



Public Transport
For timetable details, contact:
www.travelinScotland.com
or ask at any Visit Scotland centres in the region.

To find out more about the route, or download route descriptions, visit the following website:
www.scotborders.gov.uk/bordersabbeyway

Visit Scotland centres or
www.visitscotborders.com
tel: 01835 863170
email: jedburgh@visitscotland.com

Information and Guides
Borders Abbeys Way booklet available from
Visit Scotland centres or

The Borders Abbeys Way is clearly signed and waymarked in both directions with the AW (Abbeys Way) symbol, and should be easy to follow with the booklet and a map. The route is covered by Ordnance Survey Explorer maps OL16, 331, 338 and 339 and Landranger maps 73, 74, 79 and 80.

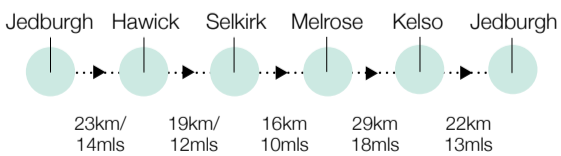
Following the Borders Abbeys Way



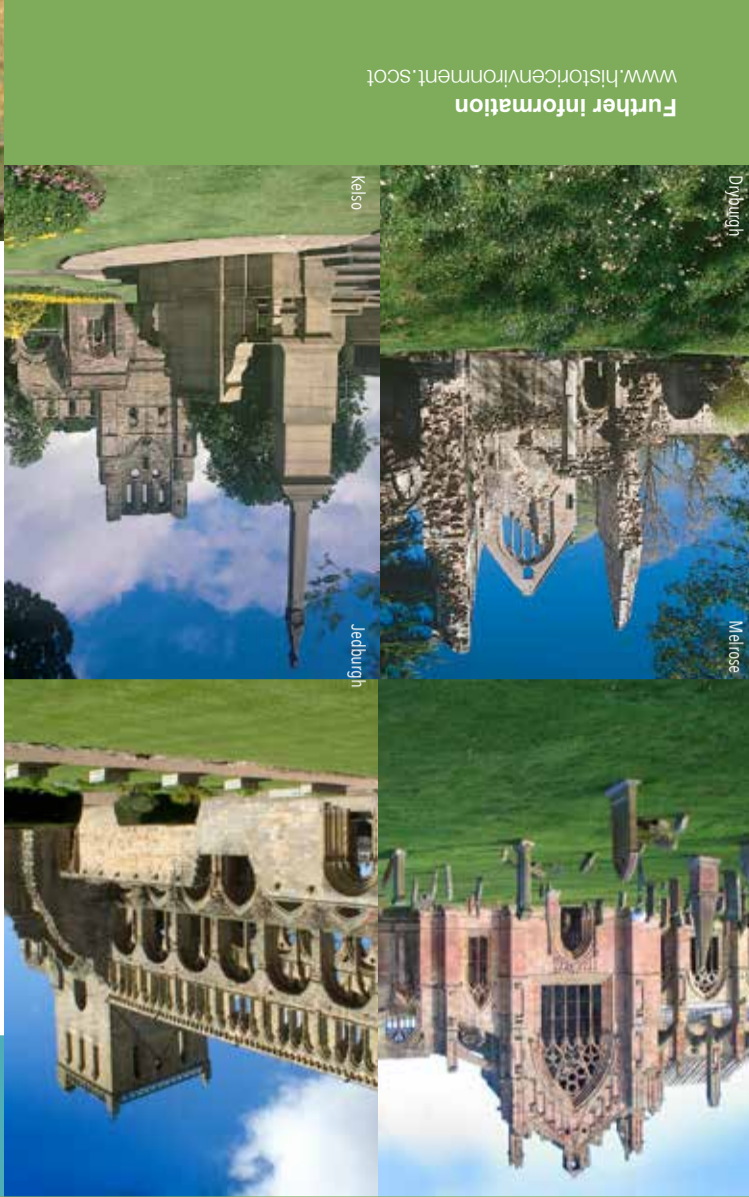
Who is the route for?

The Borders Abbeys Way is suitable for people of most ages and abilities ranging from keen walkers to those who have never tackled a long distance route before. The route is on fairly flat terrain by the middle stretches of the river Tweed and the lower section of the river Teviot. Hill ground is found between Jedburgh and Denholm and between Hawick and Selkirk. Most people walking the route will have done some walking before they set off to build up walking fitness and wear in the walking boots. Hills, stiles, steps and uneven ground along the route, especially on some riverside sections, may limit accessibility for walkers with restricted mobility, and also restrict suitability for cycling and horseriding.

Distance Chart (kilometres)



Management of the Borders Abbeys Way
The Borders Abbeys Way, which opened in summer 2006, was developed as a partnership. We wish to acknowledge the help of all those who have assisted with the development of the route, and in particular all farmers, landowners and land managers along the route for their co-operation, without which the route would never have been completed. The route is managed and maintained by the Countryside & Access Team of Scottish Borders Council. Comments on the route are always welcome and should be sent to Scottish Borders Council, Countryside & Access Team at the address on the back of this leaflet.



