

4 ABBEYS CYCLE ROUTE

What is it?

A 55-mile circular route that passes by four of the Borders most famous Abbeys – Kelso, Jedburgh, Melrose and Dryburgh.

Why do it?

Spectacular views of the countryside surrounding the Tweed and Teviot rivers. Can be done in a day (hard going) or over a weekend. Great places to stay, high quality restaurant and coffee stops en-route and stunning views.

How tough?

Moderate – a couple of steep but fairly short hills, The majority of the route is on quiet undulating roads but a few short stretches on main roads are unavoidable. The route is usually tackled in a clockwise direction (but can be done in either direction).

Where to stay?

Best towns to stay in overnight are Melrose, St Boswells, Jedburgh or Kelso. The route can be started and finished from any of these locations with an overnight stop-off in one of the other towns if required. All accommodation below is **Cyclist 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 journeys.

Where to Stay

MELROSE

Fauhope House, 5★ B&B, Melrose
Tel 01896 823184

Braidwood, 4★ B&B, Buccleuch Street, Melrose
Tel 01896 822488
www.braidwoodmelrose.co.uk

Dunfermline House, 4★ Guest House, Buccleuch Street, Melrose
Tel 01896 822411
www.dunfermlinehouse.co.uk

Fiorlin B&B, 3★ B&B, Abbey St, Melrose
Tel 01896 822 984
www.melroseaccommodation.co.uk

The Townhouse, 3★ small hotel, Melrose
Tel 01896 822645
www.thetownhousemelrose.co.uk

Burts Hotel, 3★ small hotel, Melrose
Tel 01896 822285
www.burtshotel.co.uk

George & Abbotsford Hotel, 2★ Hotel
Tel 01896 822308
www.georgeandabbotsford.co.uk

Melrose Youth Hostel, 2★ Hostel
Priorwood High Road, Melrose
Tel 01896 822521
www.syha.org.uk

NEAR MELROSE

Buccleuch Arms, 3★ small hotel, St Boswells
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

Edenmouth Farm, 3★ B&B, near Kelso
Tel 01890 830391
www.edenmouth.co.uk

The Roxburghe Hotel and Golf Course, 3★ Country House Hotel
Heiton, by Kelso
Tel 01573 450331
www.roxburghe-hotel.com

NEAR KELSO

The Border Hotel, 4★ Inn, Kirk Yetholm
Tel 01573 420237
www.theborderhotel.com

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

Mill House, 4* B&B, Kirk Yetholm
Tel 01573 420604
www.millhouseyetholm.co.uk

Kirk Yetholm Youth Hotel, 2* Hostel
Tel 01573 420639
www.syha.org.uk

JEDBURGH

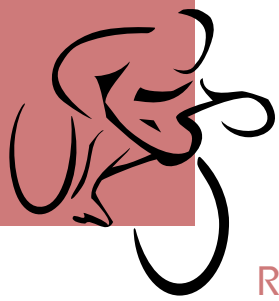
Glenacre, 4★ B&B Camptown, Jedburgh
Tel 01835 840671
www.glenacre.com

Willow Court, 5★ B&B, The Friars, Jedburgh
Tel 01835 863702
www.willowcourtedburgh.co.uk

The Spinney, 4★ B&B, Langlee, Jedburgh
Tel 01835 863525
www.thespinney-jedburgh.co.uk

NEAR JEDBURGH

Ancrumcraig, 4★ B&B, Ancrum
Tel 01835 830280
www.ancrumcraig.co.uk



4 ABBEYS CYCLE ROUTE INFO

Recommended coffee stops/lunch/dinner:

MELROSE

Burts Hotel, award-winning food
Bar lunches and suppers plus evening restaurant
Tel 01896 822285
www.burtshotel.co.uk

The Townhouse
Bar lunches and suppers plus evening restaurant
Tel 01896 822645
www.thetownhousemelrose.co.uk

Russells
Coffee, cakes and lunches (9am – 4.30pm)
Tel 01896 822 335

Monte Cassino – Italian restaurant
Lunch and dinner
Tel 01896 820082
www.montecassinomelrose.co.uk

Marmions Brasserie
Light & full lunches, evening meals
Tel 01896 822245
www.marmionsbrasserie.co.uk

