Think of the Scottish Borders and think of big spaces: heather-clad hills rising to over 2700 feet, hundreds of square miles of forests and woodland, lochs and rivers. Wherever trees and hills abound, mountain bikers and cyclists won’t be far away. With plenty of roads that carry very little traffic, you’ll soon realise the Borders is a real paradise for cyclists.

There’s a whole variety of routes to choose from for all types and abilities, with its quiet roads the Scottish Borders has many developed waymarked long distance cycle routes and shorter local trails that can be explored. The forests of the Scottish Borders also provide some of the best mountain biking in the country. Come and explore Scotland’s leading cycling destination. To find out more visit www.cyclescottishborders.com

Tweed Cycle Route
Starting at 650 ft above sea level in Biggar and finishing on the coast in Berwick-upon-Tweed, the Tweed Cycle Way is a waymarked cycle route, 95 miles long, running through the heart of the Scottish Borders with the River Tweed as its linking theme. It is an attractive route, avoiding busy roads almost entirely, with many fine hill and forest views and handsome towns along the way such as Peebles, Melrose, Kelso and Coldstream. The route is moderate, with a few steep sections. It is normally tackled in an easterly direction and will take 3-5 days to complete depending on your pace and where you may decide to stop along the way.

Borderloop
The long and turbulent history of the Scottish Borders has bequeathed a legacy of romantic castles, historic abbeys and great country houses that lie like jewels flung from a generous hand among a landscape celebrated in song and legend. The Borderloop is a 250-mile circular journey by bike along the quiet lanes that criss-cross this beautiful region, with several possible shortcuts offering alternative itineraries. Break up your journey into stages to eat, stay and relax in the land’s handsome towns and villages along the way. The route is moderate with a few steep sections and will take around 7 days to complete depending on your ability and how often you stop to admire the view.

4 Abbeys Cycle Route
The 4 Abbeys is a 55 mile circular route linking the four main abbeys in the Scottish Borders at Melrose, Dryburgh, Kelso and Jedburgh. The route follows mainly quiet roads, although short stretches on ‘A’ roads are unavoidable. This is a scenic route that takes in many historic interest points in the region either on the route or close by. The route is moderate with a couple of steep but fairly short hills. It is normally tackled in a clockwise direction, but can be done either way. If required overnight stops can be made in Melrose, St Boswells, Kelso or Jedburgh and the route can be started or finished from these locations.

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Southern Borders Loop
The Southern Borders Loop offers two options for cyclists. The shorter route is moderate and can easily be completed in a day. The larger circuit is hard (suitable for more experienced cyclists) with 5 significant climbs over 300m. The shorter 50 mile route is best undertaken in a clockwise direction and can be started from either Newcastleton or Hawick. The longer 75 mile loop is best cycled anti-clockwise and could be broken with an overnight stay in Newcastleton, Hawick or Langholm depending upon the starting location.

Coast and Castles
Developed by Sustrans, this 200 mile route links the Forth and Tyne estuaries, taking in some of Britain’s best built and natural heritage. Starting in Newcastle it passes Hadrian’s Wall World Heritage site, unspoilt coastline and then travels west through the beautiful Tweed Valley before turning north through the Moorfoot Hills to Edinburgh. Wonderful views, historic sites and friendly communities make this a truly memorable journey. The vast majority of this route is on quiet roads and is usually tackled in a northerly direction, although can be done either way. The route is moderate with a few steep sections and will take around 5 days to complete.

Shorter trails
If you are looking for a shorter route then there is a great selection of cycling routes from the main Borders towns. You can explore the countryside around Eyemouth, Duns, Jedburgh, Kelso, Melrose, Selkirk, Hawick, Innerleithen and Peebles. Some routes take a few hours and others you can make a day of it and stop along the way for some refreshments or lunch.

For further information on all of these routes and downloadable itinerary maps with suggestions for where to stay, places to eat, bike hire and services, what to see and do along the way then visit www.cyclescottishborders.com

Mountain Biking
Ride the 7stanes – Scotland’s biking heaven. Seven centres, spanning the South of Scotland await you. There are routes for all the family which bring out the best of the forests of South of Scotland through stone and timber. Mountain biking has something for everyone - from easy woodland rides to the exhilaration of a downhill trail. It’s a great way to keep fit and at the 7stanes you can enjoy some of Scotland’s fine forest scenery at the same time. In the Scottish Borders you can enjoy Glentress, Innerleithen and Newcastleton. To find out more visit www.7stanesmountainbiking.com

Cycling Events
The Scottish Borders is home to a number of cycling events including the Tour of Britain, the Tour Ride, numerous sportives and TweedLove – a week-long celebration of biking and good times in the Tweed Valley. To find out what is on then check out www.cyclescottishborders.com

Cyclists Welcome Scheme
The Scottish Borders is one of the most cyclist friendly areas of Scotland. VisitScotland operates a Cyclists Welcome Scheme and you will find accommodation offering lockable storage for bikes, cafes offering water top ups for bottles and visitor attractions providing local advice on where to cycle.

To find out more visit www.cyclescottishborders.com
Descent into St Abbs Harbour, Near Eyemouth

Leisure Routes (waymarked)

- ‘Coast and Castles Cycle Route’: NCN Route 1
- The Tweed Cycle Route: Biggar to Berwick-upon-Tweed (89 miles/152 km)
- The 4 Abbeys Cycleway: A circular route around the Central Borders. (53 miles/88 km)
- ‘Borderloop’: A 250 mile circular route around the Scottish Borders.

Round the Forth/ North Sea Cycle Route

Local Cycling Trails around Towns

Other recommended Trails, including the Southern Borders Loop.

Mountain Biking Trails

For more information on cycling and accommodation in the Borders visit: www.cyclescottishborders.com

Leaflets and maps for all the cycling routes are available from www.cyclescottishborders.com: VisitScotland Information Centres and local cycle shops

For mountain biking information visit: www.7stanesmountainbiking.com; www.jedforesttrails.org