Further information
www.historicenvironment.scot



Abbeys
A path linking the Historic ruined abbeys of Melrose, Dryburgh, Kelso and Jedburgh.

Rivers
Riverside walking alongside the river Teviot, the river Tweed and the Jed Water and crosses the Ale Water and the Rule Water.

Countryside
Walking terrain through hill farms, lowland farmland, forests.

Wildlife
Grey heron and goosander on the rivers. Mountain pansy, skylark and buzzard in the hills. Brown hare, tortoiseshell and peacock butterflies by the farmland. Rowan, silver birch and red campion in the woodlands. Roe deer and wood sorrel in the forests.

Historic towns
Bustling high streets with independent shops.

The Borders Abbeys Way offers



Visiting the Borders Abbeys

The four Borders Abbeys on this route are in the care of Historic Scotland.



Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

Visit outdooraccess-scotland.scot or contact your local Scottish Natural Heritage office.



Certificates

Completed certificates for the route can be obtained by returning the stamp page supplied with the trail guide to the address below.

Walking Responsibly

Please follow the Scottish Outdoor Access Code
www.outdooraccess-scotland.scot

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Take your litter home, or dispose of it appropriately at the next village or town.
- Keep dogs under close control, preferably on a short lead.
- Consider others enjoying the countryside and those who own or make their living from the land.



COUNTRYSIDE & ACCESS TEAM

Regulatory Services
Scottish Borders Council | Council Headquarters
Newtown St Boswells | MELROSE | TD6 0SA
tel: 0300 100 1800 | email: rangers@scotborders.gov.uk
www.scotborders.gov.uk/bordersabbeyway

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Borders Abbeys Way

CIRCULAR WALKING ROUTE

Jedburgh - Hawick - Selkirk - Melrose - Dryburgh - Kelso
109km/68miles



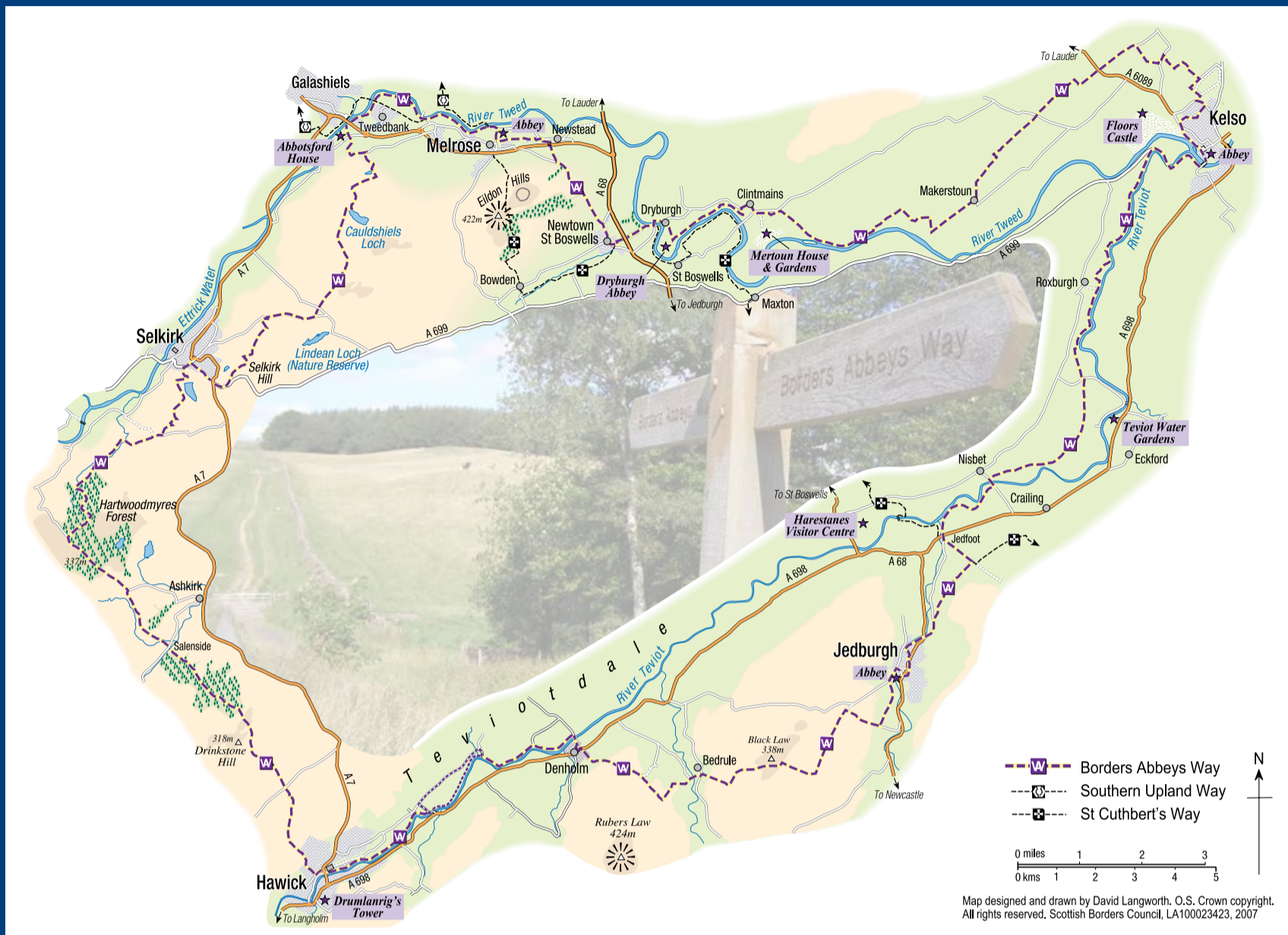
One of Scotland's Great trails
in the Scottish Borders.

