



ESSENCE OF SCOTLAND

# Scottish Borders



Front cover: Neidpath Castle, by Peebles  
This page: Jedburgh Abbey

At the southern gateway to Scotland, the seductive Borders region is a land of strong traditions and inspiring heritage sites, a consequence of its turbulent history. A walk through the rolling scenery here is a walk through time, where gardens and abbeys, textile mills and ancient festivals all form part of the patchwork of local life.

# welcome

## BASE YOURSELF IN

- Jedburgh
- Kelso
- Melrose
- Peebles

To find out more about accommodation in these areas, call 0845 22 55 121 or click on [visitscotland.com](http://visitscotland.com)

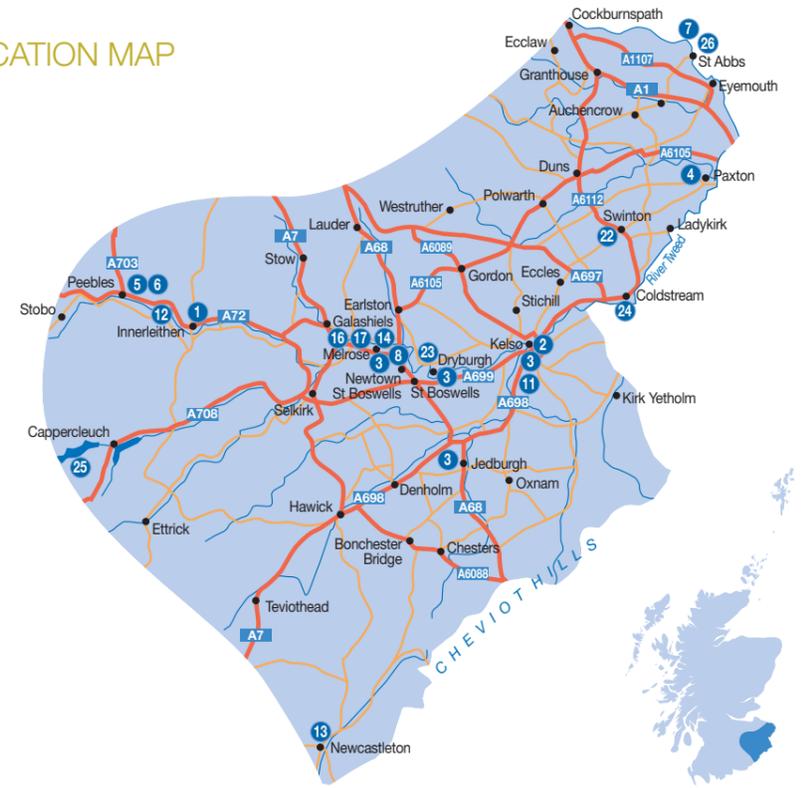
## IDEAL FOR

- Walking
- Cycling
- Historic buildings
- Gardens

Melrose Abbey is reputedly the burial place of Robert the Bruce's heart, marked with a commemorative carved stone plaque within the grounds.

**FCS:** Forestry Commission Scotland  
**NTS:** National Trust for Scotland  
**HS:** Historic Scotland

## LOCATION MAP



Principal photography © Paul Tomkins, VisitScotland/Scottish Viewpoint  
Additional photography: VisitScotland Borders, Scottish Natural Heritage and Forestry Commission Scotland  
All information checked in August 2005. VisitScotland can accept no responsibility for errors.

## DON'T MISS



**1. Traquair House**, near Innerleithen, dates back to the 12th century and is said to be the oldest continuously inhabited house in Scotland. When its Bear Gates were closed in 1745, it was decreed that they should not re-open until another Stuart took to the throne. Watch out for the fun of the Traquair Fair in the first weekend of August.

£ \$ 🐕 🚶 🚲 🏠 🚽

## Paid Entry



**2. Floors Castle** in Kelso is the home of the Roxburghe family and is the largest inhabited castle in Scotland. The house has 365 windows, one for every day of the year. The woodland and riverside walks offer beautiful views and much flora and fauna. You might just catch a glimpse of oystercatchers, tawny owls or even a red squirrel.

£ \$ 🐕 🚶 🚲 🏠 🚽

## Seasonal

## Disabled Access



**3.** The Scottish Borders have four truly amazing **abbeys** in Jedburgh, Kelso, Dryburgh and Melrose. The abbeys date back to the era of David I in the 12th century and were, in their day, a constant target for English invasion leading to a history of destruction and rebuilding. Today, only breathtaking ruins remain.

(HS) £ 🏠 🚽

## Dogs Allowed



**4. Paxton House** by Berwick-upon-Tweed was built in 1758 for Patrick Home. A fine example of an 18th century Palladian country house, it is home to an impressive range of Chippendale furniture and, outdoors, you might like to try the red squirrel hide. In April and May, you'll see acre upon acre of daffodils and, in the autumn months, the trees turn magnificent shades of red, gold and russet.

