

For the occasional leisure cyclist

16m / 26km Midlem and Lilliesleaf (Selkirk Local Cycling Trails)

Allow 2 hours cycling plus time for stops

Start and finish at Selkirk Leisure Centre, located west of the town centre and accessed off Buccleuch Road. In the town, find out more about the Royal Burgh of Selkirk at Halliwell's House Museum & Robson Gallery. If you are interested in the history surrounding Sir Walter Scott visit his Courtroom or time your visit to coincide with Scotts Selkirk, the annual festival that recalls the time when Sir Walter Scott presided over Selkirk's Sheriff Court.

There are plenty of opportunities to eat out in Selkirk, from country house hotels to tearooms and cafes. If you'd prefer to pick up a picnic to take with you there are delis and bakeries where you can also purchase Selkirk Bannock, a traditional treat which is ideal for refueling during a rest stop.

On route visit Lindean Loch nature reserve and enjoy a picnic in a wonderfully relaxing spot. Take a break from cycling and stroll around the Loch (1m / 1.6km) before heading towards the village of Midlem where there is a further picnic site accompanied by superb views. Just under half way round (7.5m / 12km from start) the village of Lilliesleaf offers refreshment opportunities for non-picnickers.

Heading west from Lilliesleaf the route crosses the Ale Water before a climb to reveal an extensive view to the north-west at the summit. Then enjoy the descent and the route into the Ettrick Valley which is mostly downhill, before a gradual climb to the outskirts of Selkirk from Howden.

On your return to Selkirk visit the Philiphaugh Salmon Viewing Centre, an educational facility to help preserve wild salmon or head across to the Lochcarron Visitor Centre and enjoy their legendary mill tours. Both also have great coffee shops.

Download the Selkirk Local Cycling Trails leaflet [here](#)

You can find more information on visitor attractions and check opening times [here](#)

From ride outs to rugby sevens, book festivals to bogie challenges, the Scottish Borders has a packed events calendar. Discover what's on [here](#)

Save room in your saddle bag and take home some of the regions award winning local produce. Visit [here](#) for more details.