NEAR MELROSE

Bucleuch Arms Hotel, St Boswells
Award-winning food
Coffees, lunches and suppers
Tel 01835 822243
www.bucleucharmshotel.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.teviotgamefaresmokery.co.uk

Floors Castle Terrace Café and Courtyard Restaurant
Coffees and lunches
Tel 01573 233333
www.roxburghe.net

Oscars, Kelso
Contemporary bistro cuisine
dinner Tel 01573 224008
www.oscars-kelso.com

JEDBURGH

Simply Scottish, High Street Jedburgh
Coffees, Light lunches and full meals (10am – 5pm)
Tel 01835 864696

Spread Eagle, High Street, Jedburgh
Evening bar meals
Tel 01835 862 870
www.spreadeaglejedburgh.co.uk

NEAR JEDBURGH

Cross Keys Hotel, The Green, Ancrum
Evening bar suppers
Tel 01835 830344
www.ancrumcrosskeys.co.uk

Woodside Walled Garden
Soups, sandwiches, cakes and coffees.
Woodside, nr Harestanes, Jedburgh
Tel 01835 830 315

Caddy Mann – Mount Hooly
Delicious homemade dishes created with local produce
Tel 01835 850 787
www.caddymann.com

Harestanes Countryside Visitor Centre
Lunches, coffees and cakes
Tel 01835 830306

Biking Information Cycle Hire/Repairs/Transfers

JEDBURGH

D&S Dorricot – bike hire
High Street, Jedburgh
01835 862 423

Christopher Rainbow – bike and tandem hire
& luggage transfer
Jedburgh, tel 01835 830326
<http://www.btinternet.com/~christopher.rainbow/>

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

INNERLEITHEN

Go-Where
Passenger/ bike/luggage transfer and guided service
throughout Scotland for up to 12 clients.
Tel 01896 888096
www.go-where.co.uk

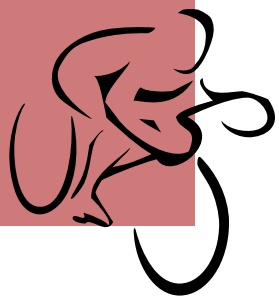
Get a map/more info:

[Free leaflet/map of the Four Abbeys Route](#) (pdf format)

More info on recreational cycling and longer distance way-marked cycle routes in the Scottish borders
www.cyclescottishborders.com

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





4 ABBEYS CYCLE ROUTE INFO

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



Jedburgh Abbey

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

DRYBURGH ABBEY

The ruins of Dryburgh Abbey nestle in wooded seclusion beside the River Tweed. The abbey was established in 1150 by white-clad Premonstratensian canons and became the premier house in Scotland of the Premonstratensian order, which had been established in 1112 in Northeast France. Visitors to Dryburgh get a closer insight into the cloistered life of the medieval monk than perhaps anywhere else in Scotland. Dryburgh Abbey is also the final resting place of Sir Walter Scott.

Admission charged – open all year

JEDBURGH ABBEY

Jedburgh Abbey, founded in 1138, was a frequent target for invading border armies. Today, there is a cloister and herb garden to explore, and a visitor centre containing 8th century carvings and artifacts excavated from the abbey grounds.

Admission charged – open all year

JEDBURGH CASTLE JAIL AND MUSEUM

Get a taste of life behind bars in this 1820s jail – a model prison in its day but now a bit spooky! Also discover the history of the Royal Burgh of Jedburgh. An impressive building with fine views.

Admission free – open March to October

MARY QUEEN OF SCOTS' VISITOR CENTRE

Based in Jedburgh, this 16th Century Tower House, set in a pear-tree garden in the heart of Jedburgh, explores the life of Scotland's tragic queen (who stayed here in 1566) through paintings, textiles and objects associated with her.

