leads back to the starting point. wall on the left hand side gives access to an initially steep path which left downhill and then first right into Buccleuch Road. A gap in the town before descending to a T junction with Yarrow Terrace. Turn road climbs gradually away from the river to the outskirts of the Turn right towards Selkirk at Howden 🚺 along the B7009. The

final section - care required! Ettrick Valley are mostly downhill, with a sharp bend on the steep and othi səlim  ${}_{\rm c} \ {}^{\rm l}$  S anius of Tob left of Tob anius shirt turning off the AA of the Silver shift of the Sil the path on the east side of the trunk road if preferred. Take the Descend to meet the  $\ensuremath{\mathsf{A}}\xspace^\intercal$  near New Greenhill and turn right, using

opens out at the summit. as steep as the initial section) - an extensive view to the north-west at Clerklands (9 $^3$ / $_4$ m) for a further  $^1$ / $_4$  miles of uphill (it's not all before the road starts to climb away from the Ale Water. Turn right Now heading west on the B6400, the first 11/4 miles are level

. 📤 bnə teəw əht ta niaga thgin bna (duq) əgalliv road lead up to the east end of Lilliesleaf. Turn right through the a footbridge. From the far side, a narrow track and then a metalled a path on the left (before reaching a ford) and dismount to cross a cottage - a potentially muddy track bears left here. Leave this by Turn right along a "No Through Road" which eventually peters out at

 $\cdot$   $(\mathsf{m}_{\scriptscriptstyle 5}\backslash^1 \mathsf{d})$  smsdetho $^{-1}$ good views to the distant Cheviot Hills) as far as the cross roads at twith Midlem. The downhill trend continues through Midlem (with with the A699 a mile away. Turn right and then left at Clarilawmuir trend (passing Lindean Mature Reserve on the right), to a T junction From 1 the road undulates, though very much on a downhill

you particularly want to avoid cycling through the centre of Selkirk. esselnu bebnemmooser ton zi bno dmilo gaitinelentun erom neve an ei ziht tud point by using the orange trail to Lindean Landing hight uphill there, (3m) Unit far beyond the summit. Note: It is possible to reach this steepest section is at the start of the climb. Turn right at a T junction a sustained climb of  $1/\sqrt{2}$  miles to the summit on Lindean Moor - the This road descends into a dip by the cemetery before commencing

High Street / Scott's Place into Shawpark Road 🚺 High Street (briefly using the A7). Fork right about 1/4 mile along the point. Continue straight on through the Market Place and into the Selkirk Market Place, some considerable elevation above the starting where the latter turns right, along The Green and West Port to reach left into Yarrow Terrace as for the green trail, but carry straight on, Take the riverside path to the left to join Buccleuch Road and turn

Midlem and Lilliesleaf - 16 m/ 26 km



to the starting point.

left hand side gives access to an initially steep path which leads back just over the bridge into Buccleuch Road. A gap in the wall on the Cross the Ettrick Water for the second time on this trail and turn left

side - turn left immediately beyond the estate towards the town Entering the town, a housing estate is passed on the left hand its way past High Sunderland and Linglie to the outskirts of Selkirk. The A707 road climbs gradually out of the Tweed Valley and winds

and left again at the far end. (41), m) 4. Turn left over the bridge (which is traffic light controlled) (Riving fine views upstream) before dropping rapidly to Yair Bridge The Rink and the road eventually levels out high above the Tweed so is uphill, albeit not particularly steeply. The gradient eases beyond Up to this point the going has been very easy, but the next  $^{1/2}$  mile or

onto the B7060 road. after crossing the River Tweed at Ettrickfoot (2,1/4 m) 🕙 , turn left boundary along what was the original A7, bypassed in the 1970s. Just entrance to Sunderland Hall. Go through a gate to follow the estate route for cycles. Cross the Ettrick Water and bear right past the Turn left onto what is signed as a cul-de-sac but is actually a through

🛂 nsəbnid ot əlim s nəvo tzuj not bson kınırt 🗛 left and left again within a short distance and then runs parallel to the the road and turn right onto the shared use footway. This path bears Take the right hand branch which shortly meets a public road. Cross

path. This path meanders through some trees and then forks 🕛 amenity centre, turning left just before the gates onto a fairly narrow an industrial estate road. Carry straight on along this road to the civic on the riverside path. Keep to the path for about  $^3/_4$  mile until it joins Turn right out of the car park and follow the Ettrick Water downstream

Ettrickfoot and Vair - 8 1/2 m/14 km

722204 for opening times and further information. and tearoom. Please call the Buccleuch Ranger Service on 01750 Bowhill Country Park facilities include a visitor centre, shop, toilets

within the spectacular 43,000 acre estate. diverse woodland, moorland, rivers and lochs that are contained for all abilities and provide fantastic opportunities to explore the Miles of tracks and woodland trails across Bowhill offer great riding

owned by the Duke of Buccleuch KT, is centred around Bowhill Sitting astride the Ettrick and Yarrow Waters, Bowhill estate,

