



# TWEED CYCLEWAY **CYCLE ROUTE**

## What is it?

95-mile linear route from Biggar to Berwick-upon-Tweed through the heart of the Scottish Borders following the course of the River Tweed.

## Why do it?

Excellent views of the countryside surrounding the Tweed. Passes through picturesque Border towns, fine hill and forest backdrops, with lots of interesting visitor attractions along the way.

Great places to stay, high quality restaurant and coffee stops en-route.

## How tough?

Moderate – a few steep sections.

The vast majority of the route is on quiet roads. The route is usually tackled in an easterly direction and takes 3-5 days to complete.

## Getting There

The nearest railway station to Biggar is Carstairs Junction (approx 10 miles from Biggar). The route ends at Berwick-upon-Tweed where there is also a train station.

## Where to stay?

The route can be conveniently split into four 20-30 mile sections, starting at Biggar, with overnight stops in Peebles, Melrose, Kelso/Coldstream and finishing in Berwick.

Alternatively cyclists could take the route as two 50-mile sections starting in Biggar with an overnight stop in Melrose and ending in Berwick.

All suggested accommodation below is Cyclists Welcome accredited which means they provide additional facilities for visitors touring Scotland by bicycle, such as secure bike storage, clothes-drying facilities and flexible eating arrangements to accommodate unpredictable arrival times.

There is more accommodation available in all areas  
Visit [www.visitscottishborders.com](http://www.visitscottishborders.com) for details.

## Where to Stay

### PEEBLES

**Lindores B&B**, Old Town, Peebles  
Tel 01721 722072  
[www.lindorespeebles.co.uk](http://www.lindorespeebles.co.uk)

**Whitstone House**, 3★ B&B, Innerleithen Road  
Tel 01721 720337

**The Tontine**, 3★ hotel, High St, Peebles  
Tel 01721 720892  
[www.tontinehotel.com](http://www.tontinehotel.com)

**Peebles Hotel Hydro**, 4★ hotel, Innerleithen Road  
Tel 01721 720602  
[www.peebleshydro.co.uk](http://www.peebleshydro.co.uk)

**Winkston Farmhouse**, 4★ B&B  
Tel 01721 721264  
[www.winkstonholidays.co.uk](http://www.winkstonholidays.co.uk)

### NEAR PEEBLES

**The Schoolhouse** –Traquair, 2★ B&B  
Tel 01896 830425  
[www.stay-in-traquair.co.uk](http://www.stay-in-traquair.co.uk)

**Craiguart**, 3★ B&B  
Innerleithen Road, Eshiels  
Tel 01721 720219  
[www.craiguart.co.uk](http://www.craiguart.co.uk)

**Glede Knowe**, 4★ Guest House, St Ronans Terrace,  
Innerleithen  
Tel 01896 831295  
[www.gledeknowe.co.uk](http://www.gledeknowe.co.uk)

**Castlehill Knowe**, 4★ B&B  
Tel 01721 740218  
[www.castlehill-knowe.co.uk](http://www.castlehill-knowe.co.uk)

**Horseshoe Inn**, 4★ Restaurant with Rooms, Eddleston  
Tel 01721 730225  
[www.horseshoeinn.co.uk](http://www.horseshoeinn.co.uk)

**Caddon View**, 4★ Guest House, Plm Rd, Innerleithen  
Tel 01896 830208  
[www.caddonview.co.uk](http://www.caddonview.co.uk)

**Cringletie Country House Hotel**, 4★ Country House Hotel,  
by Peebles  
Tel 01721 725750  
[www.cringletie.com](http://www.cringletie.com)

### GALASHIELS

**Craigielea**, 3★ B&B, Lawyers Brae  
Tel 01896 753838  
[www.craigieleabandb.co.uk](http://www.craigieleabandb.co.uk)

### MELROSE

**George & Abbotsford Hotel**, 2★ Hotel  
Tel 01896 822308  
[www.georgeandabbotsford.co.uk](http://www.georgeandabbotsford.co.uk)

**Fiorlin B&B**, 3★ B&B, Abbey St, Melrose  
Tel 01896 822 984  
[www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)

**Old Abbey Schoolhouse**, 3★ B&B, Melrose  
Tel 01896 823432  
[www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)

**The Townhouse**, 3★ small hotel, Melrose  
Tel 01896 822645  
[www.thetownhousemelrose.co.uk](http://www.thetownhousemelrose.co.uk)