Our Scottish Borders
Your challenge

Borders Abbeys Way

CIRCULAR WALKING ROUTE 109km/ 68miles

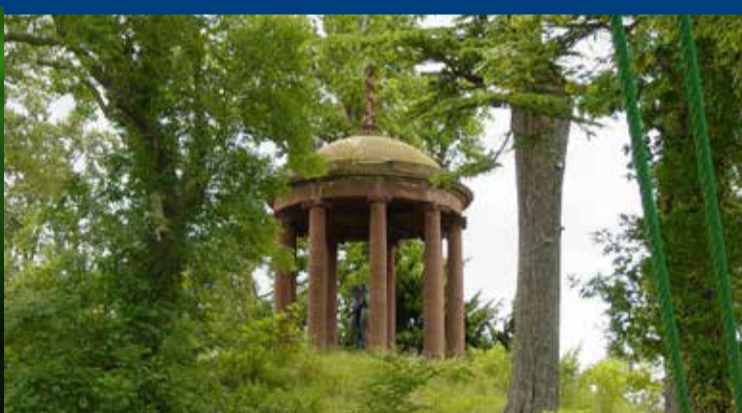
Jedburgh - Hawick - Selkirk - Melrose - Dryburgh - Kelso - Jedburgh



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Our Scottish Borders
Your challenge

www.scotborders.gov.uk/bordersabbeyway



Walking the Borders Abbeys Way

Short Walks

Short Walks using sections of the Borders Abbeys Way are possible. Circular short walks using sections of the route are described in the following booklets.

- Paths around Hawick
- Paths around Selkirk
- Paths around Melrose
- Paths around Kelso
- Paths around Jedburgh

These booklets can be viewed at www.scotborders.gov.uk/walking and can be purchased from Visitor Information Centres.

Linking Routes

For those looking for more of a challenge or a longer walk, the Borders Abbeys Way links to other Scotlands Great Trails.

- Southern Upland Way at Melrose
- St Cuthberts Way at Newtown St Boswells
- Romans and Reivers route at Hawick



Planning your walk

It is up to you whether you walk the whole of the Borders Abbeys Way in one go, or whether you walk it in sections over a longer period. Either way how long it takes will depend on your walking speed, and how much you wish to explore along the way. More experienced walkers usually complete the route in five or six days, but others may prefer to take their time and enjoy walking the route more leisurely over three weekends or more. For further information on suggested stages, see www.scotborders.gov.uk/bordersabbeyway

Parts of the Borders Abbeys Way offer a wonderful feeling of being far from the madding crowds, but you are never more than a few hours walk from good food and accommodation. Even so you will need to make sure you take suitable footwear, warm and waterproof clothing, food and drink.



Facilities, Accommodation and Refreshments

Overnight accommodation is available at numerous places on or near the Borders Abbeys Way including the following places on or near the route: Melrose; Newtown St Boswells, St Boswells; Kelso, Crailing, Jedburgh, Denholm, Hawick, Selkirk, Galashiels see www.visitscotland.com

Refreshments are available en route at: Melrose, Newtown St Boswells, St Boswells, Kelso, Eckford, Mounthooly, Jedburgh, Denholm, Hawick, Ashkirk, Selkirk, Abbotsford, Tweedbank.

Public toilets at towns and villages: Melrose, Newtown St Boswells, St Boswells, Kelso, Jedburgh; Denholm, Hawick, Selkirk. www.scotborders.gov.uk

Travel

The main towns and villages on the Borders Abbeys Way are readily accessible by public transport or by car. Regular buses run between Edinburgh and Galashiels, Selkirk, Hawick Melrose and Kelso. Local bus services run between Galashiels, Melrose, St Boswells, Jedburgh, Kelso, Hawick and Selkirk.

For further information on all public transport contact Traveline Scotland www.travelinescotland.com 0871 200 2233