

Countryside Visits

Easy Access to the Countryside

Short, easy walks for everyone in the Scottish Borders. Including places to visit with some access for wheelchair users.



Our Scottish Borders
Your destination

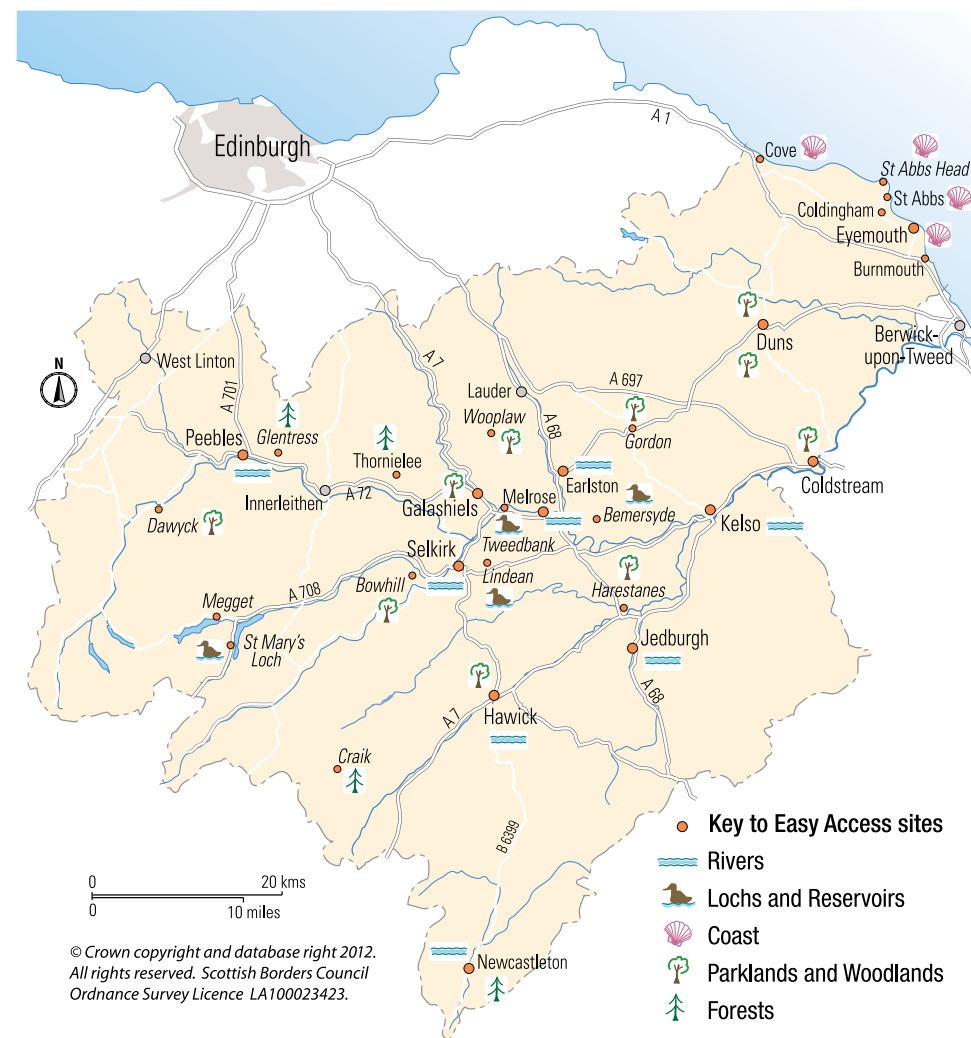
walkit

paths
for all

£2.00

Contents

Site	Site/route	Location	Page
1	Rivers 1	Hawick Wilton Lodge Park – The Teviot	12
2	Rivers 2	Jedburgh Riverside – The Jed	14
3	Rivers 3	Selkirk Riverside and Philiphaugh – Ettrick Water	16
4	Rivers 4	Peebles Tweed Riverside and Hay Lodge Park	18
5	Rivers 5	Kelso Tweed Riverside and Abbey	20
6	Rivers 6	Earlston Riverside – Leader Water	22
7	Rivers 7	Tweed River viewpoints near Melrose	24
8	Rivers 8	Newcastleton – Liddel Water	26
9	Lochs 1	Tweedbank – Gunknowe Loch and Abbotsford House Visitor Centre	28
10	Lochs 2	Lindean Loch	30
11	Lochs 3,4	Bemersyde Moss, Megget Reservoir, St Mary's Loch	32
12	Coast	The Berwickshire Coast	34
13	Coast 1	Coldingham Priory	35
14	Coast 2	Coldingham Sands	36
15	Coast 3	St Abbs and Eyemouth Voluntary Marine Reserve	37
16	Coast 4	St Abb's Head, Nature Reserve	38
17	Coast 5	Eyemouth and Gunsgreen House	40
18	Woodland 1	Harestanes Countryside Visitor Centre	42
19	Woodland 2	Gala Policies and Scott Park	44
20	Woodland 3	Hirsel – Coldstream	46
21	Woodland 4	Wooplaw	48
22	Woodland 5	Gordon Community Woodland	50
23	Woodland 6,7	Bowhill, Dawyck	52
24	Parkland 1	Duns Park Tree Trail	54
25	Parkland 2	Duns Castle Estate	56
26	Parkland 3	Hawick Wilton Lodge Walled Gardens	58
27	Parkland 4	Hawick Waverley Route	58
28	Forest 1	Forestry Commission – Glentress	60
29	Forest 2	Thornielee	62
30	Forest 3	Craik Forest	63
31	Forest 4	Newcastleton Forest Ponds Trail	64





Dr Eric Baijial, Joint Director of Public Health for Scottish Borders Council and NHS Borders



Peebles

Introduction

As Joint Director of Public Health for both Scottish Borders Council and NHS Borders I am delighted that NHS Borders is supporting the launch of the Easy Access to the Countryside publication. NHS Borders support the WalkIt project and in conjunction with Paths for All introduce this brochure which brings some of the fantastic Easy Access Walks available in the Scottish Borders together.

The production of this booklet has very much been a team effort and has involved several key partners supporting Scottish Borders Council.

