

4 ABBEYS CYCLE ROUTE



What is it?

A 55-mile circular route that passes by four of the Borders most famous Abbeys – Kelso, Jedburgh, Melrose and Dryburgh.

Why do it?

Spectacular views of the countryside surrounding the Tweed and Teviot rivers. Can be done in a day (hard going) or over a weekend. Great places to stay, high quality restaurant and coffee stops en-route and stunning views.

How tough?

Moderate – a couple of steep but fairly short hills, The majority of the route is on quiet undulating roads but a few short stretches on main roads are unavoidable. The route is usually tackled in a clockwise direction (but can be done in either direction).

Where to stay?

Best towns to stay in overnight are Melrose, St Boswells, Jedburgh or Kelso. The route can be started and finished from any of these locations with an overnight stop-off in one of the other towns if required. All accommodation below is **Cyclist 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 journeys.

Where to Stay

Inexpensive (under £35pppn)

MELROSE

Braidwood, 4★ B&B, Buccleuch Street, Melrose
Tel 01896 822488
www.braidwoodmelrose.co.uk

Dunfermline House, 4★ Guest House, Buccleuch Street, Melrose
Tel 01896 822411
www.dunfermlinehouse.co.uk

Fiorlin B&B, 3★ B&B, Abbey St, Melrose
Tel 01896 822 984
www.melroseaccommodation.co.uk

Old Abbey Schoolhouse, 3★ B&B, Melrose
Tel 01896 823 432
www.melroseaccommodation.co.uk

KELSO

Inglestone House, 3★ Guest House, Abbey Row, Kelso
Tel 01573 225800
www.inglestonehouse.com

JEDBURGH

Glenacre, 4★ B&B Camptown, Jedburgh
Tel 01835 840671
www.glenacre.com

Willow Court, 5★ B&B, The Friars, Jedburgh
Tel 01835 863702
www.willowcourtjedburgh.co.uk

The Spinney, 4★ B&B, Langlee, Jedburgh
Tel 01835 863525
www.thespinney-jedburgh.co.uk

Lilliardsedge Holiday Park, campsite
Jedburgh
Tel. 01835 830 271
www.lilliardsedgepark.co.uk

NEAR JEDBURGH

Ancrumcraig, 4★ B&B, Ancrum
Tel 01835 830280
www.ancrumcraig.co.uk

Moderate (£45-£70pppn)

MELROSE

The Townhouse, 3★ small hotel, Melrose
Tel 01896 822645
www.thetownhousemelrose.co.uk

Burts Hotel, 3★ small hotel, Melrose
Tel 01896 822285
www.burtshotel.co.uk

George & Abbotsford Hotel, 2★ Hotel
Tel 01896 822308
www.georgeandabbotsford.co.uk

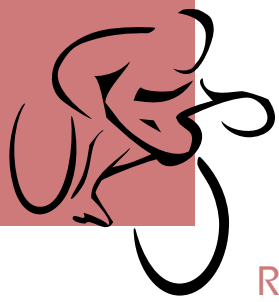
NEAR MELROSE

Buccleuch Arms, 3★ small hotel, St Boswells
Tel 01835 822243
www.buccleucharmshotel.co.uk

Clint Lodge, 4★ B&B, St Boswells
Tel 01835 822027
www.clintlodge.co.uk

NEAR KELSO

The Border Hotel, 4★ Inn, Kirk Yetholm
Tel 01573 420237
www.theborderhotel.com



4 ABBEYS CYCLE ROUTE INFO

Recommended coffee stops/lunch/dinner:

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 822 335

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

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

KELSO

Teviot Smokery – (near Kelso)
Lunches, coffees and cakes
Specialising in locally smoked borders fish and game
(9am–5pm)

Tel: 01835 850253
www.teviotgamefaresmokery.co.uk

Floors Castle Terrace Café and Courtyard Restaurant
Coffees and lunches

Tel 01573 233333
www.roxburghe.net

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

JEDBURGH

Simply Scottish, High Street Jedburgh
Coffees, Light lunches and full meals (10am – 5pm)
Tel 01835 864696

