



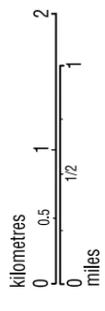
# Local Cycling Trails

# Selkirk

## Key to symbols

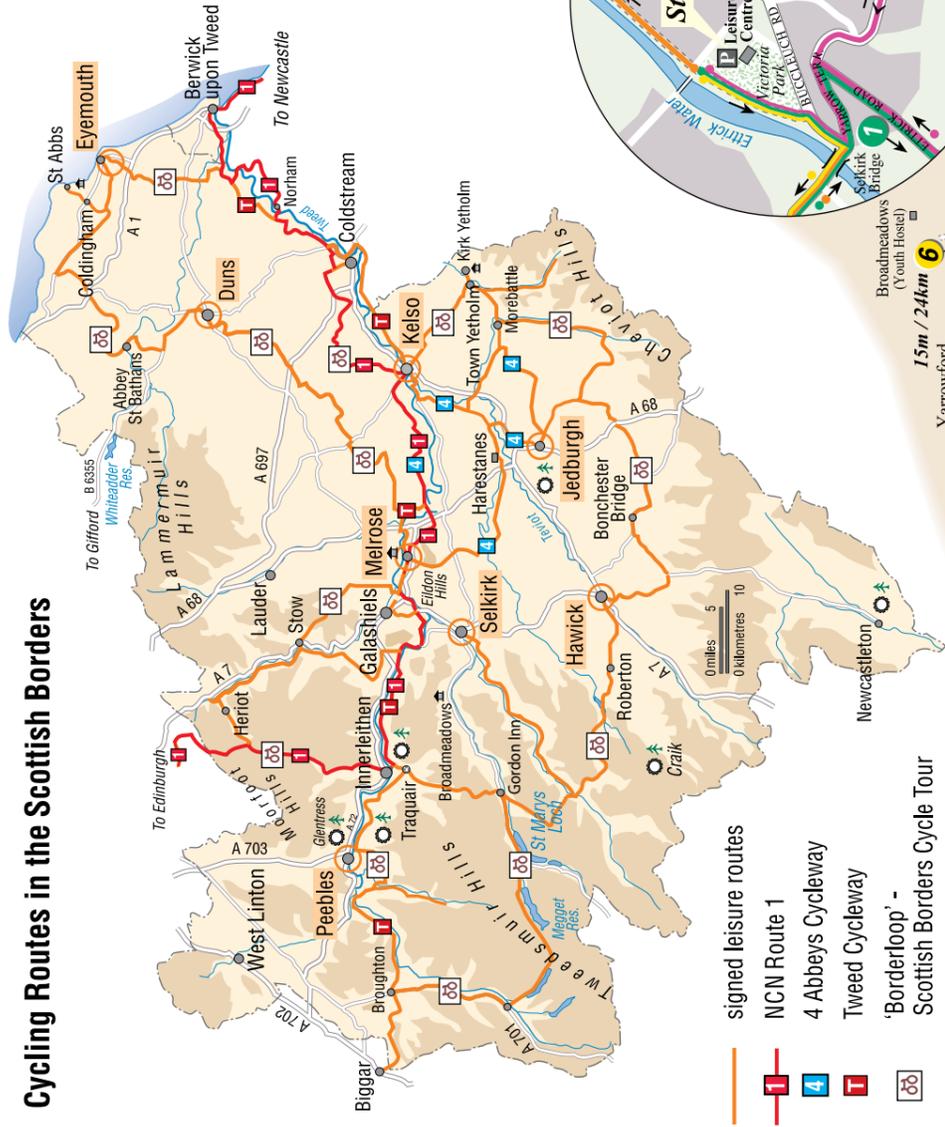
- Route information:**
- 'traffic-free' section of route (shared use path)
  - Viewpoint
  - Summit (Height in metres)
  - Gradient/Steep Gradient (arrows point downhill)
  - Caution
  - 3m / 5km Distance from start of route
- Facilities:**
- Picnic site
  - Refreshments
  - Car Parking
  - Visitor information

- Other routes:**
- 1 National Cycle Network Route 1
  - Tweed Cycleway
  - 4 Abbeys Cycleway



- Green route: Bowhill - 7 miles / 11.5 km
  - Orange route: Ettrickfoot and Yair - 8½ miles / 14 km
  - Magenta route: Midlem and Lilliesleaf - 16 miles / 26 km
  - Yellow route: Ettrickbridge and Yarrow - 19½ miles / 31.5 km
- Colour coded route directions - refer to text overlay for details

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



Local Cycling Trail leaflets are also produced for routes around Duns, Eyemouth, Jedburgh, Hawick, Kelso, Melrose and Peebles.



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