NHS Boards in Scotland have the statutory purposes of “the securing of improved health for people in Scotland and the prevention, diagnosis and treatment of illness”. Walking is a fantastic way to add physical activity into your lifestyle and brings many health benefits as well as the wellbeing factor of being out in the Borders countryside and fresh air. We hope you all enjoy the publication.

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Cover image – Hay Lodge Park

1. Welcome to the Scottish Borders
2. Jedburgh Waterside
3. Walkers at Harestanes
4. Primrose
5. WalkIt walkers Melrose
6. Borders Abbeys Way
7. Peebles riverside
8. Peebles WalkIt group.



WalkIt is the Paths to Health Project in the Scottish Borders and aims to encourage people to take up walking as part of a healthier lifestyle. Our walks are usually short and easy, though the routes can sometimes involve rough paths and low level gradients. All the routes in this booklet are WalkIt routes.

For information telephone 01835 825060, or find us on the web at www.scotborders.gov.uk/WalkIt

Walkers with visual impairments are welcome on WalkIt walks. Volunteers who can act as leaders or sighted guides for these walks may be contacted through Walk It. There are equal opportunities for disabled volunteers with Walk It.

For further information contact:

Walk It
 Scottish Borders Council
 tel: 01835 825070
WalkIt@scotborders.gov.uk

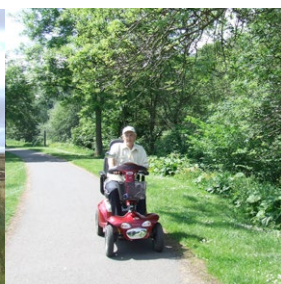
Borders Health Board
 National Health Service Borders
 tel: 01896 826000
www.nhsborders.scot.nhs.uk

Why get out and about on a walk?

- Get some exercise
- Enjoy the fresh air
- Listen to birdsong
- Discover a new place
- Watch a heron
- Enjoy some company
- Get away from the TV
- Spot a squirrel
- Reduce stress
- Take a photograph

Paths for All Partnership

tel: 0786 641851
www.pathsforall.org.uk
info@pathsforall.org.uk



Countryside with Easy Access

This booklet aims to provide information on some good places to visit and enjoy wildlife in the countryside of the Scottish Borders. It describes places to visit with some access paths which are wide, fairly level and hard surfaced. Some paths may be suitable for people with limited mobility, some wheelchair users and people pushing a child in a buggy. It is hoped that this will be of assistance to wheelchair users and others with limited mobility to plan a visit to the countryside.