£ \$ 🚶 🚲 🏠 🚽

## Tea-Room

## Gift Shop



**5. Glentress Forest** lies just 1½ miles to the east of Peebles and is ideal for walking, cycling, mountain-biking and horse-riding. From the Osprey Car Park, hire bikes, follow a trail and, upon your return, re-fuel in the Hub in the Forest. From the Buzzards Nest Car Park, keep your eyes peeled for these phenomenal birds soaring high in the sky.

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Fishing on the River Tweed at Kelso

## WALKS

6. Glentress Forest is in the heart of the **Tweed Valley Forest Park**, sitting just above the River Tweed. Start at the Red Squirrel Car Park and follow your choice of 6 walking routes ranging from ½ mile to 4 miles. Follow the red squirrel signposts to reach the remains of an Iron Age fort, passing the tremendous stand of Douglas Fir en route. (FCS) ♿ 🚶 🗺️ 🏠 🚰

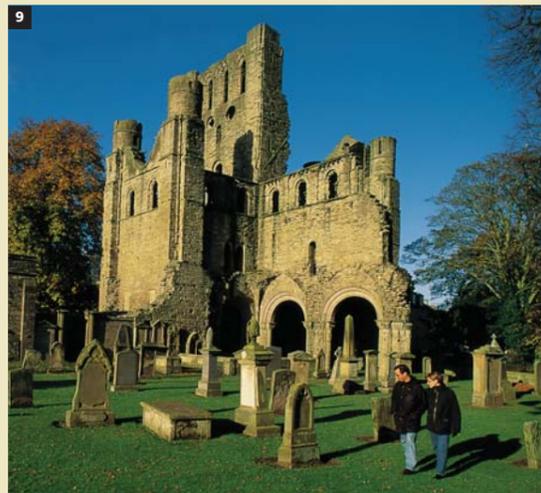
7. Take a 4½ mile tour of **St Abb's Head National Nature Reserve (NTS)**, with 100m high cliffs, continuing for a spectacular walk down the coast, to Eyemouth, a busy fishing town. Start 2 miles north of Coldingham on the A1107. 🚶 🗺️ 🏠 🚰



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8. The **St Cuthbert's Way** leads from Melrose, where St Cuthbert is said to have started his ministry, to Holy Island (Lindisfarne), where he ended his days. The full distance is 62 miles but it is split into easy sections so you can simply enjoy a small part of it if you choose. Start at Newtown St Boswells, taking in a walk along the River Tweed and Dryburgh Abbey. Either continue to Harestanes Visitor Centre for a 9 mile route or return via the same course from St Boswells village. 🐕 🚶 🗺️ 🏠 🚰

9. The **Borders Abbeys Way** is the most recent addition to the many pleasant walking routes in the Borders. It will, once complete, offer a circular walk of around 65 miles and will link together the towns of Kelso, Jedburgh, Hawick, Selkirk and Melrose. Already open are the sections from Kelso to Jedburgh, from Jedburgh on through Denholm to Hawick and from Hawick through Selkirk. 🐕 🚶 🗺️ 🏠 🚰



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10. The **Southern Upland Way**, at 212 miles, is the longest official walk in Scotland, consisting of coast, forest, farmland and hills. Made up of several smaller sections, you can walk as little or as much of it as you choose. The route starts at the west coast, making its way through Galloway, past the Moffat Hills and St Mary's Loch to the River Tweed. It then crosses the moors around Lauder before gentler farmland leads to Cockburnspath on the east coast. (Part FCS) 🐕 🚶 🗺️ 🏠 🚰

The Borders operate a Dog Friendly scheme so your four-legged-friend can enjoy your walks with you!

## GOLF

11. The **Roxburghe Golf Course** is an 18-hole championship-standard course, beautifully complemented by the tranquility of the **Roxburghe Hotel** which dates back to the 1800s.

Be sure to book this treat in advance. Tel: 01573 450331

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12. Another 18-hole championship-standard course, **Cardrona Hotel, Golf & Country Club** is a stunning combination of parkland and woodland. Although it's advisable to book ahead, it's worth a try if you haven't. Tel: 01896 833600 ♪ 🚶 🗺️ 🏠 🚰

13. **Newcastleton Golf Club** is by contrast a 9-hole hidden gem with scenic views over the Liddesdale Hills. Be warned it's a tougher challenge than initially meets the eye! If you're planning to play here over a weekend, book ahead. Tel: 01387 375257 ♪ 🚶 🗺️ 🏠 🚰

## HISTORY & HERITAGE

14. The ruins of **Melrose Abbey** date back to the 15th century although the original building was constructed in 1136 and subsequently destroyed by Richard II's English army in 1385. Take a leisurely afternoon to wander around the magnificent Abbey and grounds, and then on to nearby Russell's Restaurant for some tasty home-baking! (HS) ♪ 🚶 🗺️ 🏠 🚰

15. The **Borders Common Ridings** were established back in the lawless days, when townspeople would ride their boundaries to protect their common lands. Today, each Borders town celebrates history once a year with magnificent ride-outs of hundreds of horses. Selkirk Common Riding, with over 400 riders, is amongst the oldest.