Spread Eagle, High Street, Jedburgh
Evening bar meals
Tel 01835 862 870
www.spreadeaglejedburgh.co.uk

NEAR JEDBURGH

Cross Keys Hotel, The Green, Ancrum
Evening bar suppers
Tel 01835 830344
www.ancrumcrosskeys.co.uk

Woodside Walled Garden
Soups, sandwiches, cakes and coffees.
Woodside, nr Harestanes, Jedburgh
Tel 01835 830 315

Caddy Mann – Mount Hooly
Delicious homemade dishes created with local produce
Tel 01835 850 787
www.caddyman.com

Cycle hire/opinion on the route:

JEDBURGH

D&S Dorricot – bike hire
High Street, Jedburgh
01835 862 423

Christopher Rainbow – bike and tandem hire
& luggage transfer
Jedburgh, tel 01835 830326
<http://www.btinternet.com/~christopher.rainbow/>

Get a map/more info:

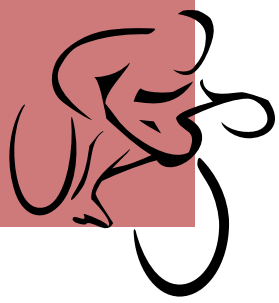
Free leaflet/map of the Four Abbeys Route (pdf format)

More info on recreational cycling and longer distance way-marked cycle routes in the Scottish borders
www.cyclescottishborders.com

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



Mertoun Bridge from Clintmains



4 ABBEYS CYCLE ROUTE INFO

What to see? A few suggestions on things to see en-route:

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

DRYBURGH ABBEY

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

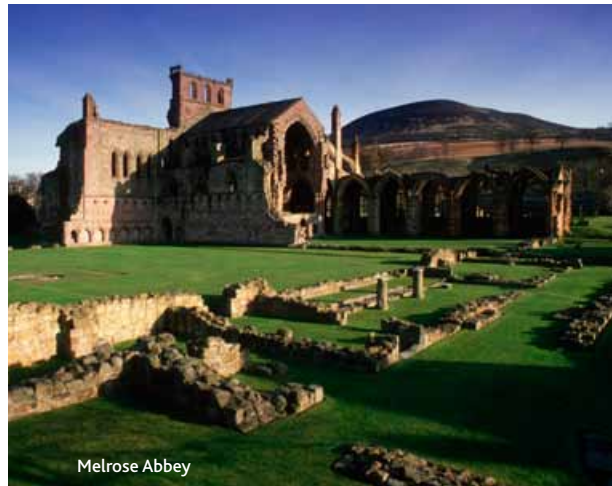
Jedburgh Abbey, founded in 1138, was a frequent target for invading border armies. Today, there is a cloister and herb garden to explore, and a visitor centre containing 8th century carvings and artifacts excavated from the abbey grounds.

Admission charged – open all year

MELROSE ABBEY

Melrose 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 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.

HARESTANES VISTOR CENTRE

Exhibitions and countryside walks, crafts businesses, gift shop and tearoom.

Park open all year

Gift shop and tearoom open April – October only

Admission free

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).

FARMERS MARKETS

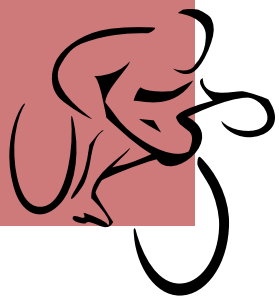
The Scottish Borders is home to a host of local producers creating everything from cured meats and cheeses, to farmhouse ice creams.

