**What is it?**
95-mile linear route from Biggar to Berwick-upon-Tweed through the heart of the Scottish Borders following the course of the River Tweed.

**Why do it?**
Excellent views of the countryside surrounding the Tweed. Passes through picturesque Border towns, fine hill and forest backdrops, with lots of interesting visitor attractions along the way.

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

**Getting There**
The nearest railway station to Biggar is Carstairs Junction (approx 10 miles from Biggar). The route ends at Berwick-upon-Tweed where there is also a train station.

**Where to stay?**
The route can be conveniently split into four 20-30 mile sections, starting at Biggar, with overnight stops in Peebles, Melrose, Kelso/Coldstream and finishing in Berwick.

Alternatively cyclists could take the route as two 50-mile sections starting in Biggar with an overnight stop in Melrose and ending in Berwick.

All suggested accommodation below is Cyclists 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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**Where to Stay**

**PEEBLES**
- **Lindores B&B**, Old Town, Peebles
  - Tel 01721 720702
  - [www.lindorespeebles.co.uk](http://www.lindorespeebles.co.uk)
- **Whitestone House**, 3★ B&B, Innerleithen Road
  - Tel 01721 720337
- **The Tontine**, 3★ hotel, High St, Peebles
  - Tel 01721 720892
  - [www.tontinehotel.com](http://www.tontinehotel.com)
- **Peebles Hotel Hydro**, 4★ hotel, Innerleithen Road
  - Tel 01721 720602
  - [www.peebleshydro.co.uk](http://www.peebleshydro.co.uk)
- **Winkston Farmhouse**, 4★ B&B
  - Tel 01721 721264
  - [www.winkstonholidays.co.uk](http://www.winkstonholidays.co.uk)

**NEAR PEEBLES**
- **The Schoolhouse – Traquair**, 2★ B&B
  - Tel 01896 830425
  - [www.stay-in-traquair.co.uk](http://www.stay-in-traquair.co.uk)
- **Craig uart**, 3★ B&B
  - Innerleithen Road, Eshiels
  - Tel 01721 720219
  - [www.craiguart.co.uk](http://www.craiguart.co.uk)
- **Glede Knowe**, 4★ Guest House, St Ronans Terrace, Innerleithen
  - Tel 01896 831295
  - [www.gledeknowe.co.uk](http://www.gledeknowe.co.uk)
- **Castlehill Knowe**, 4★ B&B
  - Tel 01721 740218
  - [www.castlehill-knowe.co.uk](http://www.castlehill-knowe.co.uk)
- **Horseshoe Inn**, 4★ Restaurant with Rooms, Eddleston
  - Tel 01721 730225
  - [www.horseshoehotel.co.uk](http://www.horseshoehotel.co.uk)
- **Caddon View**, 4★ Guest House, Plm Rd, Innerleithen
  - Tel 01896 830208
  - [www.caddonview.co.uk](http://www.caddonview.co.uk)
- **Cringlelie Country House Hotel**, 4★ Country House Hotel, by Peebles
  - Tel 01721 725750
  - [www.cringlelie.com](http://www.cringlelie.com)

**GALASHIELS**
- **Craigielea**, 3★ B&B, Lawyers Brae
  - Tel 01896 753838
  - [www.craigieleabandb.co.uk](http://www.craigieleabandb.co.uk)

**MELROSE**
- **George & Abbotsford Hotel**, 2★ Hotel
  - Tel 01896 822308
  - [www.georgeandabbotsford.co.uk](http://www.georgeandabbotsford.co.uk)
- **Fiorlin B&B**, 3★ B&B, Abbey St, Melrose
  - Tel 01896 822 984
  - [www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)
- **Old Abbey Schoolhouse**, 3★ B&B, Melrose
  - Tel 01896 823432
  - [www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)
- **The Townhouse**, 3★ small hotel, Melrose
  - Tel 01896 822285
  - [www.thetownhousemelrose.co.uk](http://www.thetownhousemelrose.co.uk)
- **Burts Hotel**, 3★ small hotel, Melrose
  - Tel 01896 822488
  - [www.burtshotel.co.uk](http://www.burtshotel.co.uk)
- **Braidwood**, 4★ B&B, Buccleuch Street, Melrose
  - Tel 01896 822384
  - [www.braidwoodmelrose.co.uk](http://www.braidwoodmelrose.co.uk)
- **Dunfermline House**, 4★ Guest House, Buccleuch Street, Melrose
  - Tel 01896 822411
  - [www.dunfermlinehouse.co.uk](http://www.dunfermlinehouse.co.uk)

