**What is it?**
A 250-mile circular way-marked route through the Scottish Borders countryside.

**Why do it?**
Stunning views and great opportunities to explore the varied scenery of the region from rolling hills and moorland to farmland and coastline. The route goes through picturesque towns and villages including Peebles, Melrose and Kelso.

There are lovely places to see, high quality restaurants and coffee stops and historic visitor attractions en-route.

**How tough?**
Moderate – a few steep sections.

The vast majority of the route is on quiet roads. The entire Borderloop takes around 7 cycling days to complete but several possible shortcuts offer alternative itineraries.

**Where to stay?**
All suggested 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 arrival times.

There is more accommodation available in all areas. Visit www.visitscottishborders.com for details.

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**The Route:**
The route can be split in many ways depending on the distance to be cycled each day:

- **Melrose – Duns (31 miles)**
- **Duns – St Abbs/Eyemouth (25/27 miles)**
- **Eyemouth – Kelso (approx 39 miles)**
- **Kelso – Hawick (approx 46 miles)**
- **Hawick – St Mary’s Loch/Tweedsmuir (approx 33/39 miles)**
- **Tweedsmuir – Peebles (approx 23 miles)**
- **Peebles – Melrose (42 miles)**

**Get a map/more info:**
- **Buy a map of the borderloop**
- 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

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**Biking Information**

**Cycle Hire/Repairs/Transfers**

**KELSO**
Simon Porteous Cycles (Sales & 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

**JEDBURGH**
Christopher Rainbow (hire)
Tel 01835 830326

P&S Dorricott (sales, hire and repairs)
Tel 01835 862 423

**PEEBLES**
Glentress Bike Hire (Sales, hire and repairs)
Tel 01721729756
www.glentressbikehire.co.uk

**INNERLEITHEN**
Alpine Bikes (Hire, sales and repairs)
Tel 01896 830 880
www.alpinebikes.com

i-cycles (sales and repairs)
Tel 01896 833848

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

MELROSE
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
Melrose Youth Hostel, 2★ Hostel
Priorwood High Road, Melrose
Tel 01896 822521
www.syha.org.uk
The Townhouse, 3★ small hotel, Melrose
Tel 01896 822645
www.thetownhousemelrose.co.uk
Burt’s Hotel, 3★ small hotel, Melrose
Tel 01896 822285
www.burtshotel.co.uk
George & Abbotsford Hotel, 2★ Hotel
Tel 01896 822308
www.georgeandabbotsford.co.uk
Fauhope House, 5★ B&B, Melrose
Tel 01896 823184
ST BOSWELLS
Buccleuch Arms, 3★ Small Hotel
Tel 01835 822243
www.buccleucharmshotel.co.uk
Clint Lodge, 4★ Guest House
Tel 01835 82027
www.clintlodge.co.uk
Mainhill, 3★ B&B, by Melrose
Tel 01835 823788

CHIRNSIDE
Chirnside Hall 4★ Country House Hotel
Tel 01890 818219
www.chirnsidehallhotel.com

COLDINGHAM/ST ABBSS/EYEMOUTH
Dunlaverock House 4★ Guest House, Coldingham Sands,
Tel 01890 771450
www.dunlaverock.com

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

KELSO
Edenmouth Farm, 3★ B&B, near Kelso
Tel 01890 830391
www.edenmouth.co.uk
The Roxburgh Hotel and Golf Course, 3★ Country House Hotel
Heiton, by Kelso
Tel 01573 450331
www.roxburgh-hoteland.com

HAWICK
Wiltonburn Farm 3★ B&B,
Tel 01450 372 414
www.wiltonburnfarm.co.uk
Rosemount, 3★ B&B,
84 Weensland Road
Tel 01450 375405
Kirkton Farmhouse, 4★ B&B
Tel 01450 363 464
www.kirktonfarmhouse.co.uk
Oakwood House, 3★ B&B, Buccleuch Road
Tel 01450 372814
Lynwood Cottage B&B Suites, 4★ B&B, Liddledale Road
Tel 01450 372461
www.lynwoodcottage.co.uk

