Tweed and Ettrick Valleys - 42 miles / 67 km

From the east end of the High Street, head south along Leithen Crescent. Turn left between houses just before the end of the street. After about a mile, turn right onto a minor road next to the High Street and the end of the tour.

Beyond Elibank, the road loses height and then skirts the wide floodplain of the River Tweed. Ignore a right turn giving access to Walkerburn. About 1/5 miles past this turning (just beyond an abandoned farm), turn right onto a path (initially steeply downhill) which follows up the River Tweed and back into Innerleithen.

The road then climbs gradually out of the Tweed Valley and closely follows the Leithen Water, diverging after 4 miles to the south side of the river. From the south side of the Tweed Valley, the right hand side is more extensive forestry and woodland in an elevated position along the west side of the Tweed Water.

Tushielaw (pub, shop)

At Tushielaw (pub), turn right onto the B710 road and descend into Clovenfords with a gentle climbing interspersed with short, steeper sections. At Tushielaw (pub), mile straight on turn right (29 m) onto the B709 towards Peebles. The road then climbs up the valley side for 2/5 miles to the watershed between the Ettrick and Yarrow Valleys, before descending to the Gordon Arms (34 m) - this 3/16 miles long downhill run must be one of the most enjoyable in the Borders.

Cross the Ettrick Water at Carterhaugh (17 m) and turn right at the T junction on the far side towards Ettrickbridge. Initially, any ascent is imperceptible but then becomes more noticeable as the road climbs away from the river. The scenery, which has been very sylvan for most of the route so far, starts to give a hint of the open hill country to come.

Continue through Ettrickbridge (pub), where the road crosses from the south to the north side of the river and climbs steeply out of the valley. Fortunately this is short lived and the next 7/16 miles up the Ettrick Valley to Tushielaw involves mostly quite gentle climbing interspersed with short, steeper sections.

Megget and Talla - 53 miles / 86 km

From the west end of the High Street, head south out of Innerleithen on Traquair Road (B709) and continue through Traquair and Kirkhope on relatively easy grades. Four miles out of Innerleithen, a burn is crossed and the gradient steepens to gain the watershed between the Tweed and Yarrow Valleys at Paddock Slack. Beyond this point, the road descends for 2/5 miles to the Gordon Arms (34 m).

Turn right onto the A708, heading up the Yarrow Valley to St Mary’s Loch on generally easy grades. At Cappercleuch (12/16 m), the main road bears left to follow the loch side - take a right turn here towards Tweedsmuir. The next section is uphill, following the Megget Water, with a sustained steep climb of about 1/5 mile to surmount the Megget Reservoir dam.
Cycling Routes in the Scottish Borders

Innerleithen Cycling Tours

The Routes:
- Moorfoot Hills and Gala Water valley - 37 miles / 60 kms
- Tweed and Ettrick Valleys - 42 miles / 68 kms
- Megget, Talla and Tweeddale - 55 miles / 88 kms

Coloured routes show directions

Key to symbols
- Viewpoint
- Summit
- Gradient/Steep Gradient (arrows point downhill)
- Caution
- Distance from start of route
- Off-road Forest Trails
- Cycle shop: Hire/repair
- Refreshments
- Car Parking
- Visitor information
- National Cycle Network Route 1
- Tweed Cycleway
- "Borderloop"

Other routes:
- Cycle Shop: Hire/repair Innerleithen
  ProBikesport, Peebles Road
  Tel: 01896 830860
- Peebles
  The Bicycle Works, 3 High Street
  Tel: 01721 723423
  The Hub, Glentress Forest, Peebles
  Tel: 01721 721736
  (www.thehubintheforest.co.uk)

There are booklets and maps describing all of the signed routes in the Borders available from Visitor Information Centres and cycle shops.

Map designed and drawn by David Longworth

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