of the Moorfoot Hills. Still heading directly north, the road now makes a gradual descent. Shortly after passing a cottage on the left, take a right turn 1 (9 m) towards Heriot.

Continue, mostly downhill, past Heriot church then, after a short climb out of the valley bottom and with the main A7 road now in view, take a sharp right turn 2 (13 1/2 m), onto a minor road which takes an undulating course southwards on the west side of the Gala Water valley.

After about three miles, bear right into Fountainhall. The next four miles to Stow are generally downhill, with only some minor climbing. The route takes a right turn at a T junction 3 (20 1/2 m) on the edge of the village, but the historic ruined church and bridge on the opposite side of the valley are worth a visit. There are also a shop and pub here (a coffee shop is expected to open in the summer of 2007).

The going continues to be fairly easy for a couple of miles beyond Stow until, where a minor road comes in on the left, the most serious ascent of the day commences, with the road rising about 450 feet in just over a mile. However, the effort is rewarded by fine views to the south on the ascent and to the west on the subsequent descent. Ignore minor turnings on the right and continue to the next T junction 4 (27 m). Turn right here onto the B710 road and descend into Clovenfords (pub, shop).

Turn right at the roundabout in the centre of the village then left immediately (signposted to Caddonfoot). Turn right at the next T junction onto the A707 towards Peebles but leave it after only 1/2 mile by bearing left into a minor road 5 (29 m).

The road loses height to cross the River Tweed at Peel, then bears westwards. The next four miles are particularly fine. After climbing away from the river, the road undulates through extensive forestry and woodland in an elevated position along the south side of the Tweed Valley. The right hand side is more open and there are good views up-river.

Beyond Ellbank, the road loses height and then skirts the wide flood plain of the River Tweed. Ignore a right turn giving access to Walkerburn. About 1 1/2 miles past this turning (just beyond an abandoned farm), turn right onto a path 6 (initially steeply downhill) which is followed over the River Tweed and back into Innerleithen.

Skirt the southern and western boundaries of the caravan site and turn left into Montgomery Street. Continue straight ahead at the far end of the street, across Princes Street and between garages to cross the Leithen Water on a narrow footbridge. Just beyond the bridge bear right and then left immediately between high fences. After only a few yards, turn right into Leithen Crescent, which leads to a T junction with the High Street and the end of the tour.

Tweed and Ettrick Valleys - 42 miles / 67 km

From the east end of the High Street, head south along Leithen Crescent. Turn left between houses just before the end of the street. After only a short distance, bear right and then left almost immediately to cross the Leithen Water on a narrow footbridge. Continue straight ahead over Princes Street into Montgomery Street. Near the far end of this street, turn right onto a path (just before the caravan site entrance), which follows the western and southern boundaries of the caravan site before crossing the River Tweed and climbing up to a minor road on the south side of the river.

Turn left onto this road, which skirts the wide flood plain of the Tweed past Walkerburn (ignore turnings on the left here). Climb gradually up the valley side and continue through mixed woodlands high above the river past Ellbank and Ashiestiel (with good views to the left) before dropping down to Peel (8 m). The road bears left here to cross the Tweed on a large masonry arch bridge.

Turn right at the north end of the bridge 1, make the short climb up to a 'Give Way' junction and head east on the A707. Follow this road and the Tweed for about 2 1/2 miles to Yair, where National Cycle Network Route 1 diverges left. Continue straight on at traffic lights to recross the Tweed.

The road then climbs gradually out of the Tweed Valley and winds its way to the outskirts of Selkirk. Carry straight on at a housing estate on the left - to visit Selkirk (full range of services), take a left turn just beyond the estate. Turn right at the next T junction 2 (14 m) towards Moffat.

Although an A class road, it is fairly quiet and gives pleasant enough cycling on easy grades for the next 2 miles to Bowhill 3. Turn left here off the A708 across the Yarrow Water. This road links the Yarrow and Ettrick Valley roads but, apart from the initial short climb past the entrance to Bowhill House and Country Park, gives easy going.

