

The Pentlands to Traquair and routes on the Cheviot Hills. An overall leaflet summarising the 350km South of Scotland Countryside Trails network and accommodation for horse and rider is also available. More detailed route descriptions are available on www.southofscotlandcountrysidetrails.co.uk. There are many other paths around Innerleithen and Walkerburn, and further afield in the Borders, which can be combined with those developed through Tweed Trails, but there is no guarantee as to the condition of these routes. Some paths marked on the Ordnance Survey or other maps can prove difficult to follow on the ground. Details of other paths in the areas are available from www.visitscotland.com or from a selection of walking guides.



Innerleithen and Walkerburn are within easy reach of Edinburgh, Glasgow and the central belt of Scotland, and are ideal for a short break as well as day trips. For visitors to the area, there are any number of places ready to welcome you on your stay from impressive castles to friendly farmhouses and town-based bed and breakfasts. Details of accommodation for walkers, cyclists, horse-riders and motorists are available from www.visitscotland.com. Those in search of less energetic pursuits will find a wide variety of other activities and attractions, including golf courses, stately homes and gardens to visit, textile mills and historic sites.

Innerleithen has a good selection of local shops including a bookshop, cycle hire centre, antique shops, and several cafes, pubs and take-aways to suit every taste and budget. The local libraries in Innerleithen and Peebles, and Peebles Museum, offer a wealth of information about the area.



Tweed Trails project, the Scottish Borders section of South of Scotland Countryside Trails, has taken advantage of unique funding opportunities to improve public access in Tweeddale. Over 1,000 local residents were independently involved in public consultations co-ordinated by community councils and newly formed local path groups to identify priority paths. The map overlaid indicates the Tweed Trails paths which have been developed around Innerleithen and Walkerburn. As well as clear waymarking, gates and close, and drainage work has been undertaken to resolve identified problems. However, in keeping with the rural setting, the majority of these paths are unsurfaced and stout footwear is therefore recommended. There are no stiles on Tweed Trails paths, to improve accessibility for people of all ages and abilities, although varying gradient and uneven surface may restrict some users. The information overlaid is intended to help you decide for yourself which paths suit your needs, interests and abilities. Together these paths form an integrated network - the possibilities for walking, cycling and riding are limited only by your imagination, time and energy! There are no fixed routes or distances, it is up to you to work out a route as long or as short as you want. Larger scale maps should be used to follow routes on the ground, such as Ordnance Survey Landranger 1:50,000 map no. 73 Peebles, Galashiels and Selkirk and 1:25,000 Explorer Map no. 337 Peebles and Innerleithen. Similar leaflets to this are available from VisitScotland and other local outlets outlining Tweed Trails paths around North Tweeddale (West Linton, Romanobridge and Newlands), Peebles and Eddleston, the Cross Borders Drive Road from

Most of the paths described in this leaflet can be enjoyed at any time of year, but avoid riding or cycling grassy or unsurfaced paths during wet weather when the surface is easily chewed up. Remember that there are responsibilities attached to the right of public access.

- Respect the privacy, safety and livelihoods of those living and working in the countryside, and the needs of other people enjoying the outdoors.
- Look after the places and routes you visit and enjoy: take only memories, leave only footprints.
- Accept responsibility for your own actions.
- Keep dogs under close control at all times, ideally on a short lead, particularly where there are livestock.

Follow the Scottish Outdoor Access Code - for more information visit www.outdooraccess-scotland.com.

These routes were initiated by East Tweeddale Local Path Group, a local voluntary community group, and have been developed through Tweed Trails, the Scottish Borders section of South of Scotland Countryside Trails. Under the umbrella of Southern Uplands Partnership, this innovative project has developed a network of over 350km of off-road routes enabling walkers, cyclists and horse-riders to enjoy Southern Scotland's rich heritage of ancient routes. HLF funding has been co-ordinated by Tweed Forum through the Tweed Rivers Heritage Project.

www.southofscotlandcountrysidetrails.co.uk

If you are interested in helping develop or maintain paths in East Tweeddale, please contact John Birks (Chairman) of East Tweeddale Local Path Group tel. 01896 830405.



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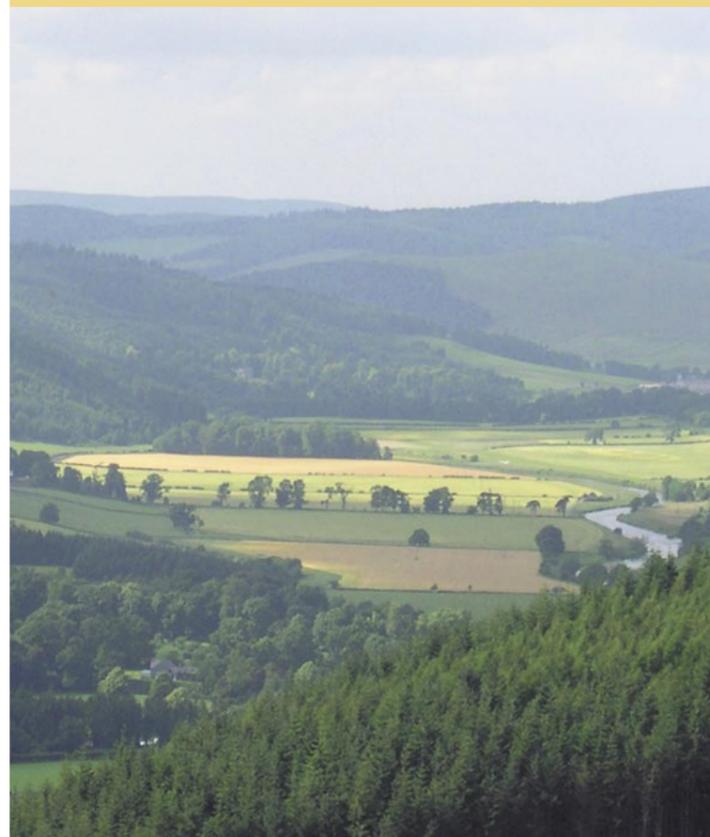
Tweed Trails paths are part of the 350km South of Scotland Countryside Trails network.