**Burts Hotel**, 3★ small hotel, Melrose  
Tel 01896 822285  
[www.burtshotel.co.uk](http://www.burtshotel.co.uk)

**Braidwood**, 4★ B&B, Buccleuch Street, Melrose  
Tel 01896 822488  
[www.braidwoodmelrose.co.uk](http://www.braidwoodmelrose.co.uk)

**Dunfermline House**, 4★ Guest House, Buccleuch Street, Melrose  
Tel 01896 822411  
[www.dunfermlinehouse.co.uk](http://www.dunfermlinehouse.co.uk)

### ST BOSWELLS

**Buccleuch Arms**, 3★ small hotel  
Tel 01835 822243  
[www.buccleucharmshotel.co.uk](http://www.buccleucharmshotel.co.uk),

**Clint Lodge**, 4★ B&B, St Boswells  
Tel 01835 822027  
[www.clintlodge.co.uk](http://www.clintlodge.co.uk)

**Mainhill**, 3★ B&B, by Melrose  
Tel 01835 823788

### KELSO

**Edenmouth Farm**, 3★ B&B, near Kelso  
Tel 01890 830391  
[www.edenmouth.co.uk](http://www.edenmouth.co.uk)

**The Roxburghe Hotel and Golf Course**, 3★ Country House Hotel  
Heiton, by Kelso  
Tel 01573 450331  
[www.roxburghe-hotel.com](http://www.roxburghe-hotel.com)

### COLDSTREAM

**Ferryrig Farm**, 3★ B&B, Coldstream  
Tel 01890 830251  
[www.ferryrig.btinternet.co.uk](http://www.ferryrig.btinternet.co.uk)



# TWEED CYCLEWAY CYCLE ROUTE INFO

Recommended coffee stops/lunch/dinner:

## PEEBLES

**The Sunflower Restaurant**, Bridgegate , Peebles

Mon-Sat coffees and lunch

Thur-Sat dinner

Tel 01721 722420

[www.sunflowerrestaurant.co.uk](http://www.sunflowerrestaurant.co.uk)

**County Inn**, High Street, Peebles

Lunch & Dinners

Tel 01721 720595

**Whistle Stop Café & Flower Shop**, High St, Innerleithen

Coffees, snacks, lunches, high teas (Daytime)

Tel 01896 830370

[www.whistlestopcafeinnerleithen.co.uk](http://www.whistlestopcafeinnerleithen.co.uk)

**Oven Door**, High Street Peebles

Open all day

Coffees, lunches and dinners

Tel 01721 723456

**Ramblers Tearoom**

Old Town, Peebles

Coffees, lunches and snacks 7.30am – 4pm

01721 723636

**Tontine Hotel**

Coffees, lunches, dinners

7.30am – 9.30pm

Tel 01721 720892

[www.tontinehotel.com](http://www.tontinehotel.com)

**Hub in the Forest Cafe**, Glentress, near Peebles

Lunches, snacks and cakes

Tel 01721 722104

[www.thehubintheforest.co.uk](http://www.thehubintheforest.co.uk)

**Eastgate Theatre & Arts**, Peebles

Snacks and drinks

Tel 01721 725785

[www.eastgatearts.com](http://www.eastgatearts.com)

## MELROSE

**Burts Hotel**, award-winning food

Bar lunches and suppers plus evening restaurant

Tel 01896 822285

[www.burtshotel.co.uk](http://www.burtshotel.co.uk)

**The Townhouse**

Bar lunches and suppers plus evening restaurant

Tel 01896 822645

[www.thetownhousemelrose.co.uk](http://www.thetownhousemelrose.co.uk)

**Russells**

Coffee, cakes and lunches (9am –4.30pm)

Tel 01896 822335

**Monte Cassino** – Italian restaurant

Lunch and dinner

Tel 01896 820082

[www.montecassinomelrose.co.uk](http://www.montecassinomelrose.co.uk)

**Marmions Brasserie**

Light & full lunches, evening meals

Tel 01896 822245

[www.marmionsbrasserie.co.uk](http://www.marmionsbrasserie.co.uk)

## NEAR MELROSE

**Buccluch Arms Hotel**, St Boswells

Award-winning food

Coffees, lunches and suppers

Tel 01835 822243

[www.bucclucharmshotel.co.uk](http://www.bucclucharmshotel.co.uk)

**The Hoebriidge Inn**, Gattonside

Lunch and dinner

Tel 01896 823082

[www.thehoebriidgeinn.com](http://www.thehoebriidgeinn.com)