For many of the sites there is a contact telephone number of a manager or countryside ranger who could give further details. The list of sites is not comprehensive and is meant as a guideline only. The accessibility of a location in the countryside for wheelchair users is liable to change with the weather and to be dependent on the physical ability of the wheelchair user, the assistance they have available and the type of wheelchair.

Scottish Borders Council Countryside Ranger Service wishes to thank the many people of varying abilities who helped to produce this guide. In particular some groups worked hard to assist in the updating of this information.

A group from the Ability Centre surveyed a number of the sites mentioned in this guide during the years between 2002 and 2008, the Katharine Elliot Centre's Hawick and Jedburgh groups in 2009 and 2010, and the Borders Disability Forum in 2010, 2011 and 2012.

Some of the photographs taken on these visits have been used in this publication. The Ability Centre's Outdoor Visit Diary included this quote:

"We have enjoyed the visits. I didn't realise there were so many places to visit on our doorstep."

The Borders Disability Forum and Walkt Group continue to update this information with outdoor visits to countryside locations planned for future years.

Scottish Borders Council Countryside Ranger Service produced this information. The rangers can give further information on general countryside access in the Scottish Borders area. They would welcome comments on the usefulness of this information, and any suggestions.



Walkers

Scottish Borders Council Countryside Ranger Service
Council HQ, Newtown St Boswells
MELROSE TD6 0SA
tel: 01835 825070
email: rangers@scotborders.gov.uk

or

Borders Disability Forum
Countryside with Easy Access website
www.onlineborders.org.uk/community/bdfc

General Advice

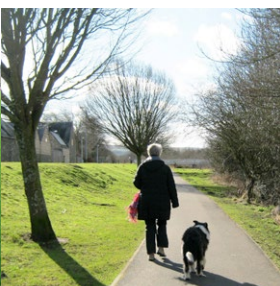
Before setting off, always check the weather forecast and prepare yourself accordingly. Remember that weather conditions can change rapidly. Remember that hot weather, causing sunburn and/ or dehydration, can be just as debilitating as rain. Always carry adequate cover for your body in all conditions. You should always wear or carry good waterproofs, windproof clothing and refreshments, just in case.

Take great care when walking on country roads.

- Pavements or paths should be used if provided.
- If there is no pavement or path, walk on the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to walk in single file, especially on narrow roads or in poor light. Keep close to the side of the road. It may be safer to cross the road well before a sharp right-hand bend (so that oncoming traffic has a better chance of seeing you). Cross back after the bend.
- Help other road users to see you. Wear or carry something light coloured, bright or fluorescent in poor daylight conditions.

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1. Comma Butterfly 2. picnic tables 3. Jedburgh Abbey and riverside path 4. Selkirk riverside 5. Leaderfoot 6 Lindean Loch 7. Common Blue butterfly 8. Starfish.



Livestock and Wildlife

Dogs can be a particular concern for farmers during lambing time (March – May) and when cows are calving (Spring & Autumn).

Dogs therefore should not be taken into fields where there are young livestock. This includes all young livestock such as lambs, calves and foals. In more open countryside where lambs are present, keep your dog on a short lead.

Disturbance at this time can separate young livestock from their mothers leaving them cold, hungry and exposed to predators.

Dogs should not be taken into fields of cattle when they have calves, as the cows see a dog as a threat and may attack it. Go into a neighbouring field or onto adjacent land.

During the bird breeding season (April – June) keep your dog under close control or on a short lead in ground nesting areas.

Without a dog, if you walk quietly through livestock areas, keeping a safe distance from stock and watching them carefully, you should experience little or no difficulty. Please leave gates as you find them and ensure that if you have to open a gate, you

close it securely behind you. Thank you for your cooperation, which will help to ensure that these walks are available for those who follow in your footsteps in future years.

Health Warning!

