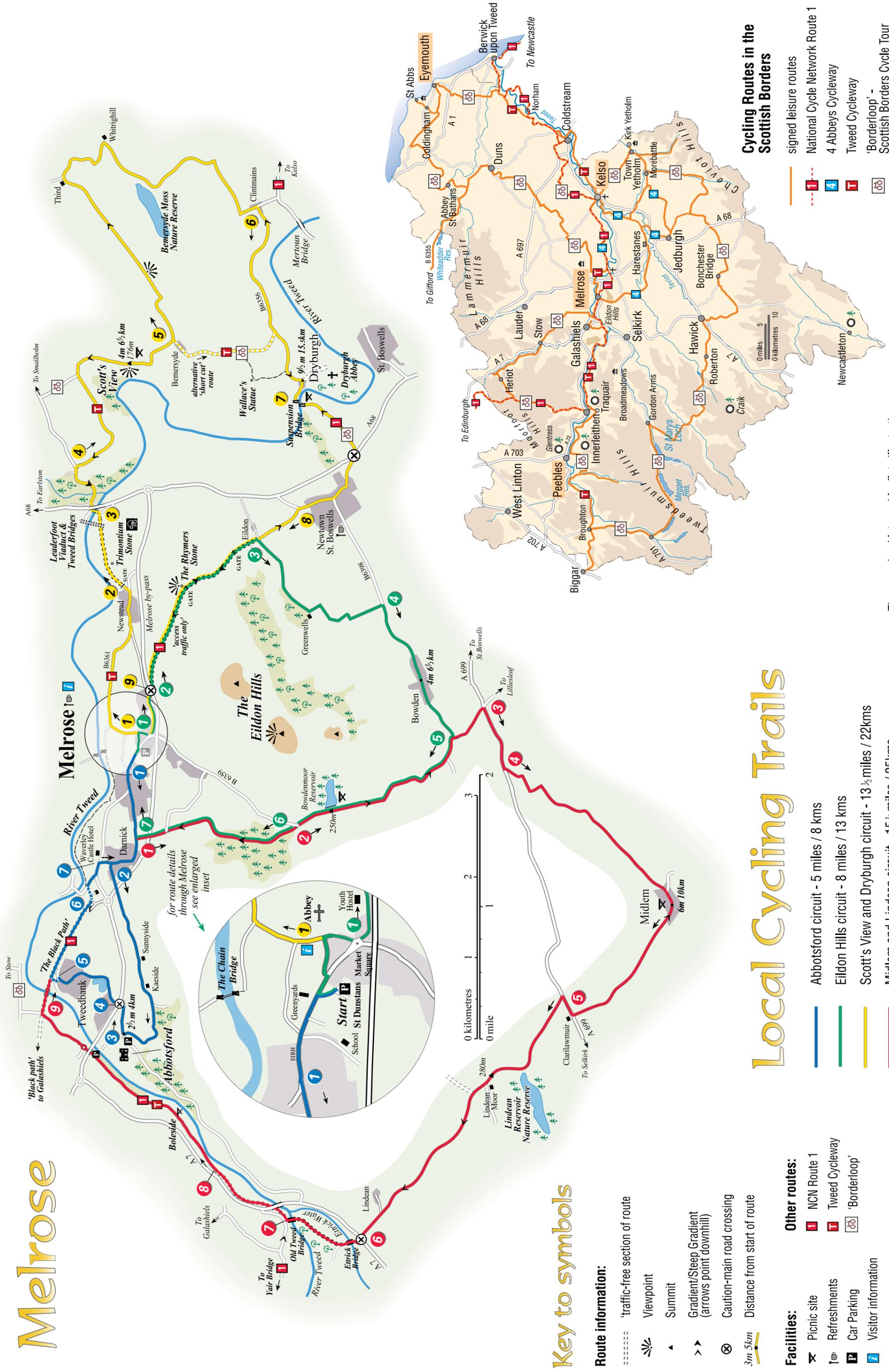


Melrose



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

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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