## KELSO

**Teviot Smokery** – (near Kelso)

Lunches, coffees and cakes

Specialising in locally smoked Borders fish and game

(9am-5pm)

Tel 01835 850253

[www.teviotgamefaresmokery.co.uk](http://www.teviotgamefaresmokery.co.uk)

**Floors Castle Terrace Café and Courtyard Restaurant**

Coffees and lunches

Tel 01573 233333

[www.roxburgh.net](http://www.roxburgh.net)

**Oscars**, Kelso

Contemporary bistro cuisine, dinner

Tel 01573 224008

[www.oscars-kelso.com](http://www.oscars-kelso.com)

## Biking Information

Cycle Hire/Repairs/Transfers

### Get a map/more info:

Free leaflet/map of the Tweed CycleWay and more information on recreational cycling and longer distance way-marked cycle routes in the Scottish Borders.

[cyclescottishborders.com](http://cyclescottishborders.com)

General info on attractions and accommodation in the Scottish Borders

[www.visitscottishborders.com](http://www.visitscottishborders.com)

### Cycle hire/repair:

#### PEEBLES

**Glentress Bike Hire** (hire, sales and repairs)

Tel 01721 729756

[www.glentressbikehire.co.uk](http://www.glentressbikehire.co.uk)

**Bspoke** (sales and repairs)

Tel 01721 723423

#### INNERLEITHEN

**Alpine Bikes** (Hire, Sales and Repairs)

Tel 01896 830880

[www.alpinenbikes.com](http://www.alpinenbikes.com)

#### Go-Where

Passenger/ bike/luggage transfer and guided service throughout Scotland for up to 12 clients.

Tel 01896 888096

[www.go-where.co.uk](http://www.go-where.co.uk)

#### KELSO

**Simon Porteous Cycles** (sales and repairs)

Tel 01573 223 692

#### GALASHIELS

**Singletrack Bikes** (Sales and Repairs)

Tel 01896 758327

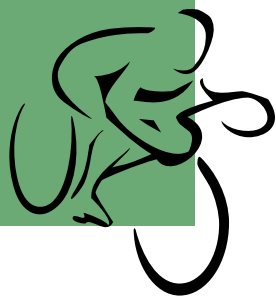
[www.singletrackbikes.co.uk](http://www.singletrackbikes.co.uk)

**Diamond Cycle Centre** (Hire, Sales and Repairs)

Tel 01896 758410

[www.stevediamondcycles.co.uk](http://www.stevediamondcycles.co.uk)





# TWEED CYCLEWAY CYCLE ROUTE INFO

What to see? A few suggestions on things to see en-route:

## TRAQUAIR HOUSE, Innerleithen, nr Peebles

Oldest continuously occupied house in the British Isles. Also the site of a brewery, craft workshops and tearoom.  
**Open April – November**  
**Admission charged**  
[www.traquair.co.uk](http://www.traquair.co.uk)

## ABBOTSFORD HOUSE, nr Melrose

Historic home of Sir Walter Scott, one of Scotland's most important literary figures. Tearoom and gift shop on-site.  
**Open mid March – end October**  
**Admission charged**

## KELSO ABBEY

Kelso Abbey was founded during the reign of King David I (1124-1153). At one time the grandest of the Border Abbeys, its location meant it saw many English armies pass by over the centuries. Regular raids by the English (particularly in the 1540s under Henry VIII) have led to little of this magnificent building surviving.  
**Admission free – Open all year**

## MELROSE ABBEY

Melrose Abbey is a magnificent ruin on a grand scale with lavishly decorated masonry including the bagpipe-playing Melrose pig. The Abbey is thought to be the burial place of Robert the Bruce's heart, marked with a commemorative carved stone plaque within the grounds. Visitors can also visit a small museum housing a display of artifacts found within the abbey.  
**Admission charged – Open all year**

## FLOORS CASTLE

Built in 1721, Floors Castle is the ancestral home of the Duke of Roxburghe and still inhabited by the current Duke and his family. There is an interesting garden centre in the

grounds which is open all year, and two tearooms:  
 - The Terrace Café (nr garden centre) open all year  
 - The Courtyard Restaurant (open during the tourist season)  
**Open Easter - October**  
**Admission charged for the Castle**

Peebles, Melrose and Kelso also have a selection of interesting shops and Melrose has a small theatre, The Wynd (check-out the programme at [www.thewyndmelrose.com](http://www.thewyndmelrose.com)).