Innerleithen and Walkerburn are known mainly for their long history at the centre of the textile industry in the Tweed valley. The opportunities and attractions of this area for walking, cycling and horse-riding often go unrecognised. From a gentle stroll along the banks of the River Tweed or alongside the Leithen Water, to more strenuous hikes up the surrounding hills, there are paths suited to the complete range of individual abilities and interests. Forest tracks offer year-round routes for horse-riders, and in the drier months many of the longer distance hill routes are also suitable for multi-use. Tweeddale is a haven for cyclists - Glentworth and Ellbank and Traquair Forests boast world class mountain bike routes, the Tweed Cycle route passes close by Innerleithen through Traquair, and there are numerous other possibilities to explore the area following quiet country lanes and hard tracks.

South of Scotland
Countryside Trails

Tweed Trails

Innerleithen and Walkerburn



Toll Wood Path

From the car park in Toll wood (also readily accessible on safe pavement from Innerleithen), a new surfaced path has been created specifically to allow people of all ages and abilities, including those in wheelchairs, access to the River Tweed at Traquair Bridge. Relatively level but unsurfaced paths follow the banks of the Tweed, linking back to Innerleithen along the disused railway, or continuing east to Walkerburn.

Glenormiston

An informal grassy footpath continues west along the north bank of the Tweed towards Cardrona, branching north up a stony track to Glenormiston, from where a grassy path through the trees leads onto a narrow footpath back down to Innerleithen.

Disused Railway Innerleithen to Cardrona

West of Innerleithen, the disused railway towards Cardrona provides a relatively level, hard surfaced path. Sadly the bridge across to Cardrona has long since gone, but this route can be linked with other paths to create short circular walks.

Leithen Water Path

New paths have been developed to create a new short-medium length circular walk, following a narrow relatively level but unsurfaced path up the west bank of the river to the old weir. A new path along the western edge of the forest, above the golf course, leads south back through the forest to Innerleithen parallel to the east bank of the Leithen Water. This latter path, sheltered within the trees, is ideal for year-round multi-use, with option for longer routes using forestry paths and tracks.

Kirnie Law

From the northern end of the Leithen Water Path, or direct from the car park by the golf club house, forest tracks lead onto a path which climbs through the trees to Kirnie Law. Although the gradient is fairly steep and at times the path can be rough, the panoramic views from this vantage point are worth the climb. From here, a variety of paths can be followed, either leading back down to Innerleithen, or east via Priestthope to Walkerburn.

Walker Burn Path

A new path winds up the west bank of the Walker Burn to join with the track leading into Caberston Forest and Priestthope. The path has been surfaced to support multi-use, but includes moderate gradient in places.

Minch Moor

Now a wide non-vehicular track, ideal for multi-use, the old road east from Traquair has been in use for over 700 years. Climbing steeply between twin dykes to the bothy set at the edge of Elibank and Traquair Forest, the stony track climbs up through trees to the open moorland of the Minch Moor, from which this road takes its name. For a longer route, continue east on the Southern Upland Way to the Three Brethren, Yair and Selkirk, or branch south at Brown Knowe along the grassy track which leads down to Yarrowford. Other hard forest tracks and narrower informal paths offer infinite permutations on these main routes for walkers, cyclists and horse-riders.

Glengaber

Branching south along the forest road above the bothy leads out of Elibank and Traquair Forest onto open hill, from where an informal multi-use grassy path winds its way to the former farm steading at Glengaber. Turning north, a track of varying gradient provides an enjoyable route back across open hill and enclosed fields to Traquair via Damhead. Alternatively, a grassy track leads south from Glengaber to Tinnis or Yarrow, with option for a long distance circular route in conjunction with the Minch Moor Road.

Cardrona Forest

From Howford, the stony farm track winds up to Griston Quarry (now disused), from where a new path has been created to provide a multi-use off-road link to the path network within Cardrona Forest. East of Cardrona House, another surfaced link path of moderate gradient provides access back onto the public road.

Birks Hill

From Glen Estate, the farm track which climbs up the hill leads onto a new path skirting the side of Birks Hill to link up with the old drove road between Peebles and St. Mary's Loch.

Glen Estate

A relatively level stony track leads south from Glen House to Glenshiel Banks, from where a wide grassy informal path climbs up to the old drove road. Combine this with the Birks Hill path to make an invigorating circular route, or for a longer route, follow the old drove road north back through Gypsy Glen to Peebles, returning to Traquair via Cardrona Forest.

Lee Pen

A steep climb up the narrow unsurfaced footpath to the summit of Lee Pen is rewarded by the spectacular views south over Innerleithen and the Tweed Valley below.

