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
PEEBLES
Lindores B&B, Old Town, Peebles
Tel 01721 720702
www.lindorespeebles.co.uk
Whitestone House, 3★ B&B, Innerleithen Road
Tel 01721 720337
The Tontine, 3★ hotel, High St, Peebles
Tel 01721 720892
www.tontinehotel.com
Peebles Hotel Hydro, 4★ hotel, Innerleithen Road
Tel 01721 720602
www.peebleshydro.co.uk
Winkston Farmhouse, 4★ B&B
Tel 01721 712164
www.winkstonfarmhouse.co.uk

NEAR PEEBLES
The Schoolhouse –Traquair, 2★ B&B
Tel 01896 830425
www.stay-in-traquair.co.uk
Craigart, 3★ B&B
Innerleithen Road, Eshiels
Tel 01721 720219
www.craigart.co.uk
Glede Knowe, 4★ Guest House, St Ronans Terrace, Innerleithen
Tel 01896 831295
www.gledeknowe.co.uk
Castlehill Knowe, 4★ B&B
Tel 01721 740218
www.castlehill-knowe.co.uk
Horseshoe Inn, 4★ Restaurant with Rooms, Eddleston
Tel 01721 730225
www.horseshoeinn.co.uk
Caddon View, 4★ Guest House, Plm Rd, Innerleithen
Tel 01896 830208
www.caddonview.co.uk
Cringletie Country House Hotel, 4★ Country House Hotel, by Peebles
Tel 01721 725750
www.cringletie.com

GALASHIELS
Craigielea, 3★ B&B, Lawyers Brae
Tel 01896 753838
www.craigieleabandb.co.uk

MELROSE
George & Abbotsford Hotel, 2★ Hotel
Tel 01896 823038
www.georgeandabbotsford.co.uk
Fiorlin B&B, 3★ B&B, Abbey St, Melrose
Tel 01896 822984
www.melroseaccommodation.co.uk
Old Abbey Schoolhouse, 3★ B&B, Melrose
Tel 01896 823432
www.melroseaccommodation.co.uk
The Townhouse, 3★ small hotel, Melrose
Tel 01896 822285
www.thetownhousemelrose.co.uk
Burts Hotel, 3★ small hotel, Melrose
Tel 01896 822488
www.burtsco.uk
Braidwood, 4★ B&B, Buccleuch Street, Melrose
Tel 01896 822411
www.braidwoodmelrose.co.uk
Dunfermline House, 4★ Guest House, Buccleuch Street, Melrose
Tel 01896 822411
www.dunfermlinewayhouse.co.uk

ST BOSWELLS
Buccleuch Arms, 3★ small hotel
Tel 01835 822243
www.buccleucharmshotel.co.uk,
Clint Lodge, 4★ B&B, St Boswells
Tel 01835 822027
www.clintlodge.co.uk
Mainhill, 3★ B&B, by Melrose
Tel 01835 823788

KELSO
Edenmouthish, 3★ B&B, near Kelso
Tel 01890 830391
www.edenmouthish.co.uk
The Roxburghie Hotel and Golf Course, 3★ Country House Hotel
Heiton, by Kelso
Tel 01573 450331
www.roxburghie-hotel.com

COLDSTREAM
Fernyrig Farm, 3★ B&B, Coldstream
Tel 01890 830251
www.fernyrig.btinternet.co.uk

There is more accommodation available in all areas
Visit www.visitscottishborders.com for details.
TWEED CYCLEWAY CYCLE ROUTE INFO

Recommended coffee stops/lunch/dinner:

PEEBLES

The Sunflower Restaurant, Bridgagate, Peebles
Mon-Sat coffees and lunch
Tel 01721 722420
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

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
Tel 01721 723636

Tontine Hotel
Coffees, lunches, dinners 7.30am – 9.30pm
Tel 01721 720892
www.tontinehotel.com

Hub in the Forest Cafe, Glentress, near Peebles
Lunches, snacks and cakes
Tel 01721 722104
www.thehubintheforest.co.uk

Eastgate Theatre & Arts, Peebles
Snacks and drinks
Tel 01721 725785
www.eastgatearts.com

NEAR MELROSE

Buccleuch Arms Hotel, St Boswells
Award-winning food
Coffees, lunches and suppers
Tel 01835 822443
www.buccleucharmshotel.co.uk

The Hoebridge Inn, Gattonside
Lunch and dinner
Tel 01896 823082
www.thehoebridgeinn.com

KELSO

Teviot Smokery – (near Kelso)
Lunches, coffees and cakes
Specialising in locally smoked Borders fish and game
(9am-5pm)
Tel 01835 850253
www.teviotsmokery.co.uk

Floors Castle Terrace Café and Courtyard Restaurant
Coffees and lunches
Tel 01573 23333
www.roxburghenet.co.uk

Oscars, Kelso
Contemporary bistro cuisine, dinner
Tel 01573 224008
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

General info on attractions and accommodation in the
Scottish Borders
www.visitscottishborders.com

Cycle hire/repair:

PEEBLES

Glentress Bike Hire (hire, sales and repairs)
Tel 01721 729756
www.glentressbikehire.co.uk

Bspoke (sales and repairs)
Tel 01721 723423

INNERLEITHEN

Alpine Bikes (Hire, Sales and Repairs)
Tel 01896 830880
www.alpinenbikes.com

Go-Where
Passenger/ bike/luggage transfer and guided service through-
out Scotland for up to 12 clients.
Tel 01896 888096
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

Diamond Cycle Centre (Hire, Sales and Repairs)
Tel 01896 758410
www.stevediamondcycles.co.uk

The list of businesses included within this document is only a sample of those available.
**TRÁQUAIR 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

**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

**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

**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

**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

**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

**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

H E I G H T  (m)

D I S T A N C E  (miles)

BIGGAR

0

100

200

300

400

500

0

10

20

30

40

50

60

70

80

90

BERWICK-UPON-TWEED

PEEBLES
(21 miles)

INNERLEITHEN
(28 miles)

MELROSE
(45 miles)

SCOTTS VIEW
(51 miles)

KELSO
(63 miles)

COLDSTREAM
(75 miles)

SCOTTS VIEW
(51 miles)

INNERLEITHEN
(28 miles)

MELROSE
(45 miles)

KELSO
(63 miles)

COLDSTREAM
(75 miles)

BERWICK-UPON-TWEED

0

10

20

30

40

50

60

70

80

90

H E I G H T  (m)

D I S T A N C E  (miles)
TWEED CYCLEWAY ROUTE MAP OVERVIEW

for a more detailed map please click here a for PDF

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

START

Biggar to Peebles
Distance: 22 miles
Difficulty: moderate

Peebles to Galashiels
Distance: 24 miles
Difficulty: moderate

Kelso to Coldstream
Distance: 12.5 miles
Difficulty: moderate

Melrose to Kelso
Distance: 15.5 miles
Difficulty: moderate

Coldstream to Berwick
Distance: 30 miles
Difficulty: moderate

The European Agricultural Fund for Rural Development: Investing in Rural Areas
The Scottish Government

FINISH