

A cyclist wearing a blue helmet and dark clothing is riding away on a paved path that curves through a lush green valley. The path is bordered by a white fence on the left and dense foliage on the right. The background shows rolling hills and trees under a bright sky.

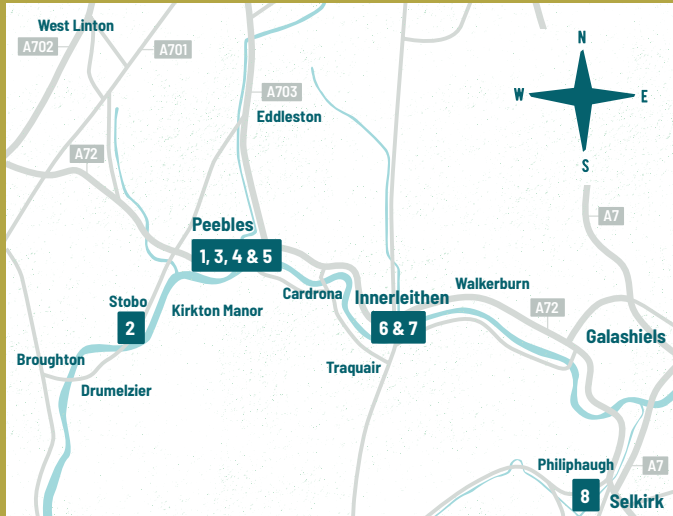
GO
TWEED VALLEY
SCOTLAND

BIKE/E-BIKE
8 EASY ROUTES

ROUTE START POINTS

- 1: Manor Valley Loop
- 2: Stobo to Broughton Loop
- 3: Discover Eddleston
- 4: Glentress Nature Loop
- 5: Railway Path Explorer
- 6: Wild about Walkerburn
- 7: Innerleithen to the Piper's Grave
- 8: Philiphaugh and Bowhill Loop

See back page for details of bike shops and bike hire points!



TWEED VALLEY BY BIKE

The Tweed Valley is renowned for its mountain biking, but not everyone is looking for quite that much adrenaline. Fortunately, the area is also full of easy-going routes that are perfect for beginner cyclists and those who'd like to experience the local sights and sounds without hanging on for dear life!

At Go Tweed Valley, we see bikes – and E-Bikes in particular – as great enablers, offering an accessible way for everyone, regardless of fitness or experience, to access different parts of the valley whether for recreation, shopping or commuting.

And with so much of the Tweed Valley linked either by off-road routes or quiet back roads, we invite you to ditch the car keys and travel on two wheels instead – with the eight routes included here a perfect chance to really get to know the area. Most connect with the valley's main towns and villages, with all their attractions, eateries, shopping and more.

And when ready to take on more challenging routes, see our website or head over to our friends at bikevalleytrails.co.uk for a whole lifetime of trails to enjoy.

Happy exploring! **Go Tweed Valley**

ROUTE 1: Manor Valley Loop



A beautiful loop of the neighbouring Manor Valley, starting and finishing in Peebles. The route sticks to quiet backroads, skirting Cademuir Forest and returning via a 300-year-old bridge and a punchy climb to a stunning viewpoint.