## SMAILHOLM TOWER

Smailholm Tower is one of the most evocative sights in the Border country. Its stark form is a dominant feature in the rolling landscape of the Tweed valley. Smailholm's story takes us from the 15th century to just beyond the Union between Scotland and England in 1707. The lonely tower is associated with two notable Border families – first the Pringles (Hoppringles) up to 1645; thereafter the Scotts of Harden, ancestors of Sir Walter Scott.  
**Admission charged – open all year**

## ROBERT SMAIL'S WORKSHOP, INNERLEITHEN

A unique example of our industrial heritage in the form of a fully operational Victorian Letterpress Printing Works in the Borders town of Innerleithen.  
**Admission charged - open April to October.**  
[www.nts.org.uk](http://www.nts.org.uk)

## DAWYCK BOTANIC GARDEN, NR PEEBLES

Renowned for its seasonal displays, an abundance of exotic and native plants provides a breathtaking backdrop of colour throughout the year. Enjoy the award-winning visitor centre.  
**Admission charge – open February to November**  
[www.rbge.org.uk](http://www.rbge.org.uk)



Dawyck Botanic Gardens

## PHILIPHAUGH ESTATE, SELKIRK

Philiphaugh Estate provides a salmon viewing centre, gardens, estate walks and a restaurant for you to explore and enjoy. [www.salmonviewingcentre.com](http://www.salmonviewingcentre.com)

## BOWHILL HOUSE AND COUNTRY ESTATE, NEAR SELKIRK

For more than seven centuries the Scotts of Buccleuch have been part of Scottish Borders history and their principal house, Bowhill is today home to the Duke and Duchess of Buccleuch and Queensberry. Bowhill sits at the heart of an energetic country estate amidst the magical scenery of the Yarrow and Ettrick valleys. Mountain biking, walks and wildlife are all on offer alongside a gift shop and tea room.

**Admission charged. House open July-August, the Estate has various opening times from April-August, please check.**  
[www.bowhill.org](http://www.bowhill.org)

## FARMERS MARKETS

The Scottish Borders is home to a host of local producers creating everything from cured meats and cheeses, to farmhouse ice creams.

Great places to pick up goodies for a packed lunch or foodie gifts to take home.

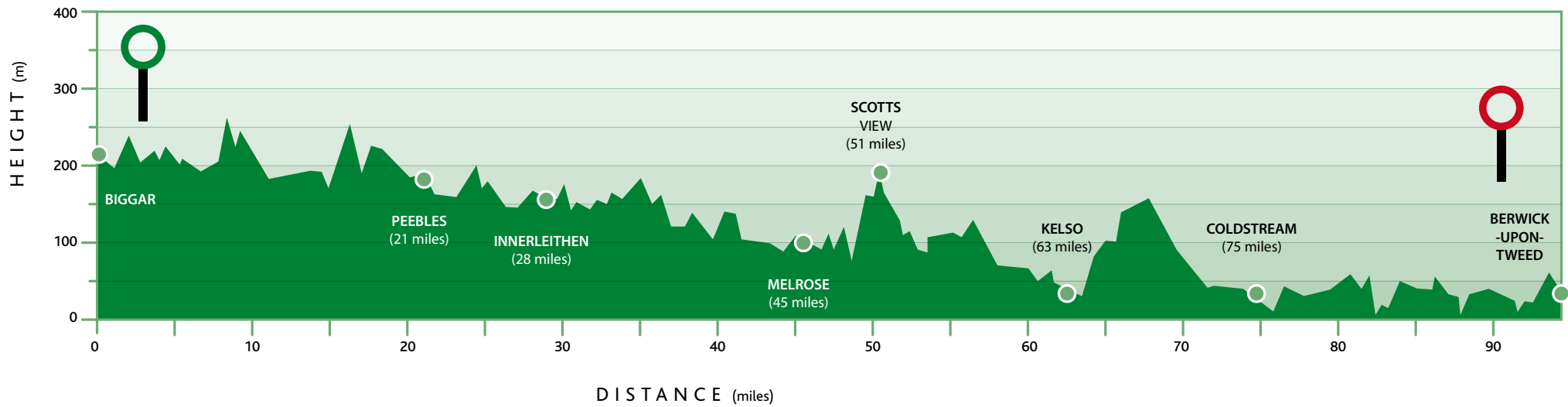
**Kelso Farmers Market** – 4th Saturday of the month  
 9.30am – 1.30pm, Kelso Town Square