16. **Abbotsford** ♪ 🐕 🚶 🗺️ 🏠 🚰 is the former home of Sir Walter Scott, the 19th century novelist and poet, author of *Waverley* and *Ivanhoe*. Located on the B6360 west of Melrose, the house is close to the **Sir Walter Scott Courtroom** in Selkirk over which he presided during the early 1800s. ♪ 🚶 🗺️ 🏠 🚰



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17. While football drives the passions of the nation, **rugby** sets Border hearts beating faster. Today, the **Melrose Sevens**, held in April, is a very special event in the Scottish rugby calendar.

18. Tartan and tweed, wool and cashmere are all fine examples of the Scottish Borders contribution to the world's **woollen industry**. With names such as Pringle in Hawick and Lochcarron in Galashiels, there are great opportunities to treat yourself or invest in gifts to take home!

## FOOD & DRINK

19. Held from late October to early November, the **Borders Banquet** puts on a show of the best food and drink on offer. This celebration of the unique culinary heritage of the area gives you the chance to enjoy tea dances, whisky tastings and carveries, amid a varied programme of events.

20. The **Selkirk bannock** is a combination of bread dough, fruit, butter and sugar, and is a Borders classic. Try a slice with butter in the village teashops or indulge in a whole one available from most Borders bakeries.



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21. The Queen of the **salmon** rivers, the Tweed flows right through the Borders. Keep your eyes peeled for a taste of this luxurious dish. Or perhaps you'll even try to catch your own!

22. **The Wheatsheaf at Swinton** near Duns is an award-winning restaurant that focuses on the creative use of local produce.

Lochcarron of Scotland has produced kilts for movie stars Samuel L Jackson and Ewan McGregor.

## FISHING THE RIVER TWEED

The Tweed is the second longest river in Scotland and takes great pride in the fact that it produces more fish caught on the fly than any other river in Britain. A haven for the fisherman looking to get away from it all, it is of course popular for those in search of that little spot of success! Running from the start of February until the end of November, the river boasts the longest salmon season in the country.

## SCOTT'S VIEW

Looking onto the Eildon Hills, this is a wonderfully romantic spot and is so-called because it was Sir Walter Scott's favourite patch for picnics and contemplation. When the carriage bearing Scott's body was on its way to his funeral at Dryburgh Abbey (HS), the horses stopped without being reined, as they always did when carrying Scott. Thus it was named 'Scott's View'.

Scottish Borders

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Scott's View

## OUTSTANDING VIEWS

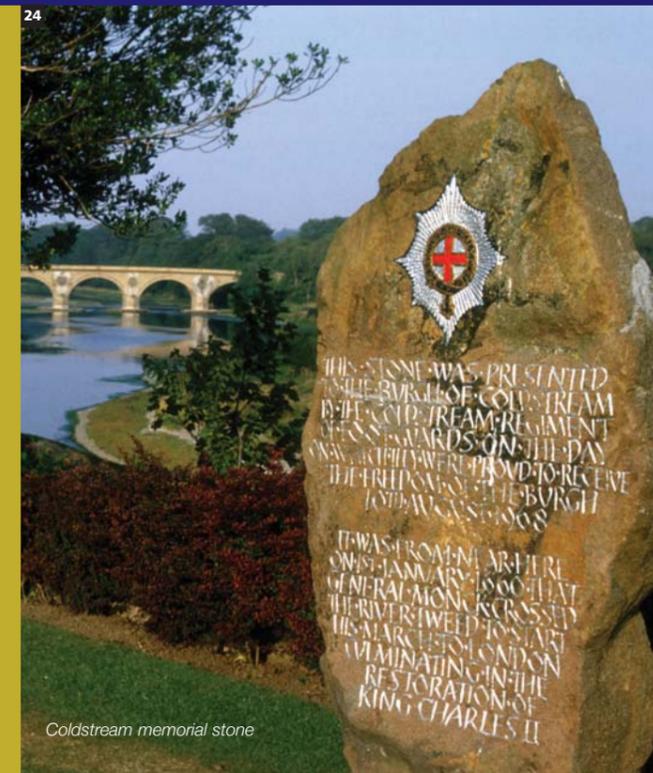
23. For **Scott's View**, take the B6404, St Boswells to Kelso road, and turn onto the B6356 road, signposted Dryburgh Abbey. About one mile along this road there is a junction signposting Scott's View to the right. Follow this road for about 2 miles.

24. Near the picturesque bridge across the Tweed in the eastern Borders town of **Coldstream**, you can really sense the history of the area. The border with England has witnessed many an invasion and raid. Here, a memorial stone has been erected to commemorate the raising of the famous Coldstream Guards in 1660.

25. **Talla Reservoir** is situated about half a mile south east of Tweedsmuir and is more akin to Highland scenery than that of the Borders, with its heather-clad hills and peaceful stretch of water.

26. The **Berwickshire Sea Cliffs** are the highest and grandest cliffs along the east coast of mainland Britain. From **St Abb's Head** (NTS), you can observe vast numbers of cliff-nesting seabirds and, on occasion, whales, dolphins, porpoises and seals.

The game of seven-a-side rugby originated in the Borders late in the 19th century.



Coldstream memorial stone