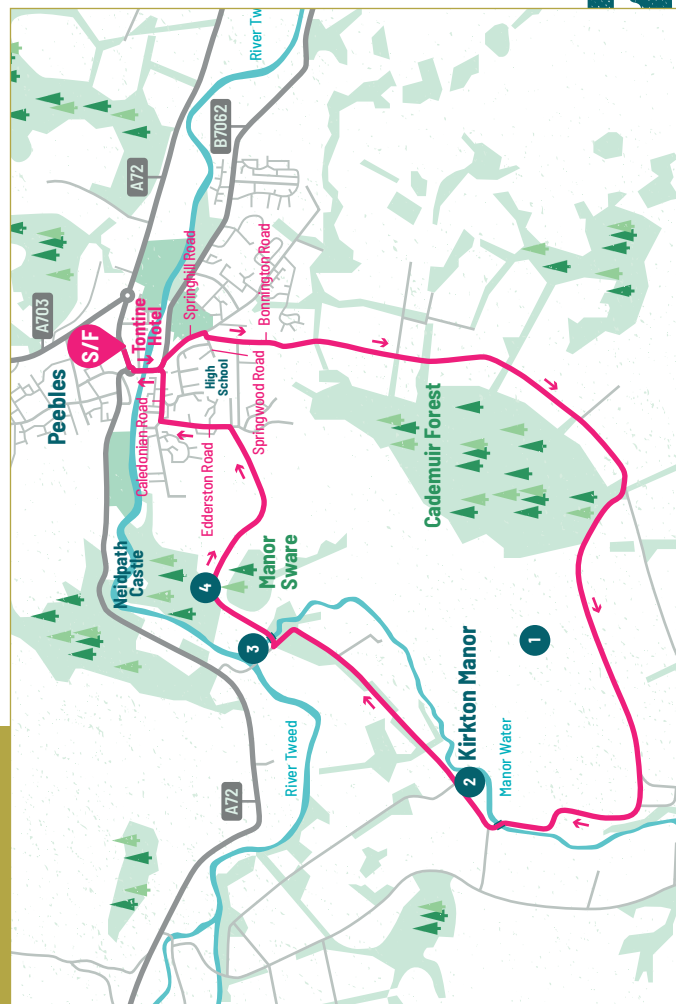
Points of interest: (1) Iron Age hill forts on Cademuir Hill; (2) Gravesite of the 'Black Dwarf' at Manor Churchyard; (3) Old Manor Bridge; (4) Viewpoint.

Essentials

Start/finish: Tontine Hotel, Peebles
Distance: 13.5km (8.37 miles)
Total ascent: 184m (606ft)
Difficulty: Medium
Time: 1.5hrs (+ stops)

Route Pointers

From the Tontine, cross the Tweed and take the second right (Springhill Road), then the next right (Springwood Road), followed by an immediate left (Bonnington Road). Pedal to a small bridge over the Manor Water and take the next right. Continue to a right turn over the Manor Bridge and climb steeply, returning to Peebles and the Tontine via Ederderston Road and Caledonian Road.



ROUTE 2:

Stobo to Broughton Loop



Discover an area of outstanding natural beauty on a route that climbs above the River Tweed before sweeping down into the pretty village of Broughton and returning on country roads past an Iron Age fort and a world-class botanic garden.

Points of interest: (1) Stobo Kirk; (2) Stobo Castle Health Spa; (3) Ruins of Tinnis Castle; (4) Dawyck Botanic Garden.

Essentials

Start/finish: Stobo village hall

Distance: 18.5km (11.49 miles)

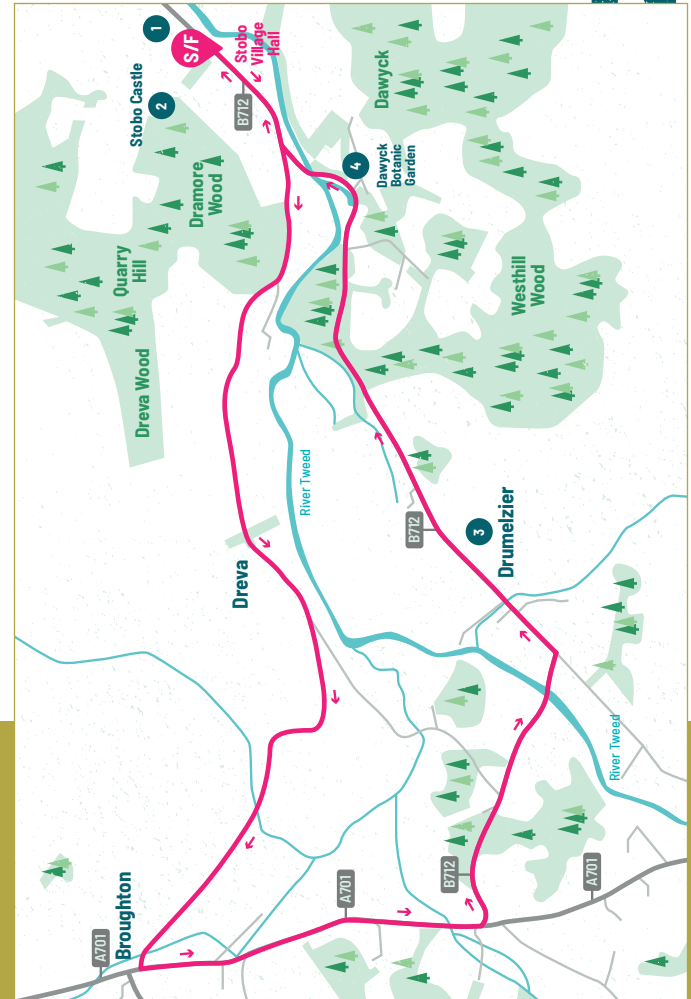
Total ascent: 212m (695ft)

