Turn right and then left 🧕 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 🥝 . The A7 must be crossed here, but visibility is very good in both directions, so this should not pose any problems.

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 1/2 mile before turning left 4 onto a quiet lane leading to Midlem. The village is very attractively situated Continue uphill through the village to get back to the A699 at Clarilawmuir Farm.

The ensuing long descent to Bowden Toll Cross Roads 3 around a spacious green and would be perfect with a tearoom and pub - as it is, you will need to bring your own refreshments.

Follow the blue trail out of Melrose, but turn left, before reaching Darnick, into Chiefswood Road 🕗. 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

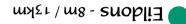
next junction onto the B6359 and reach the summit at

Bowdenmoor Reservoir 🙆

Midlem & Lindean - 151/2 m / 25km

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

left thereafter to reach the car park and starting point. through the town centre and take the first turning on the be used here to make the A6091 crossing easier). Continue and then right to enter the town (short sections of path can Descend to the junction with Melrose bypass 9, turn left very quiet with the central, gated section barred to traffic. The next section includes some steep climbing, but is



barked cars and vans unloading). a busy section of the High Street, which is usually lined with the town centre via East Port 🚺 (this slight diversion avoids into Abbey Street. Turn left in the Market Square to leave bear left into Buccleugh Street and turn right at the far end Turn right out of St. Dunstans Park onto the High Street,

closs roads 🕄 . Valley), then over two crests before dropping down to Eildon uphill to the Rhymer's Stone (pleasant view of the Tweed barred to through traffic by a gated section. The road leads easier) into the former road to Newtown St. Boswells, now (short sections of path can be used here to make the crossing In reaching the bypass 🗘, turn left and then right across it

through Bowden and turn right beyond the village onto the and right again at the junction with the B6398 📣. Continue Turn right here along a twisting and undulating minor road,

B6359 towards Melrose 🗿.

the blue trail back into Melrose. night at the 'T' junction with High Cross Avenue 🚺 to join the bottom of this lane into Chiefswood Road and then turn This is twisting and steep in places, so take care. Bear left at . 🔕 anal wornan a otni fifal nead ,traded a narrow lane 🙆 . which is perched on the west side of the Eildon Hills. Shortly This road climbs to a summit at Bowdenmoor Reservoir,

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

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

The starting point for all trails is the car park at St. Dunstans

Park, located off the west end of Melrose High Street almost

care is required are noted.

and exhilarating downhill runs.

opposite the Greenyards rugby ground.

m_{zz} / m_{1}^{z} Scott's View and Dryburgh

the bypass, bear left onto a section of traffic free, gated gnidoes hot and at the far end, before reaching on the pleasant hedge lined road to Newstead. Continue into Abbey Street 1. Melrose is then soon left behind bear left into Buccleugh Street and turn left at the far end Turn right out of St. Dunstans Park onto the High Street,

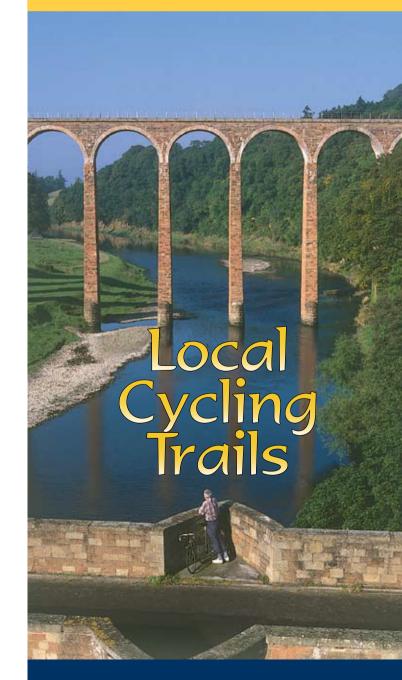
Coad 2

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

visit Wallace's Statue, take a right turn here). takes a left turn 5. (to shorten the route by 3¹/₂ miles and drop and short rise lead to Bemersyde where the route A.slliH nobli∃ and to waiv draque a giving sabisad ,salim amerk the end of any significant climbing for some is reached in a further $1/_2$ mile, much of it uphill, but this voad 📣 , then right again at the next junction. Scott's View After about a $^{| \wedge_4}$ mile of ascent, turn right onto a minor

. lo ClismtnilD ot (no Moss Nature Reserve (on the right hand side slightly further easily graded lanes past Whitrighill Farm and Bemersyde gnole briw bre noitonul 'T' oft at the 'T' junction and wind along particularly to the south and the distant Cheviot). Drop down Head east along the crest of a ridge (extensive views,

the A68 trunk road. of sbeal shire and on the read A. To be the far shire to this cul-de-sac onto a path leading to a suspension bridge on, for Melrose turn right then bear left at the end of Dryburgh. The entrance to Dryburgh Abbey is straight short cut comes in here on the right) and drop down to view again. Continue straight on at the next junction (the initially, with the River Tweed and the Eildons coming into Turn right towards Dryburgh on the B6356, which climbs



Melrose

Abbotsford - 5m / 8km

ənuə∧∀ Shortly after a short climb, bear left into High Cross Turn left out of St. Dunstan's Park onto the High Street.