Cross the Ettrick Water at Carterhaugh (17 m) and turn right at the T junction on the far side 4 towards Ettrickbridge. Initially, any ascent is imperceptible but then becomes more noticeable as the road climbs away from the river. The scenery, which has been very sylvan for most of the route so far, starts to give a hint of the open hill country to come.

Continue through Ettrickbridge (pub), where the road crosses from the south to the north side of the river and climb steeply out of the village. Fortunately this is short lived and the next 7 1/2 miles up the Ettrick Valley to Tushielaw involve mostly quite gentle climbing interspersed with short, steeper sections.

At Tushielaw (pub 1/2 mile straight on) turn right 5 (29 m) onto the B709 back towards Innerleithen. The road climbs steadily up the valley side for 2 1/4 miles to the watershed between the Ettrick and Yarrow Valleys, before descending to the Gordon Arms 6 (34 m) - this 3 3/4 miles long downhill run must be one of the most enjoyable in the Borders.

Cross straight over at the crossroads here and start another steady, but again not particularly steep climb of 2 1/2 miles. From the summit it is then all downhill (quite steeply at first) or level for the final leg along the B709 through Kirkhouse and Traquair back to Innerleithen.

Megget and Talla - 53 miles / 86 km

From the west end of the High Street, head south out of Innerleithen on Traquair Road (B709) and continue through Traquair and Kirkhouse on relatively easy grades. Four miles out of Innerleithen, a burn is crossed and the gradient steepens to gain the watershed between the Tweed and Yarrow Valleys at Paddock Slack. Beyond the summit, the road descends for 2 1/2 miles to the Gordon Arms 1 (8 m).

Turn right onto the A708, heading up the Yarrow Valley to St. Mary's Loch on generally easy grades. At Cappercleugh 2 (12 1/2 m), the main road bears left to follow the loch side - take a right turn here towards Tweedsmuir. The next section is uphill, following the Megget Water, with a sustained steep climb of about 1/2 mile to surmount the Megget Reservoir dam.

The next section along the south side of the Tweed Valley varies between level and mildly undulating with only one section of moderate climbing. Turn left on reaching Traquair village 8 (six miles from Peebles) from where it is an easy 1 1/2 miles along the B709 back to Innerleithen.

At the bottom of Bonnington Road (B7062), a cycle lane is soon reached, which leads out to the 30mph signs on Road and right into Kingsmeadows Road (B7062). A cycle Cademur Hill then descends into Peebles (44 1/2 m). Turn right to cross the Manor Water. This road skirts the south side of

Turn left downhill here and then right after a short distance to cross the Manor Water. This road skirts the south side of the edge of the town.

Take the next turning on the right under a disused railway bridge. This road is a dead end - dismount at the end to cross the Tweed on a narrow footbridge. Continue along a footpath on the south bank and remount on reaching a farm track. Turn right by a cottage onto a surfaced road, which climbs away from the river to The Black 9.

Turn right for what is a very pleasant 7 mile stretch (barring the traffic on the A701) down upper Tweeddale. Turn right at Radchar Mill 4 (31 m) onto the B712 towards Peebles and continue, on mainly favourable grades, through Crumzie, past the entrance to Dawky Botanic Garden (tearoom) and a minor road leading to Lyne Station (38 m).

Turn right for what is a very pleasant 7 mile stretch (barring the traffic on the A701) down upper Tweeddale. Turn right at a T junction with the A701 3 (24 m). The next 2 1/2 miles alongside the reservoir are level before dropping through forest to Tweedsmuir and care is required. The next 2 1/2 miles alongside the reservoir steeply once Talla Reservoir comes into view, and particular Scottish Borders. Beyond here, the road starts to descend, very southern shoulder of Broad Law, at 840m the highest hill in the area. The road then follows the reservoir for an undulating 3 miles in magnificent surroundings. From Meggethead, the road climbs for a rather bleak 1 1/2 miles to reach a summit on the

Alternatively, head west along the B7062 (also on the south side of the Tweed) towards Peebles, with the option of visiting Traquair House or Kaitze Gardens - take the B709 out of Innerleithen to Traquair (following purple route signing) and turn right there onto the B7062.

Towards Feel is scenically very attractive - follow the blue route along the minor road on the south side of the River Tweed signing out of Innerleithen.