Difficulty: Medium

Time: 2hrs (+ stops)

Route Pointers

From Stobo village hall, continue on the B712 taking a right turn to Dreva. Pedal up a steady climb to a viewpoint before heading down to the village of Broughton. Take a left, continue through the village on the A701, then turn left again to rejoin the B712. Wind your way back through Drumelzier and past Dawyck Botanic Garden to return to Stobo village.



ROUTE 3: Discover Eddleston



Explore a new multi-use path that follows a rejuvenated river from Peebles to Eddleston. Full of delights, the route includes restored areas of wetland, a hutting community and the remarkable Great Polish Map of Scotland at Barony Castle.

Points of interest: (1) Eddleston Water; (2) Cringletie House; (3) Eddleston huts; (4) Great Polish Map of Scotland at Barony Castle.

Essentials

Start/finish: Eastgate Theatre, Peebles

Distance: 14.1km (8.8 miles)

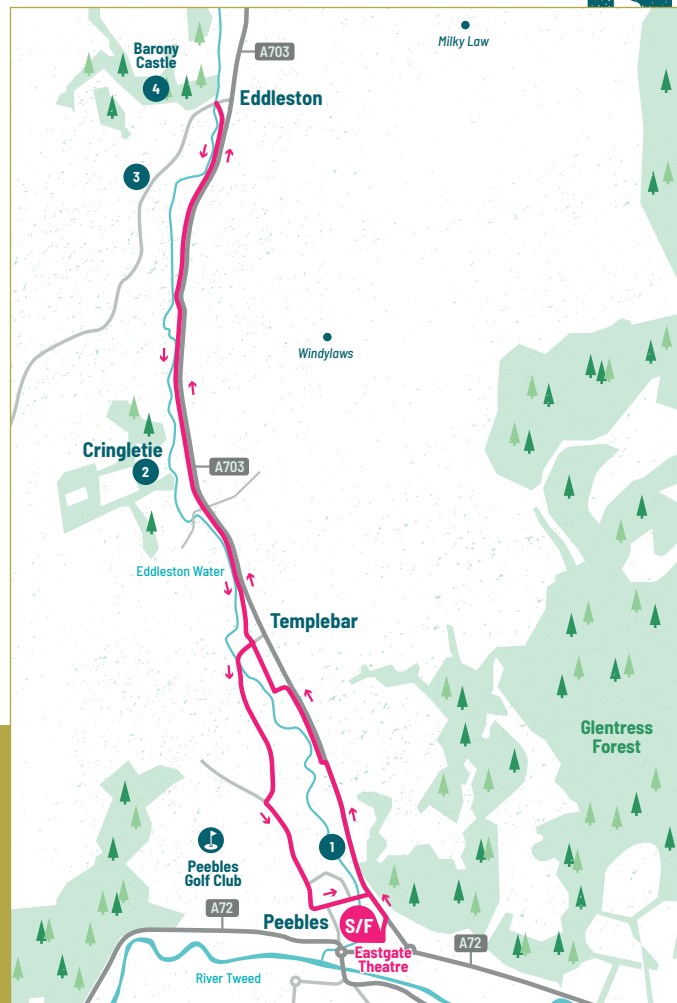
Total ascent: Minimal

Difficulty: Easy

Time: 1.5hrs (+ stops)

Route Pointers

From the Eastgate Theatre, head north on the A703 to join the multi-use path just past Crossburn Caravan Park. Continue all the way to Eddleston – be sure to explore the grounds of Barony Castle. Return the same way, turning right just outside Peebles to head into town via a quiet back road. Turn left onto March Street and right onto Edinburgh Road to return to the theatre.



ROUTE 4:

Glentress Nature Loop



Pedal amongst giant trees on this loop through the mountain biking heaven that is Glentress Forest. Stop and learn about breeding ospreys, discover quiet spots by the ponds and enjoy fine views as the route winds up and down the forest roads.

