

Cycling Routes in the Scottish Borders



- signed leisure routes
- NCN Route 1
- 4 Abbeys Cycleway
- Tweed Cycleway
- 'Borderloop' - Scottish Borders Cycle Tour
- Local Cycling Trails
- Mountain Bike Forest Trails

Duns Local Cycling Trails

- Blue route: Edrom - 10 miles / 16 kms
- Green route: Longformacus - 16 miles / 25.5 kms (with extension to Watch Water Reservoir)
- Yellow route: Swinton and Gavinton - 16½ miles / 26.5 kms
- Nisbet Rhodes loop - 4½ miles / 7.5 kms
- Red route: Abbey St Bathans - 25½ miles / 41 kms
- Colour coded route directions - refer to text for details

Local Cycling Trail leaflets are also produced for routes around Eyemouth, Jedburgh, Hawick, Kelso, Melrose, Peebles and Selkirk.



Map designed and drawn by David langworth
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Key to symbols

Route information:

- Viewpoint
- Summit (Height in metres)
- Gradient/Steep Gradient (arrows point downhill)
- Caution
- Distance from start of route

Facilities:

- Picnic site
- Refreshments
- Car Parking
- Visitor information

Other routes:

- 'Borderloop'
- Southern Upland Way- long distance path