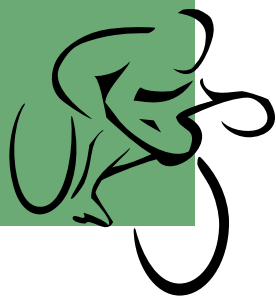
**Peebles Farmers Market** – 2nd Saturday of the month  
 9.30am – 1.30pm, Eastgate car park



# TWEED CYCLEWAY

## ROUTE PROFILE

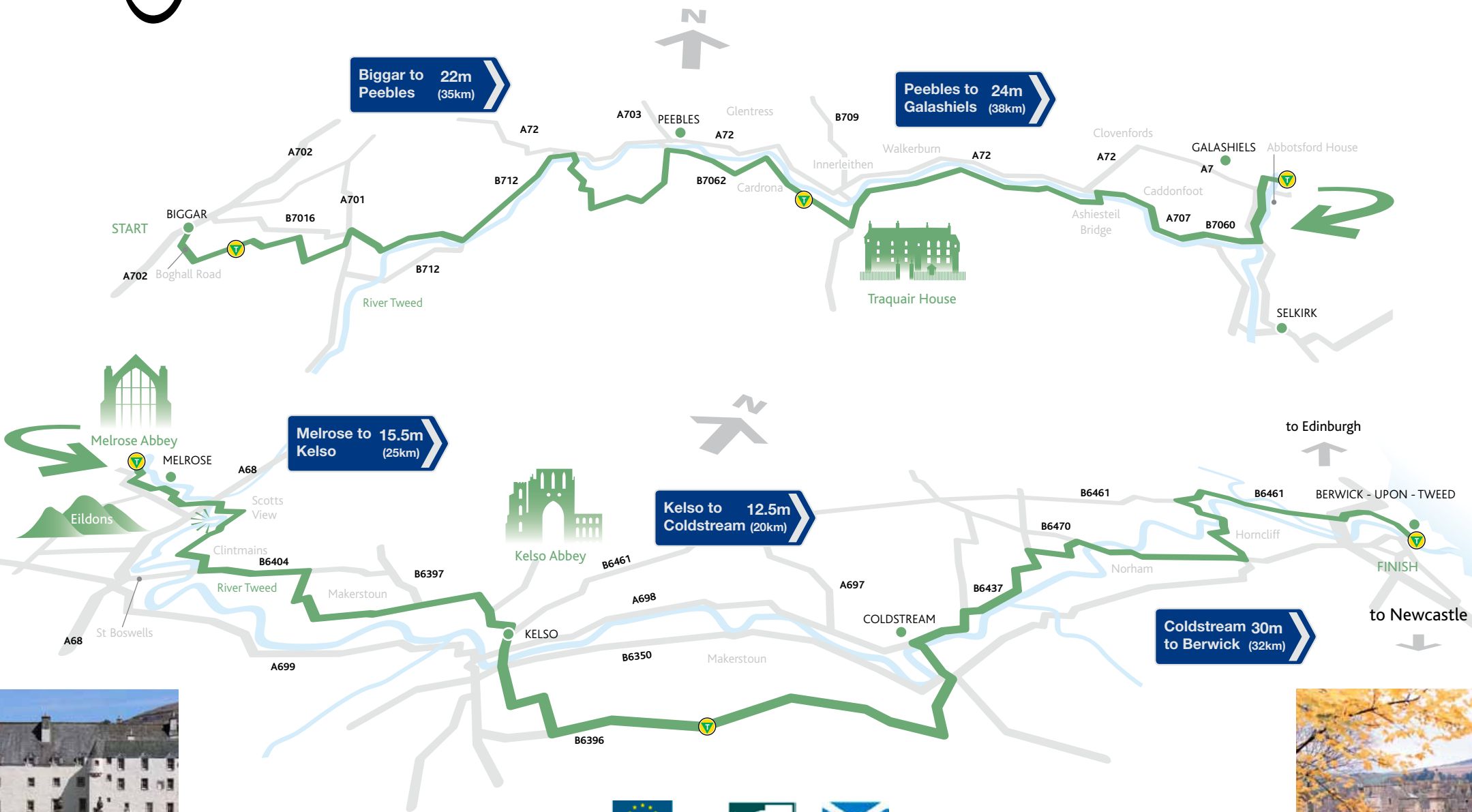




# TWEED CYCLEWAY ROUTE MAP OVERVIEW

for a more detailed map please click [here](#) a for PDF

**Route:** (signposted)  
**Distance:** 95miles  
**Difficulty:** moderate



Traquair House



Abbotsford House