Points of interest: (1) Eshiels Community Woodland; (2) Wild Watch centre; (3) Ponds Trail and wildlife information; (4) Go Ape Glentress.

Essentials

Start/finish: Peebles Hydro Hotel

Distance: 9.7km (6 miles)

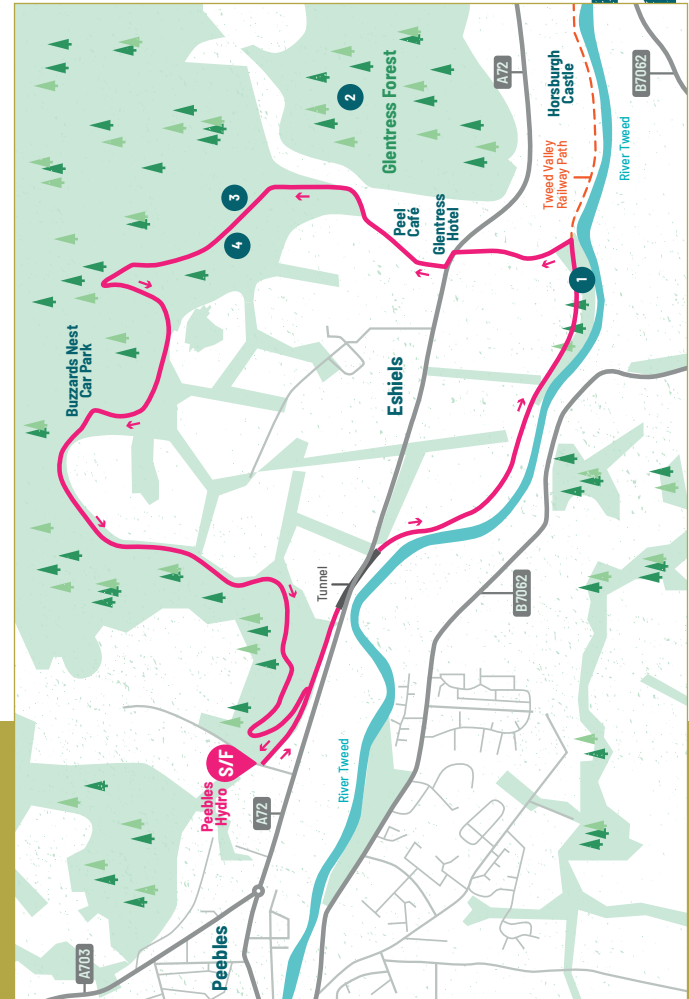
Total ascent: 202m (662ft)

Difficulty: Medium

Time: 1.5hrs (+ stops)

Route Pointers

From Peebles Hydro, cross the bridge at Janet's Brae to join the Tweed Valley Railway Path. Continue to a signed crossroads and turn left to reach the main road. Cross with care, continue into Glentress Forest and take a left turn just before the Peel Café to join a forest road that climbs to Buzzard's Nest car park. At the car park, take the left turn that heads back down to Peebles. Turn sharp right at the bottom and return to Peebles Hydro.



ROUTE 5:

Railway Path Explorer



Following the river along the Tweed Valley Railway Path, this easy-going route offers plenty of café and ice cream stops before returning on a back road that passes the oldest continuously inhabited house in Scotland and a delightful garden.

Points of interest: (1) Ruins of Horsburgh Castle; (2) Cardrona pump track; (3) Traquair House; (4) Kailzie Gardens and cafe.

Essentials

Start/finish: Tweed Green, Peebles

Distance: 24.8km (15.42 miles)