PEEBLES
Lindores, 3★ Guest House, Old Town, Peebles
Tel 01721 722072
www.lindorespeebles.co.uk
Whitestone House, 3★ B&B, Innerleithen Road
Tel 01721 720337
Peebles Hotel Hydro, 4★ hotel, Innerleithen Road
Tel 01721 720602
www.peebleshydro.co.uk
Winkston Farmhouse, 4★ B&B
Tel 01721 721264
www.winkstonholidays.co.uk
The Tontine, 3★ hotel, High Street, Peebles
Tel 01721 720892
www.tontinehotel.com

NEAR PEEBLES
Craigpark B&B, Eshiels, Innerleithen Road, Peebles
Tel 01721 720219
www.craigpark.co.uk
Glede Knowe, 4★ Guest House, St Ronans Terrace, Innerleithen
Tel 01896 831295
www.gledeknowe.co.uk
Caddon View, 4★ Guest House, Pirn Road
Tel 01896 830208
www.caddonview.co.uk
Cringletie 4★ Country House Hotel
Tel 01721 725750
www.cringletie.com
The Schoolhouse –Traquair, 2★ B&B
Tel 01896 830425
www.stay-in-traquair.co.uk
Castlehill Knowe, 4★ B&B, near Peebles
Tel 01721 740218
www.castlehill-knowe.co.uk
Horseshoe Inn, 4★ Restaurant with Rooms, Eddleston
Tel 01721 730225
www.horseshoeinn.co.uk
BORDERLOOP 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.burthotel.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 822335

**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

**ST ABBS**

**Ebbcarrs Cafe**, Tel 01890 771302

**NR COLDSTREAM**

**The Hirsel Cottage Tea Room**, The Hirsel, Coldstream
Coffee, baking, light meals  Tel 01890 883645
www.hirseldcountrypark.co.uk

**KELSO**

**Floors Castle Terrace Café and Courtyard Restaurant**
Coffee, snacks and lunches  Tel 01573 233333
www.roxburgh.net

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

**JEDBURGH**

**Simply Scottish**, High Street, Jedburgh
Coffee, 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.  Tel 01835 830 315

**Caddy Mann** – Mount Hookey
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

**HAWICK**

**Turnbulls**
Award-winning delicatessen and coffee shop  Tel 01450 372 020
www.turnbullshop.com

**Damascus Drum**, Bookstore and cafe
Tel 07707856123
www.damascusrum.co.uk

**Bean Scene**, Food, coffee and music  Tel 01450 376 228
www.beanscene.co.uk

**ST MARY’S LOCH**

**Tibbie Shiel Inn**
Coffee, lunch, evening meals  Tel 01750 42231
www.tibbieshiels.com

**Glen Café**
Coffee, baking and snacks  Closed Tuesdays  Tel 01750 42241
www.glencafe.co.uk

**PEEBLES**

**The Sunflower Restaurant**, Bridgegate, Peebles
Mon-Sat coffees and lunch  Thur-Sat dinner  Tel 01721 722420
www.sunflowerrestaurant.co.uk

**County Inn**, High Street, Peebles
Lunch & Dinners  Tel 01721 720595

**Oven Door Tearoom**, Open all day
Coffee, lunches and dinners  Tel 01721 723456

**Rambler’s Tearoom**
Old Town, Peebles
Coffee, lunches and snacks 7.30am – 4pm  Tel 01721 723636

**Tontine Hotel**
Coffee, 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

**INNERLEITHEN**

**Whistle Stop Café & Flower Shop**, High St, Innerleithen
Coffee, snacks, lunches, high teas  Tel 01896 830370
www.whistlestopcafeinnerleithen.co.uk

**GALASHIELS**

**Pipers Cafe**
Tel 01896 757 525

**Bambu**
Coffee, light meals  Tel 01896 758 102

The list of businesses included within this document is only a sample of those available
**BORDER LOOP CYCLE ROUTE INFO**