Bowhill Estate

magenta trail signing will take you back to the starting point. a left turn should be taken back towards Selkirk. On re-entering the town, easy to follow, using yellow trail signing as far as Carterhaugh 3 , where Although the views are not as good in the opposite direction, the route is

outward route back to the leisure centre car park. after crossing the Ettrick Water, into Buccleuch Road and follow the the left, then turn right at the following T junction. Turn left, immediately Water diverges from the road. Nearing the town, ignore a turning on start with, but it becomes more open on the right once the Yarrow Yarrow Water on the right. This section is wooded on both sides to Turn right towards Selkirk, following an estate wall on the left and the

 $oldsymbol{6}$ 807A əht htiw noitonu(  $\mathsf{T}\mathfrak{s}$  ot nət $\mathsf{8}\mathsf{V}\mathsf{V}$  wonsk əht nəvo to Bowhill House and Country Park (on the left) and then a short drop and mostly flat, with only a short climb at the far end near the entrance Turn right over the bridge. The next 11/2 mile stretch is very pleasant

down to the Ettrick Water at Carterhaugh Bridge 🔇 (3 m). and continue along a mildly undulating stretch before dropping sharply mile. Ignore a turning on the left just beyond the end of the climb far as Oakwood Mill from where there is a stiff climb of about  $^{ert \wedge}$ by a gradual descent into the Ettrick Valley. The going is then easy as The climbing continues until just beyond the edge of the town, followed

Yarrow Terrace. Take the first turning on the right, Ettrick Road get off and push). Turn right onto Buccleugh Road, then left, uphill, into path soon climbs steeply up to Buccleuch Road (it may be necessary to Turn left out of the car park onto the riverside path. Initially flat, the

■ Bowhill - 7 m/ 11.5 km

centre car park, where there is direct access onto the riverside All the trails start on the west side of the leisure

## Ettrickbridge and Yarrow $-19^{1}/_{2}$ m / 31.5 km

Take the riverside path to the left to join Buccleuch Road, as for the green trail, but turn right at the T junction with Yarrow Terrace and cross over the Ettrick Water. Take the second turning on the left 1, just beyond the rugby ground (signposted to 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 2. 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 (4m) and turn right at the T junction on the far side 3 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  $(7^{1}/_{2}m)$ , where the road crosses from the south to the north side of the river (pub). The climbing continues beyond the village for a short distance - take a right turn beyond the summit at Kirkhope 4 . From here there is a serious ascent of 550' in 11/2 miles. After a gentle start, the road winds its way up a bare hillside, giving good views back over the Ettrick Valley as the summit at Witchie Knowe (1188') is approached.

Beyond the summit, a similarly extensive view of the Yarrow Valley opens out. The altitude, so hard won, is soon lost on the steep descent to Yarrow - watch out for a sharp bend about 600 yards beyond the summit. Cross over the Yarrow Water at the bottom of the descent (IIm) and turn right immediately onto the A708 towards Selkirk 5.

Leaving Yarrow, the road climbs away from the river, but the next  $4\,$ miles down the Yarrow Valley is otherwise very easy going. Beyond Yarrowford and immediately after recrossing the Yarrow, the main road veers left 6 (15m) - continue straight ahead here into Bowhill Estate. There is no signing for the 2 miles or so of trail within the estate, but the route is easy to follow - keep to the main metalled estate road, ignoring all turnings to the right.

Turn left where the estate road meets the public road at the main entrance to Bowhill, recross the Yarrow and turn right immediately to rejoin the A708 and the outward route, for the final leg back to Selkirk (refer to the final paragraph of the green trail description if necessary).

## Local Cycling Trails

The starting point for the routes described in this leaflet is the car park at Selkirk Leisure Centre, located west of the town centre on the east bank of the Ettrick Water and accessed off Buccleuch Road.

Four colour coded, signed routes are both described and illustrated on the map overleaf. The routes use quiet roads and paths wherever possible, but the use of some A class roads is unavoidable. However, the roads mainly involved, the A707 and A708, could hardly be described as busy and most cyclists should be quite happy using them.

While the shorter trails (orange and green) are relatively flat, the two longer trails (magenta and yellow) are 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.

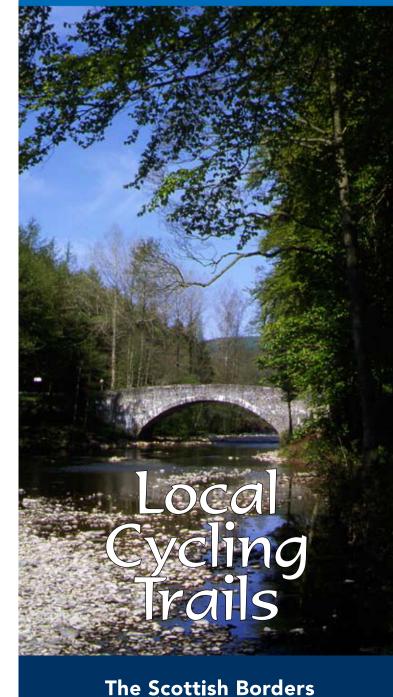
The trails are described in one direction only - there is, of course no reason why they should not be tackled in the opposite directions to those recommended, but this must be done without the benefit of signing (the green route is the one exception - please refer to the relevant text).





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