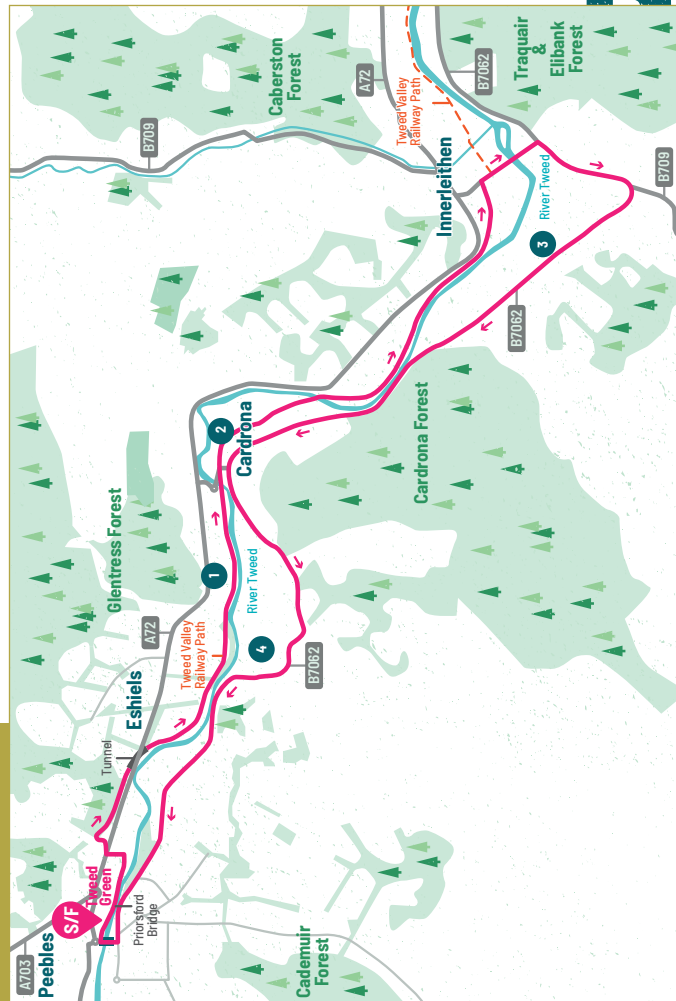
Total ascent: 110m (361ft)

Difficulty: Easy

Time: 2.5hrs (+ stops)

Route Pointers

From Tweed Green, pedal through Whitestone Park to Innerleithen Road. Cross, continue for about 100m and turn left, then right to join the Tweed Valley Railway Path. At Cardrona, go straight at the roundabout, continue through the village and turn left onto Leeburn View to rejoin the Railway Path (by a pump track). At Innerleithen, turn right onto Traquair Road and continue around a bend to a crossroads. Turn right and return to Peebles on the B7062.



ROUTE 6:

Wild about Walkerburn



A short loop that uses the Tweed Valley Railway Path to head downstream from Innerleithen to nearby Walkerburn before crossing the Tweed and returning along a back road beneath Plora Wood, with views over to the pointed summit of Lee Pen.

Points of interest: (1) Pirn Hill Fort & sculptures; (2) Lee Pen; (3) 7stanes Innerleithen; (4) Traquair Estate trail.

Essentials

Start/finish: Traquair Arms Hotel, Innerleithen

Distance: 8.2km (5.1miles)

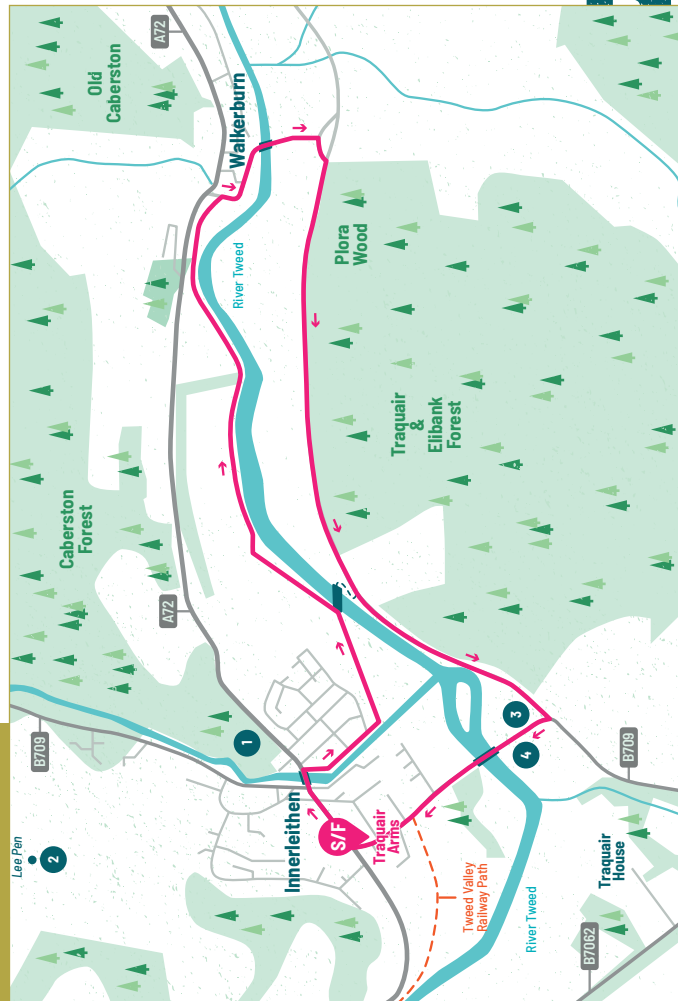
Total ascent: 80m (266ft)

