What is it?
Developed by Sustrans, this is a 200-mile linear route from Newcastle to Edinburgh.

Why do it?
Wide sea views, stunning heritage castles, breathtaking Scottish Borders countryside. This route travels from the North of England’s industrial towns across quiet roads to the Scottish Capital.

How tough?
Grade 3 - Moderate – a few steep sections. The vast majority of the route is on quiet roads. The route is usually tackled in a northerly direction (although can be done either way) and takes around 5 days to complete.

Getting there
The nearest railway station to the start is Newcastle and the route ends in Edinburgh where there is also a train station.

Where to stay?
Information on the route including suggestions on where to stay on both sides of the Borders can be found on the excellent website www.coast-and-castles.co.uk

Additional accommodation options can also be found on www.visitscottishborders.com including details of Cyclists Welcome establishments.

To make the trip really easy, book a self-guided Coast & Castles holiday through Saddle Skedaddle, www.cycling.skedaddle.co.uk. They offer pre-booked accommodation and relevant transfers.
**COAST & CASTLES CYCLE ROUTE INFO**

Good coffee/lunch/dinner stops north of the Border include:

**KELSO**
Floors Castle Terrace Café and Courtyard Restaurant
Coffees and lunches in two tearooms - The Terrace Café (nr garden centre) open all year and the Courtyard Restaurant (open during the tourist season)
Tel 01573 233333
www.roxburghes.net

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

**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 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 BOSWELLS (Near Melrose)
Buccleuch Arms Hotel, St Boswells
Award-winning food
Coffees, lunches and suppers
Tel 01835 822243
www.buccleucharmshotel.co.uk

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

**INNERLEITHEN**
Whistle Stop Café & Flower Shop, High St, Innerleithen
Tel 01896 830370
Coffees, snacks, lunches, high teas [Daytime]
www.whistletopcafeinnerleithen.co.uk

**PEEBLES**
Hub in the Forest Café, Glentress, near Peebles
Lunches, snacks and cakes
Tel 01721 722104
www.thehubintheforest.co.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.

**Berwick Farmers Market** – Last Sunday of the month,
10am – 1.30pm, the Maltings Art Centre, Berwick

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

**Biking Information**
Cycle Hire/Repairs/Transfers

**Cycle route:**
The route can be split into several chunks:

**England**
Newcastle – Blyth, Blyth – Alnmouth,
Alnmouth – Bamburgh,
Bamburgh – Berwick,

**Scotland**
Berwick – Kelso, Kelso – Caddonfoot,
Caddonfoot – Carrington,
Carrington – Edinburgh

**Cycle hire/repair:**

**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

**INNERLEITHEN**
Alpine Bikes (hire, sales and repairs)
01896 830880
www.alpinebikes.com

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:**
Information on route planning and accommodation available from www.coast-and-castles.co.uk

Official Sustrans route map and Coast and Castles guide book also available to buy online from www.coast-and-castles.co.uk

Map and guide can also be purchased from Sustrans online shop www.sustransshop.org.uk

Map can be purchased via a link from www.cyclescottishborders.com

General info on attractions and accommodation in the Scottish Borders
www.visitscottishborders.com
Berwick-Kelso section

THE HIRSEL COUNTRY PARK (Coldstream)
Walks, tearoom, Craft centre and museum
Admission Free to cyclists/pedestrians
Open all Year
www.hirselpark.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

Kelso - Caddonfoot section

DRYBURGH ABBEY (St Boswells)
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

MELROSE ABBEY (Melrose)
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

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

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).

Caddonfoot - Carrington section

TRAQUAIR HOUSE, Innerleithen, nr Peebles
Oldest continuously occupied house in the British Isles. Also the site of a brewery, craft workshops and tearoom.
Admission charged
Open April – November
www.traquair.co.uk

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

What to see?
Details on attractions en-route can be found at www.coast-and-castles.co.uk but a few favourites in Scotland are:
SCOTTISH BORDERS SECTION ONLY (COAST & CASTLES)

From start in Newcastle to Berwick (approx. 100 miles)

From Scottish Borders to Edinburgh (approx. 35 miles)

Scottish Borders Section (approx. 65 miles)

Innerleithen (50 miles)

Kelso (17 miles)

Dryburgh Abbey (27 miles)

Melrose (33 miles)

Newtown

St Boswells (29 miles)

East Lothian

Scottish Border
For more details on the complete route, click here.

Route: 1 (signposted)
Distance: 200 miles
Difficulty: moderate

COAST & CASTLES OVERVIEW MAP
(SCOTTISH BORDERS ONLY)

- River Tweed to Edinburgh
- Dryburgh Abbey
- Melrose Abbey
- Eildons
- St Boswells
- Galashiels
- Kelso Abbey
- Kelso to Melrose (28km)
- Coldstream to Kelso (20km)