

Local Cycling Trails

Selkirk

Green route: Bowhill - 7 miles / 11.5 km

Orange route: Ettrickfoot and Yair - 8½ miles / 14 km

Magenta route: Midlem and Lilliesleaf - 16 miles / 26 km

Yellow route: Ettrickbridge and Yarrow - 19½ miles / 31.5 km

Colour coded route directions - refer to text overlay for details

signed leisure routes

NCN Route 1

4 Abbeys Cycleway

Tweed Cycleway

'Borderloop' - Scottish Borders Cycle Tour

Local Cycling Trails

Mountain Bike Forest Trails

Duns

Key to symbols

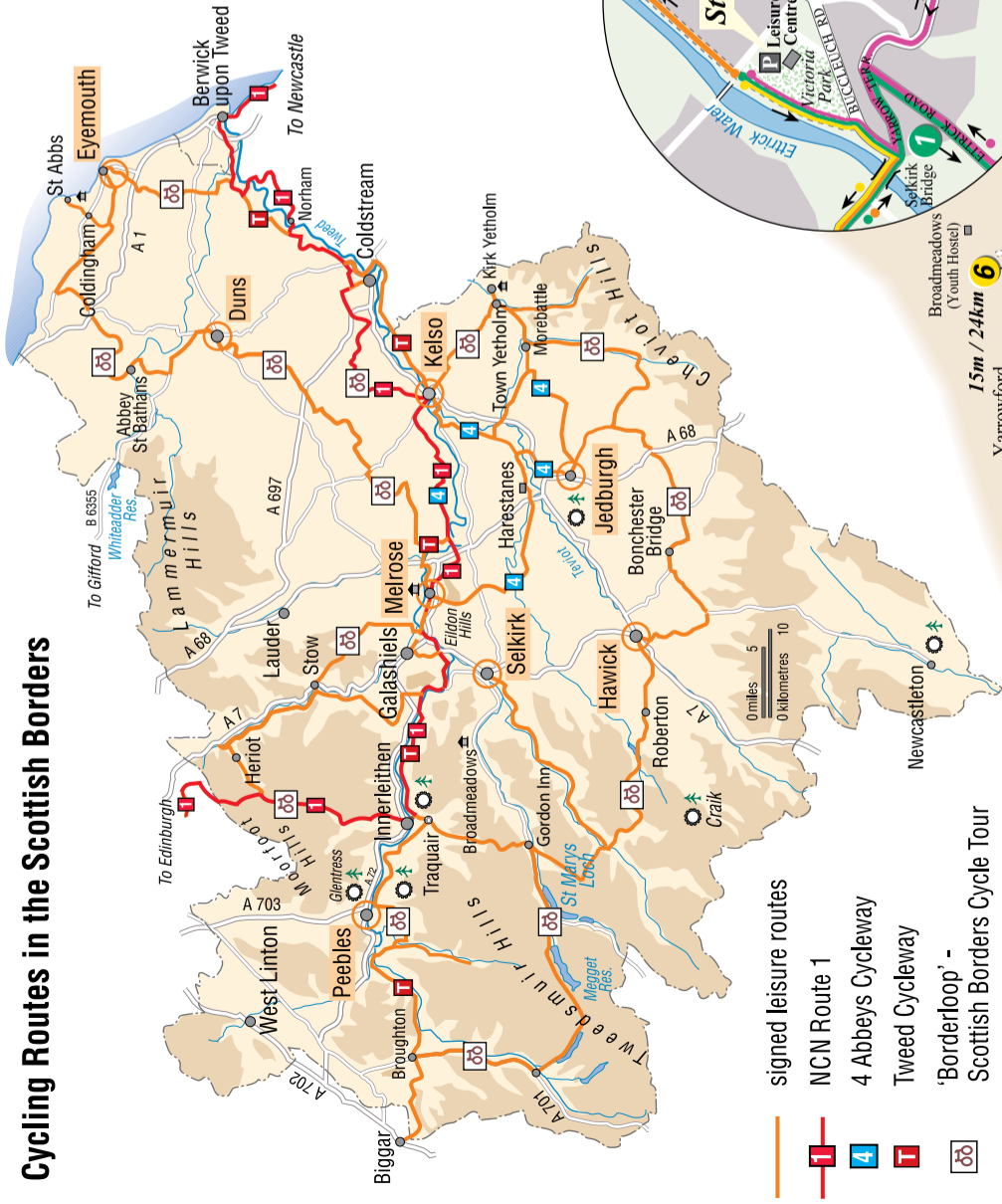
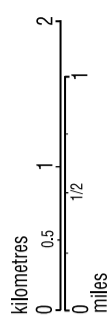
- Route information:**
- 'traffic-free' section of route (shared use path)
 - Viewpoint
 - Summit (Height in metres)
 - Gradient/Steep Gradient (arrows point downhill)
 - Caution
 - 3m / 5km Distance from start of route

Facilities:

- Picnic site
- Refreshments
- Car Parking
- Visitor information

Other routes:

- 1 National Cycle Network Route 1
- Tweed Cycleway
- 4 Abbeys Cycleway



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