Difficulty: Easy

Time: 1hr (+ stops)

Route Pointers

From the Traquair Arms, pedal for 50m and turn right onto the main road (A72) through Innerleithen. Turn right again onto Princes Street and continue to its end, turning left towards Walkerburn on the Tweed Valley Railway Path. At Walkerburn, turn right, go past the school and cross the Tweed. Just after, peel right and continue on a minor road to the junction by the mountain biking trail head. Turn right here and return to Innerleithen.



ROUTE 7:

Innerleithen to the Piper's Grave



A scenic there and back route that follows the Leithen Water as it climbs the 'Granites' (B709) to the Piper's Grave. It is here that an 18th century piper is said to have died while attempting to play all the way from Innerleithen to Edinburgh Castle.

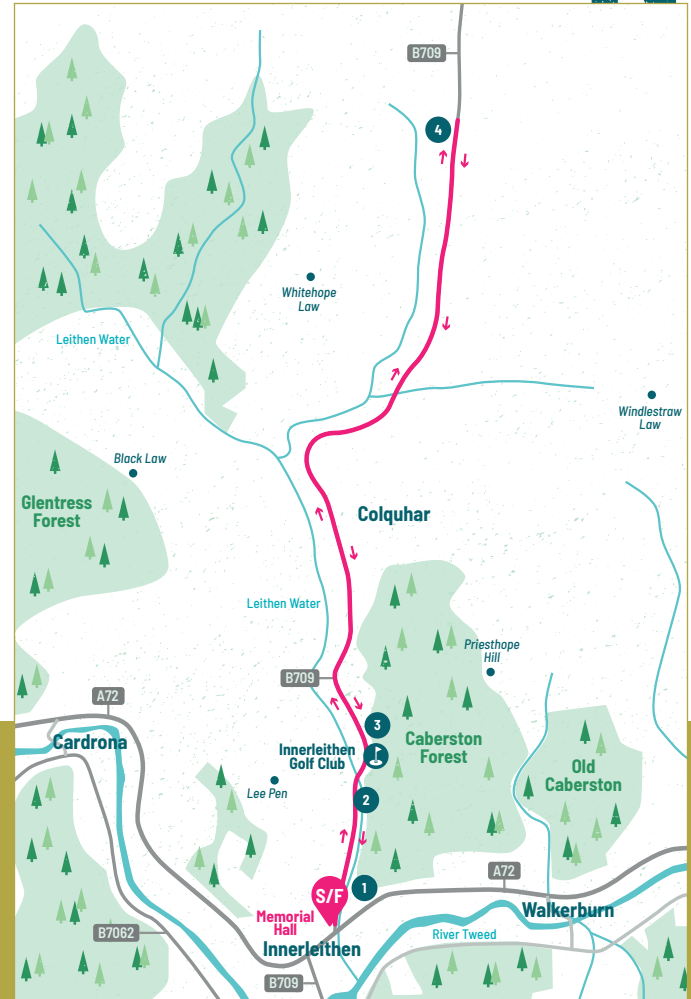
Points of interest: (1) Pirn Hill Fort & sculptures; (2) Innerleithen mill lade; (3) Mountain biking at the 'Golfie'; (4) Piper's Grave.

Essentials

Start/finish: Memorial Hall, Innerleithen
Distance: 21.7km (13.5 miles)
Total ascent: 256m (843ft)
Difficulty: Medium
Time: 2.5hrs (+ stops)

Route Pointers

From the Memorial Hall in Innerleithen, follow the B709 north through the golf course, climbing to a layby where the road is guarded on each side by heathery hillside. The Piper's Grave is on the left at the start of the layby. Return the same way, enjoying the exhilarating descent!