Admission free – open March to November

SMAILHOLM TOWER

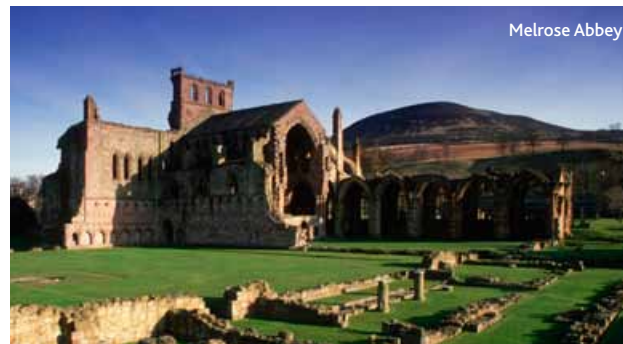
Smailholm Tower is one of the most evocative sights in the Border country. Its stark form is a dominant feature in the rolling landscape of the Tweed valley. Smailholm's story takes us from the 15th century to just beyond the Union between Scotland and England in 1707. The lonely tower is associated 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

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



Melrose Abbey

FLOORS CASTLE

Built in 1721, Floors Castle is the ancestral home of the Duke of Roxburgh 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)
- Admission charged for the Castle – open Easter - October

TEVIOT WATER GARDENS & SMOKERY

Riverside display garden and riverside walks, food, Food/Craft Hall, Aquatic/Garden Centre, Smokery and Conservatory Restaurant.

Admission free, open all year, 10am-5pm.

HARESTANES VISITOR CENTRE

Exhibitions and countryside walks, crafts businesses, gift shop and tearoom.

Park open all year

Gift shop and tearoom open April – October only

Admission free

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).

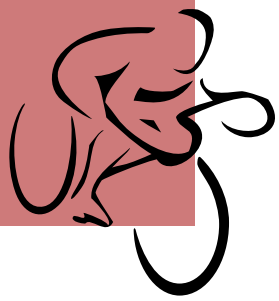
FARMERS MARKETS

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.

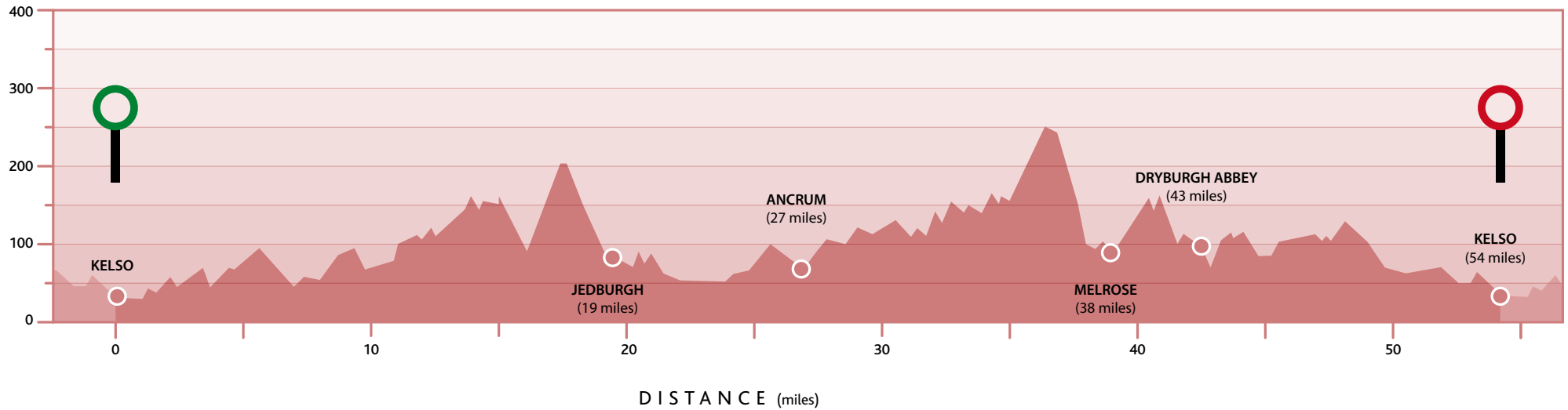
Kelso Farmers Market – 4th Saturday of the month 9.30am – 1.30pm, Kelso Town Square

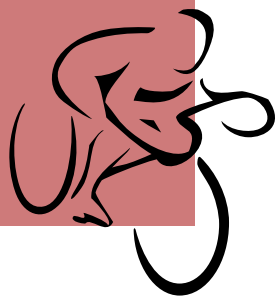
Jedburgh Farmers Market – First Friday of the month, 9.30am – 1.30pm, Market Place, Jedburgh