Infections from animals can cause serious human illness. Stay safe from diseases when out in the countryside by:

- a. Washing hands with soap & water (or use wet wipes) after visiting the toilet, after activities, touching animals and before handling, cooking and eating food
- b. Taking care to avoid spreading animal faeces on footwear
- c. Avoiding camping or having a picnic on land which has recently been used for grazing animals
- d. Not drinking untreated water from rivers, streams and lochs
- e. Avoiding tick bites; cover legs when walking through long vegetation

Contact the Public Health Department for more information 01896 825 560



Comma Butterfly

Access in Scotland

The Land Reform (Scotland) Act 2003 and the Scottish Outdoor Access Code came into effect in February 2005. The LRSA establishes a statutory right of responsible access to land and inland waters for outdoor recreation, crossing land, and some educational and commercial purposes. The Scottish Outdoor Access Code gives detailed guidance on your responsibilities when exercising access rights and if you are managing land and water. The Act sets out where and when access rights apply. The Code defines how access rights should be exercised responsibly.



Know the Code before you go... Enjoy Scotland's outdoors - responsibly!

Enjoy Scotland's outdoors! Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:

When you're in the outdoors:

- take personal responsibility for your own actions and act safely;
- respect people's privacy and peace of mind;
- help land managers and others to work safely and effectively;
- care for your environment and take your litter home;
- keep your dog under proper control;
- take extra care if you're organising an event or running a business.

When you're managing the outdoors:

- respect access rights;
- act reasonably when asking people to avoid land management operations;
- work with your local authority and other bodies to help integrate access and land management;
- respect rights of way and customary access;

Find out more by visiting

www.outdooraccess-scotland.scot
or telephoning your local Nature Scotland office

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1. Chaffinch 2. Rabbit 3. Cattle 4. Farmer and Eildon Hills 5. Tractor 6. Ewes and lambs



Core Paths

Many of the paths in this booklet are core paths. Core paths provide the basic framework of legally recognised, promoted and signposted paths. These link to the wider path network of other formal and informal paths and to the wider countryside. Details of local core paths at www.scotborders.gov.uk/corepaths

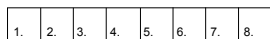
Toilets

RADAR wheelchair access toilets are available in most Borders towns. Where there are other wheelchair access toilets, these are shown on the maps for the routes.

Further information
www.scotborders.gov.uk

Parking

Most locations listed have free parking and some wheelchair access parking provided. Details on maps and for each route description.



1. Disabled Parking
2. Easy Access path
3. Herring gull
4. Fingerpost at Scott Park Galashiels
5. Southern Upland Way waypost
6. Hay Lodge park
7. Waverly path near Teviotdale Leisure Centre.



Lindean Loch

Waymarking and Maps

The majority of the routes are waymarked, however an appropriate map could be used in conjunction with this booklet for further interest. Local leaflets may also be available from some locations and further information is often available from a website.

The Paths around Towns booklets and Town Trail leaflets also provide information on further walk possibilities; visit www.scotborders.gov.uk/walking
Ordnance Survey maps in the 1:25 000 Explorer range provide detailed information.

Admission Charges




A few locations with particular countryside interest have been included that have a small admission charge or parking charge. Details may change and are correct at time of going to press.

Swimming Pools

A number of the routes listed in this booklet are adjacent to swimming pools. Many have accessible toilets and café areas with vending machines. Whether or not you intend to go for a swim, these venues are open to the public to visit during opening hours. As such they can be a useful stopping place as part of your countryside visit. Below are listed the swimming pools near the routes listed. Other pools are located at Kelso and Duns.




Live Borders

tel: 01896 661166 | www.liveborders.co.uk

Route	Facility	 Café area with vending machines	 Toilets and Disabled Toilets	 Swimming Pool
Waverley Path Hawick	Teviotdale Leisure Centre	Yes	Yes	Yes
Selkirk Riverside	Selkirk Leisure Centre	Yes	Yes	Yes
Gala Policies and Scott Park Galashiels	Galashiels Swimming Pool	Yes	Yes	Yes
Peebles Riverside	Gytes Leisure Centre		Yes	No
Peebles Riverside	Peebles Swimming Pool	Yes	Yes	Yes
Eyemouth Seafront	Eyemouth Leisure Centre	Yes	Yes	Yes

Jedburgh Riverside - Laidlaw Memorial Pool Jedburgh - Jedburgh Leisure Facilities Trust

tel: 01835 863430 | www.laidlawmemorialpool.org.uk

Route	Facility	 Café area with vending machines	 Toilets and Disabled Toilets	 Swimming Pool
Jedburgh Riverside	Laidlaw Memorial Pool Jedburgh	Yes	Yes	Yes