through woods to Abbotsford. past Sunnyside and Kaeside farms before dropping steeply built up area is soon left behind as the road climbs gradually through the village, turn left into Broomilees Road 🕰 . The . which is followed to Darnick. Immediately after winding

path, which leads into Tweedbank Drive help of the central island and turn right along the segregated the verge for a short distance, cross the A6091 with the you're not too happy about cycling here, push your bike along road must be negotiated, following signs to Tweedbank. If the trail. Within ¹/₄ mile, a roundabout on the A6091 trunk advice on where it can be left in safety), or right to continue on (wheel your bike down the path to the house entrance and ask At the 'T' junction 3, turn left to visit Abbotsford House

at an industrial estate road. (shared cycle / footpath), which is followed to its termination the bottom of a short drop, turn right along the 'Black Path' Drive, bearing right almost immediately onto a path 3. At way round a long right hand bend, turn left into Essenside Follow this into Tweedbank past Gun Knowe Loch and, part

followed back to Melrose. to Darnick. Shortly, the outward route is regained and is right across the road and into a slip road which leads back by the entrance into the Waverley Castle Hotel ၇ , turn use path towards Melrose. Where this path is interrupted junction with a section of dual carriageway along a shared onto the old Galashiels to Melrose road, then left at the onto a short section of blocked off road 🚯 . Turn right Cross over this road to the path opposite and bear left

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 💋.

The path leads down under and then along the east side of the A7 before joining a very minor road at Boleside (2). 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 2 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).



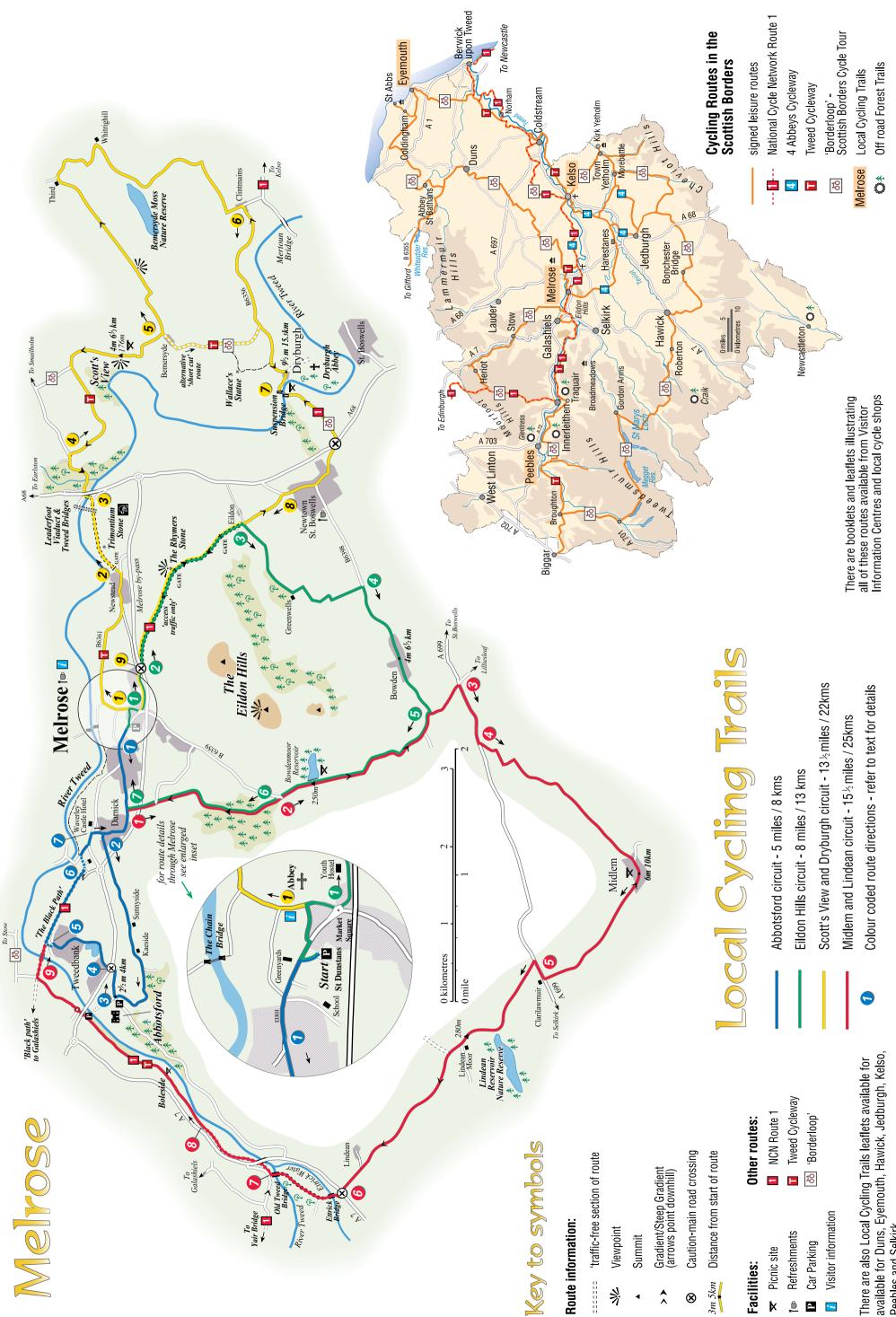




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There are also Local Cycling Trails leaflets available for available for Duns, Eyemouth, Hawick, Jedburgh, Kelso, Peebles and Selkirk.