4 ABBEYS CYCLE ROUTE

ROUTE PROFILE

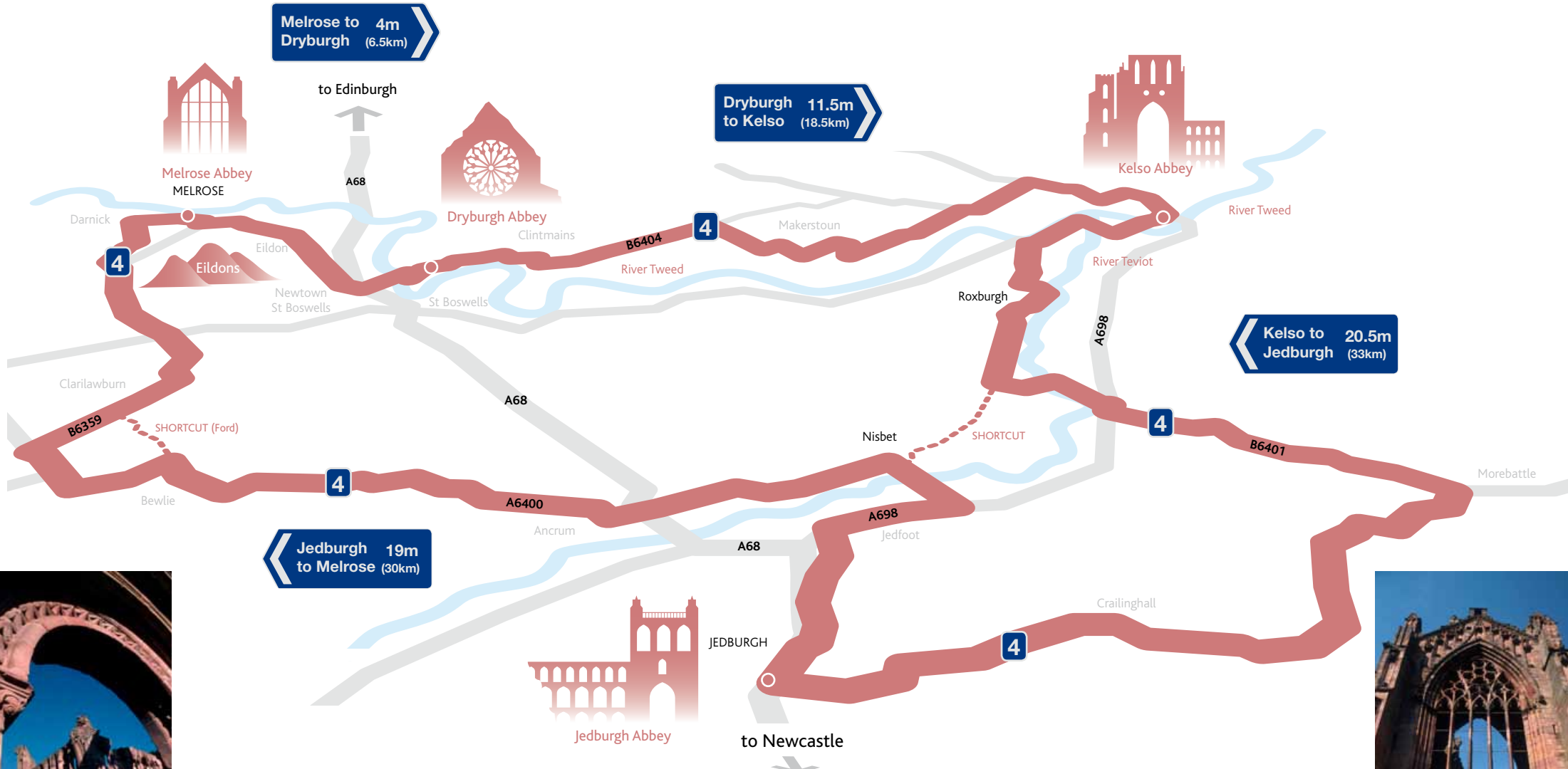




4 ABBEYS CYCLE ROUTE MAP OVERVIEW

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

Route: 4 (signposted)
Distance: 55miles
Difficulty: moderate



Dryburgh Abbey



Melrose Abbey



The European Agricultural Fund for Rural Development: Europe investing in rural areas



The Scottish Government