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

Jedburgh Farmers Market – First Friday of the month, 9.30am – 1.30pm, Market Place, Jedburgh





4 ABBEYS CYCLE ROUTE MAP OVERVIEW

for a more detailed map please click [here](#) for a PDF

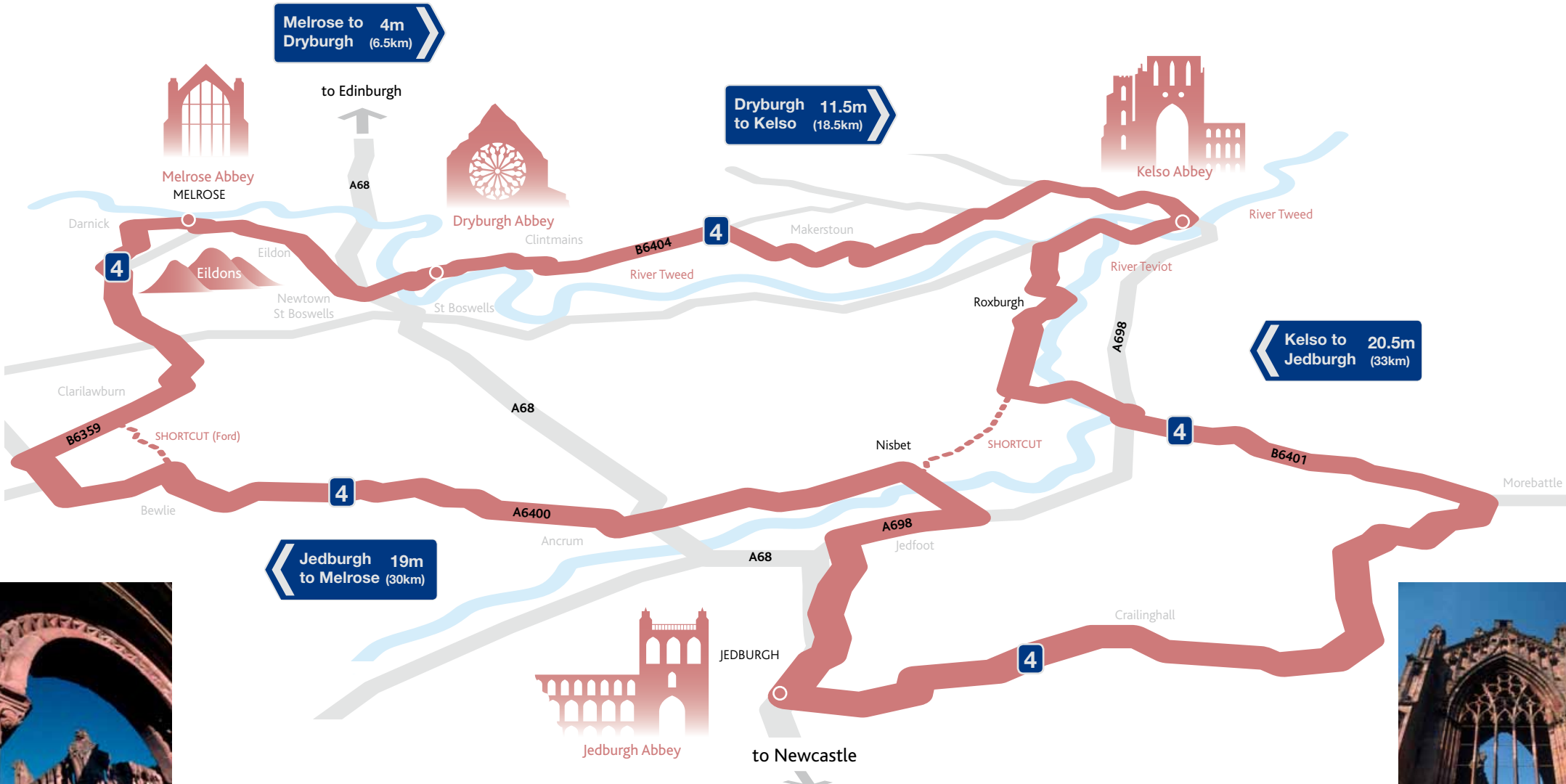
Route: 4 (signposted)
Distance: 55miles
Difficulty: moderate

Melrose to Dryburgh 4m (6.5km)

Dryburgh to Kelso 11.5m (18.5km)

Kelso to Jedburgh 20.5m (33km)

Jedburgh to Melrose 19m (30km)



Dryburgh Abbey



Melrose Abbey