The road network around the town does not lend itself to shorter circular trails, avoiding main roads but, for family groups looking for shorter routes, an out-and-back trip east towards Feel is scenically very attractive - follow the blue route along the minor road on the south side of the River Tweed signing out of Innerleithen.

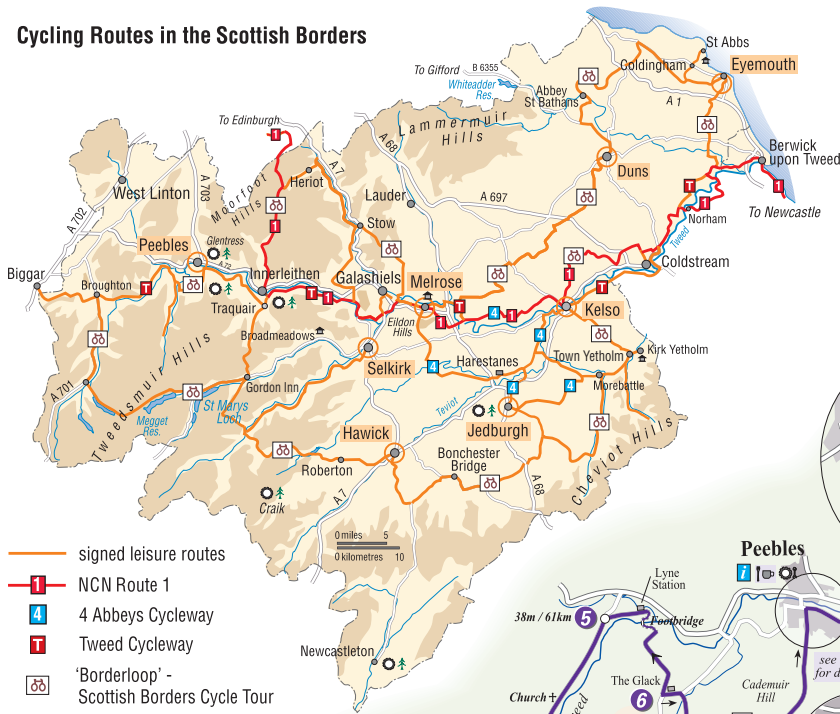
All the routes use quiet unclassified or B class roads where possible, but the use of some A class roads is unavoidable - however these are by no means the busiest roads in the Borders and the more enthusiastic cyclist, at whom these routes are aimed, should be quite happy cycling on them.