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

**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

**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

**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

**THE HIRSEL COUNTRY PARK (COLDSTREAM)**
Walks, tearoom, Craft centre and museum
Admission Free to cyclists/pedestrians
Open all Year
www.hirselcountrypark.co.uk

**COLDSTREAM MUSEUM, MARKET SQ, COLDSTREAM**
Traces the history of the Coldstream Guards
Admission free
Open end March – October Mon-Sat 10-4pm, Sun 2-4pm

**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

**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, nr Jedburgh**
Exhibitions and countryside walks, crafts businesses, gift shop and tearoom.
Park open all year
Gift shop and tearoom open April – October only
Admission free

**MARY, QUEEN OF SCOTS HOUSE**
Museum in Jedburgh devoted which tells the story of the Life of Mary Stuart, Queen of the Scots
Admission Free – 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

**HAWICK MUSEUM**
Discover passionate collectors, racing legends, famous painters and local history in a historic house within a beautiful Victorian park. There is always something new to see with a lively programme of changing art and museum exhibitions throughout the year.
Admission free – open all year

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Jedburgh Abbey

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

**DAWYCK BOTANIC GARDENS, Stobo, nr Peebles**
Renowned for its seasonal displays, an abundance of exotic and native plants provides a breathtaking backdrop of colour throughout the year.
- Open Feb – Nov
- Admission charged
- www.rbge.org.uk

**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

**ROBERT SMAIL’S WORKSHOP, Innerleithen, nr Peebles**
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

**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
- **Hawick Farmers Market** – 3rd Friday of the month, 9.30am - 1.30pm, Hawick
- **Jedburgh Farmers Market** – First Friday of the month, 9.30am – 1.30pm, Market Place, Jedburgh
- **Peebles Farmers Market** – 2nd Saturday of the month, 9.30am - 1.30pm, Eastgate Carpark

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**ROUTE PROFILE SECTION 1**

**MELROSE TO EYEMOUTH**

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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
- **Hawick Farmers Market** – 3rd Friday of the month, 9.30am - 1.30pm, Hawick
- **Jedburgh Farmers Market** – First Friday of the month, 9.30am – 1.30pm, Market Place, Jedburgh
- **Peebles Farmers Market** – 2nd Saturday of the month, 9.30am - 1.30pm, Eastgate Carpark

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**ROUTE PROFILE SECTION 1**

**MELROSE TO EYEMOUTH**
**BORDERLOOP**

**ROUTE PROFILE SECTION 2 & 3**

**EYEMOUTH TO KELSO**

- **EYEMOUTH** (0 miles)
- **HORNCILFFE** (12 miles)
- **COLDSTREAM** (24 miles)
- **KELSO** (38 miles)

**DISTANCE** (miles)

**HEIGHT** (m)

**KELSO TO HAWICK**

- **KELSO** (0 miles)
- **TOWN YETHOLM** (9 miles)
- **CAMPTOWN** (27 miles)
- **BONCHESTER BRIDGE** (36 miles)
- **HAWICK** (46 miles)

**DISTANCE** (miles)

**HEIGHT** (m)
**BORDERLOOP CYCLE ROUTE MAP OVERVIEW**

for a more detailed map please click [here](#) to purchase from [Visit Scottish Borders](#)

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**Route:**
- Distance: 250 miles
- Difficulty: moderate

**Also joining:**

**Distance:**
- 27m Duns to Eyemouth (43km)
- 31m Melrose to Duns (50km)
- 33m Innerleithen to Melrose (53km)
- 9m Peebles to Innerleithen (14.5km)
- 23m Tweedsmuir to Peebles (37km)
- 38m Hawick to Tweedsmuir (63km)
- 39m Eyemouth to Kelso (62km)
- 46m Kelso to Hawick (74km)

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**Map Highlights:**
- innerleithen to Melrose 33m (53km)
- Peebles to Innerleithen (14.5km)
- Tweedsmuir to Peebles (37km)
- Hawick to Tweedsmuir (63km)
- Duns to Eyemouth (43km)
- Melrose to Duns (50km)
- Eyemouth to Kelso (62km)
- Kelso to Hawick (74km)