**ST BOSWELLS**
- **Buccleuch Arms**, 3★ small hotel
  - Tel 01835 822243
  - [www.buccleucharmshotel.co.uk](http://www.buccleucharmshotel.co.uk)
- **Clint Lodge**, 4★ B&B, St Boswells
  - Tel 01835 820207
  - [www.clintlodge.co.uk](http://www.clintlodge.co.uk)
- **Mainhill**, 3★ B&B, by Melrose
  - Tel 01896 823788

**KELSO**
- **Edenmouth Farm**, 3★ B&B, near Kelso
  - Tel 01790 830391
  - [www.edenmouth.co.uk](http://www.edenmouth.co.uk)
- **The Roxburghe Hotel and Golf Course**, 3★ Country House Hotel
  - Heiton, by Kelso
  - Tel 01573 450331
  - [www.roxburghe-hotel.com](http://www.roxburghe-hotel.com)
- **CADDON FIELD**
  - Tel 01890 8230251
  - [www.caddonfield.co.uk](http://www.caddonfield.co.uk)
- **COLDSTREAM**
  - Tel 01721 720218
  - [www.coldstreamhotel.co.uk](http://www.coldstreamhotel.co.uk)

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For more details, visit www.visitscottishborders.com.
TWEED CYCLEWAY CYCLE ROUTE INFO

Recommended coffee stops/lunch/dinner:

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

Whistle Stop Café & Flower Shop, High St, Innerleithen
Coffees, snacks, lunches, high teas (Daytime)
Tel 01896 830370
www.whistlestopcafeinnerleithen.co.uk

Oven Door, High Street Peebles
Open all day
Coffees, lunches and dinners
Tel 01721 723456

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

Tontine Hotel
Coffees, lunches, dinners
7.30am – 9.30pm
Tel 01721 720892
www.tontinehotel.com

Hub in the Forest Café, 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

NEAR MELROSE

Buccleuch Arms Hotel, St Boswells
Award-winning food
Coffees, lunches and suppers
Tel 01835 822424
www.buccleucharmshotel.co.uk

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

KELSO

Teviot Smokery – (near Kelso)
Lunches, coffees and cakes
Specialising in locally smoked Borders fish and game
(9am-5pm)
Tel 01835 850253
www.teviotsmokery.co.uk

Floors Castle Terrace Café and Courtyard Restaurant
Coffees and lunches
Tel 01573 233333
www.roxburghhe.net

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

Biking Information
Cycle Hire/Repairs/Transfers

Get a map/more info:
Free leaflet/map of the Tweed CycleWay and more information on recreational cycling and longer distance way-marked cycle routes in the Scottish Borders.
cyclescottishborders.com

General info on attractions and accommodation in the Scottish Borders
www.visitscottishborders.com

Cycle hire/repair:

PEEBLES

Glentress Bike Hire (hire, sales and repairs)
Tel 01721 729756
www.glentressbikehire.co.uk

Bspoke (sales and repairs)
Tel 01721 723423

INNERLEITHEN

Alpine Bikes (Hire, Sales and Repairs)
Tel 01896 830880
www.alpinenbikes.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

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

The list of businesses included within this document is only a sample of those available.
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

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

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

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

FLOORS CASTLE
Built in 1721, Floors Castle is the ancestral home of the Duke of Roxburghe 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)
Open Easter – October
Admission charged for the Castle

PEEBLES, 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).

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 (Hopringles) up to 1645; thereafter the Scotts of Harden, ancestors of Sir Walter Scott.
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

DAWYCK BOTANIC GARDEN, NR PEEBLES
Renowned for its seasonal displays, an abundance of exotic and native plants provides a breathtaking backdrop of colour throughout the year. Enjoy the award-winning visitor centre.
Admission charge – open February to November
www.rbge.org.uk

PHILIPHAUGH ESTATE, SELKIRK
Philiphaugh Estate provides a salmon viewing centre, gardens, estate walks and a restaurant for you to explore and enjoy. www.salmonviewingcentre.com

BOWHILL HOUSE AND COUNTRY ESTATE, NEAR SELKIRK
For more than seven centuries the Scotts of Buccleuch have been part of Scottish Borders history and their principal house, Bowhill is today home to the Duke and Duchess of Buccleuch and Queensberry. Bowhill sits at the heart of an energetic country estate amidst the magical scenery of the Yarrow and Ettrick valleys. Mountain biking, walks and wildlife are all on offer alongside a gift shop and tea room.
Admission charged. House open July-August, the Estate has various opening times from April-August, please check. www.bowhill.org

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
Peebles Farmers Market – 2nd Saturday of the month 9.30am – 1.30pm, Eastgate car park
TWEED CYCLEWAY

ROUTE PROFILE

- SCOTTS VIEW (51 miles)
- BIGGAR (21 miles)
- INNERLEITHEN (28 miles)
- MELROSE (45 miles)
- KELSO (63 miles)
- COLDSTREAM (75 miles)
- PEEBLES (21 miles)
- BERWICK-UPON-TWEED (90 miles)