Cycle Tours from Innerleithen

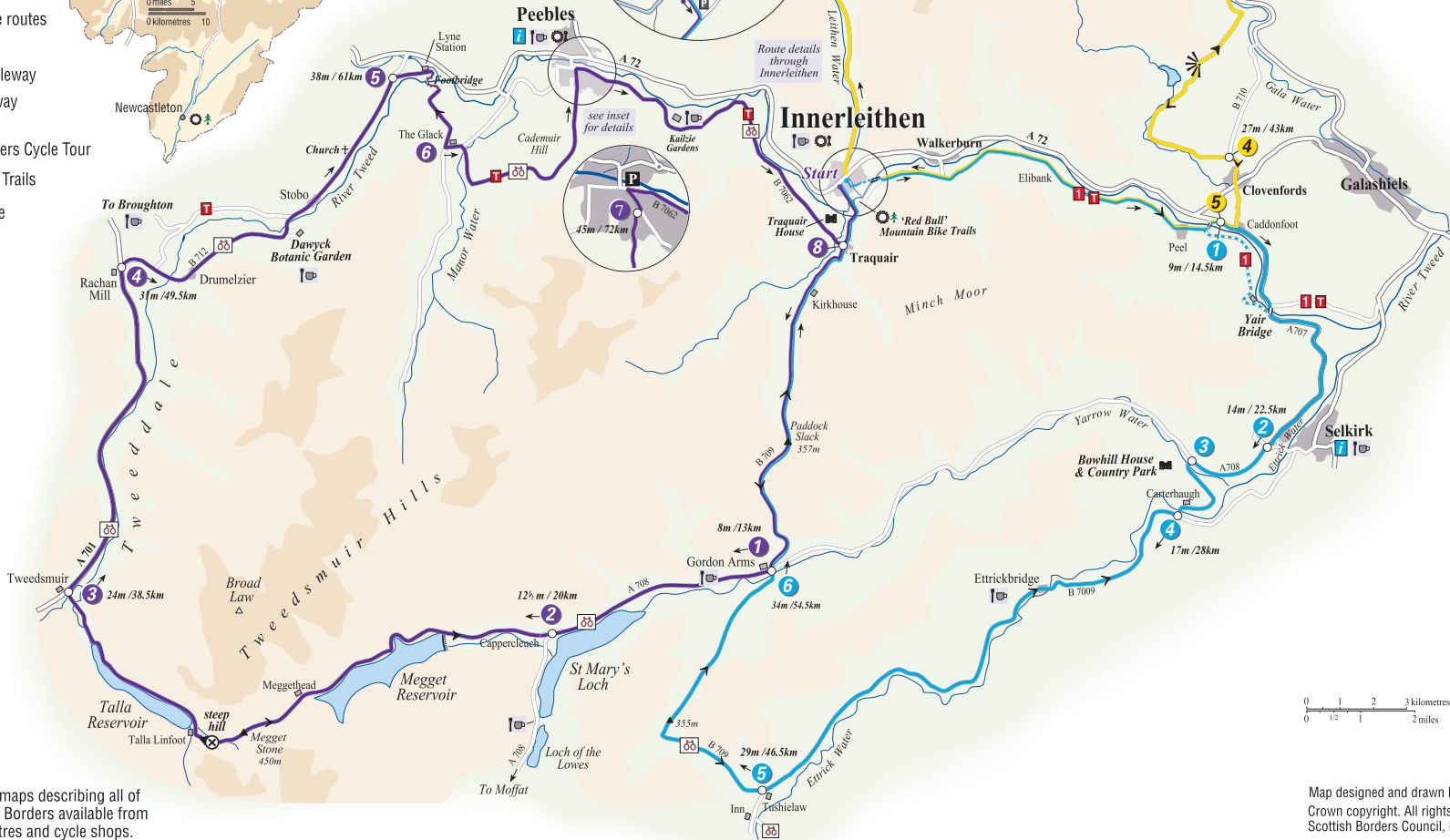
Situated in the Tweed Valley at the junction of a number of roads, Innerleithen makes an ideal starting point for some of the best circular tours in the Borders, taking in both open hill country and wooded river valleys. Three colour-coded, signed routes, varying in length between 37 and 53 miles, are both described and illustrated on the map overleaf.



Cycling Routes in the Scottish Borders



- signed leisure routes
- NCN Route 1
- 4 Abbeys Cycleway
- Tweed Cycleway
- 'Borderloop' - Scottish Borders Cycle Tour
- Local Cycling Trails
- Mountain Bike Forest Trails



Innerleithen Cycling Tours

The Routes:

- Moorfoot Hills and Gala Water valley - 37 miles / 60 kms
 - Tweed and Ettrick Valleys - 42 miles / 68 kms
 - Megget, Talla and Tweeddale - 53 miles / 86 kms
- Colour coded route directions

Key to symbols

Route information:

- Viewpoint
- Summit
- Gradient/Steep Gradient (arrows point downhill)
- Caution
- Distance from start of route

Facilities:

- Off-road Forest Trails
- Cycle shop: Hire/repair
- Refreshments
- Car Parking
- Visitor information

Other routes:

- National Cycle Network Route 1
- Tweed Cycleway
- 'Borderloop'

Cycle Shop: Hire /repair

Innerleithen
 ProBikesport, Peebles Road
 Tel: 01896 830880

Peebles

The Bicycle Works, 3 High Street
 Tel: 01721 723423
 The Hub, Glentress Forest, Peebles
 Tel: 01721 721736
 (www.thehubintheforest.co.uk)

There are booklets and maps describing all of the signed routes in the Borders available from Visitor Information Centres and cycle shops.

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 Scottish Borders Council, LA100023423, 2007