ROUTE 8:

Philiphaugh & Bowhill Loop



Learn about the area's prized wildlife before exploring the splendid grounds of Bowhill House with its adventure playpark, historic tower and beautiful way-marked trails. Return via the site of a fiercely fought battle.

Points of interest: (1) Eagle Information Point; (2) Salmon Viewing Centre; (3) Bowhill House; (4) Site of the Battle of Philiphaugh.

Essentials

Start/finish: Waterwheel Café, Philiphaugh

Distance: 11.2km (7 miles)/
11.5km (7.13 miles)
(second route avoiding Bowhill)

Total ascent: 607ft/ 534ft

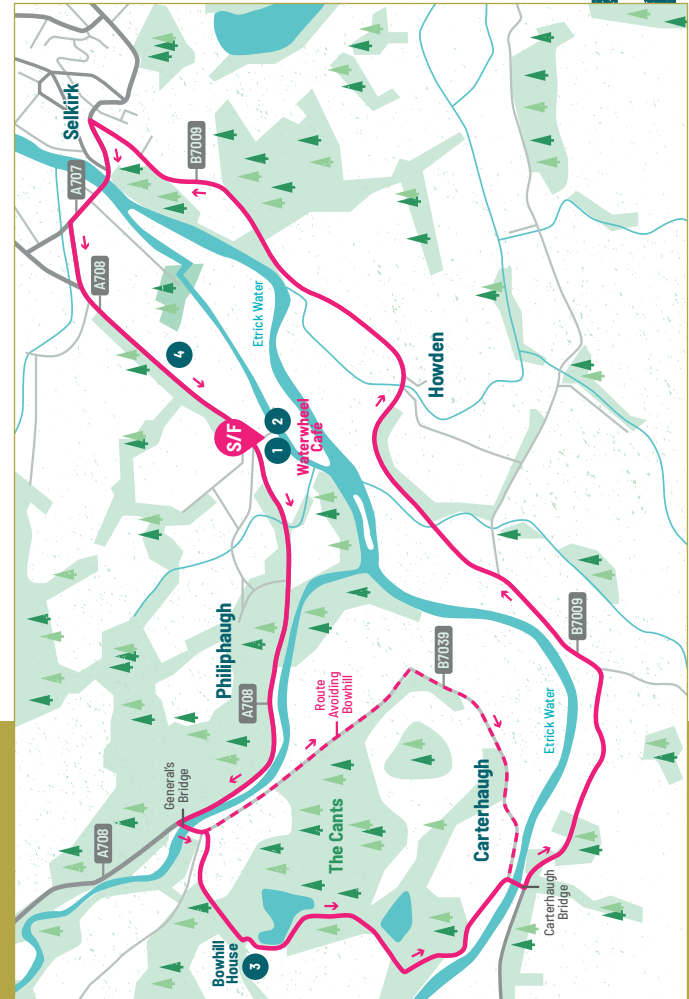
Difficulty: Easy

Time: 1.5hrs (+ stops)

*Subject to admission/opening hours.

Route Pointers

From the Waterwheel Café, turn left towards Bowhill House*. Turn left over General's Bridge onto the estate and continue around the Upper and Lower Lakes. Exit the estate onto the B7009 after Carterhaugh Bridge. Head towards Selkirk, turning left on the A707 and left again after the bridge to return on the A708. To avoid Bowhill, turn left after crossing General's Bridge and pedal along the B7039 towards Carterhaugh Bridge. Rejoin the route here.



FOR BIKE HIRE, SERVICING, CHARGE POINTS, GUIDING, LESSONS AND MORE, CHECK OUT:

Tweed E-Bike Hire, tweedebikehire.co.uk

Bspoke Cycles, bspokepeebles.co.uk

Alpine Bikes Glentress, tweedvalleybikehire.com

eBike Hire Scotland, ebikehirescotland.com

Ridelines, ridelines.co.uk

Ride Innerleithen, rideinnerleithen.co.uk

Tweed Valley Bikes, tweedvalleybikes.co.uk

The Bike Shop, innerleithenbikeshop.co.uk

I-Cycles, i-cycles.co.uk

Bike Valley Scotland, bikevalleyscotland.com

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