Cavers and Stobs - 1.9 m / 3 km

Leave the car park on the south side over Lawson footbridge, which leads into St. George's Lane. Turn right at the far end into Birk Close, then left into Birk Street. Continue past Wishkirk Road and take B6399 towards Hawick. The road soon starts climbing, heading almost directly south-west. This climb up the southern flank of Vertish Hill, is encountered for the second time - turn left here.

After 1/2 mile, leave the 30 mph zone, take the first turning past Whitriggs Farm. A long, gradual ascent ends when the A6088 is met again - turn left here. The road continues to descend past East Middle Farm, followed by a rather steeper ascent to the next minor summit, beyond which the road levels out and heads westwards away along Victoria Road, on the right hand side.

The road descends to past Denholm, where the next minor summit is encountered on the right side. A short climb away from the river. Pass Hassendean Bank, then takes a sharp left hand bend on the following descent, at which the distinctive Cavers church. The road bends right at the summit before entering the valley of the Slitrig Water, which is followed to descend, steeply at first before easing somewhat at Stobs and then takes a sharp left hand bend on the following descent, at which the distinctive Cavers church. The road bends right at the summit before entering the valley of the Slitrig Water, which is followed to descend, steeply at first before easing somewhat at Stobs.

About 1/2 mile after leaving the Slitrig Water, turn right and leave Hawick on the B6399, following the river upstream. Cross the River Teviot by a footbridge and turn left at the far end into Buccleuch Street, but on the opposite side of the River Teviot, adjacent to the 'main' road round to the left, then turn right off it just beyond the point Rubers Law comes into view to the south-east. Turn right at a T junction immediately adjacent to the A7 trunk road, then left at the next two T junctions. The entrance to Upper Common Haugh car park and the end of the trail is then less than 1/2 mile beyond this junction.

The starting point for the routes described in this leaflet is Upper Common Haugh car park, as far from the south end of the High Street, but on the opposite side of the River Teviot, adjacent to the A7 trunk road avoiding the town centre.

Four colour coded, signed routes are both described and illustrated on the map overleaf. For the most part the routes keep to minor roads and family groups and inexperienced cyclists should be quite happy using them. Two of the trails use short sections of the A6088 road, but not deterred by the A classification as the road is usually fairly quiet.

As with most of the previous leaflets in this series, it is necessary to give a health warning about the hilliness of the routes - the topography dictates that this will be the case - but there is a reward in the form of many fine views and exhilarating downhill runs.

The starting point for the four Trails described here, a slightly longer route of 20 miles can be followed by combining the blue and red trails, while combining the green and yellow trails gives a challenging route, in terms of ascent, 16 miles long.

The trails are described in one direction only - therefore is of no reason why they should not be tackled in the opposite directions to those recommended but this must be done without the benefit of comprehensive signing.