

An attractive alternative, though involving slightly more climbing, is to take the yellow route to Howden Farm and carry straight on there to Scraesburgh.

far end, turn right at junction 3 to rejoin the route above. the hillside for about two miles, passing Scraesburgh Farm. At the should be followed to junction 1 turn right here and contour along

▼ Scraesburgh Loop - 7 m / 11 km

This is a shorter variation of the route described above, which does entail another sharp climb. Once this has been surmounted, Bear left at the next junction 5, turn right at a T junction with immediately to return down Oxnam Road to the starting point.

This turning avoids having to use the A68 back into the town, but does entail another sharp climb. Once this has been surmounted, Bear left at the next junction 5, turn right at a T junction with a housing estate road on the edge of the town and turn left into the Jed Valley, take a right turn into the next side road 4.

The road climbs steeply beyond Mossburnford, with the gradient easing somewhat where the road bears left at a junction with a side road on the right 3. The summit is reached about 1/2 mile beyond this junction and the road then starts to descend towards Jedburgh (good views again on the left). With the outskirts of Jedburgh in sight, take a right turn into the next side road 4.

so take particular care here. Mossburnford. The latter part of the descent is steep and winding, then climbs steeply up to Dolphinstone, before descending to Oxnam, ignoring all turnings on the left. This section starts a fairly level, then ascends gently between woods to emerge in more open terrain to Oxnam. Continue straight on through and beyond beyond a minor crest, to Milllough then continue over undulating

Descend steeply, passing a minor road turning on the right 1 just into Oxnam Road. This road starts to climb immediately and does so for the next 1 1/2 miles. A slight easing between the outskirts of the town and a turning on the left, where the Four Abbeys cycle route diverges, is followed by the steepest section. On passing the summit, an extensive view opens out over rolling farmland to the Cheviot Hills.

● Oxnam Loop - 11 1/2 m / 18 1/2 km



Local Cycling Trails

The Scottish Borders
Scotland's leading short break destination

To avoid using the A698 road west of Crailing, albeit at the expense of more hill climbing, cross the River Teviot out of Nisbet and turn first left into a narrow lane leading to the A698 at Crailing. Turn right onto the main road and yellow route, then left immediately into a minor road 9.

Turn left onto the A68 then left again immediately into the Headrig, Bear right after about 200 yards into Forthill Terrace and, at the south end of this street, turn right to cross the A68 on foot. Bear left over the Jed Water on Bridge Street and follow it round to a T junction, where a right turn is taken into the High Street. On reaching the Market Place, take the second road on the left, Abbey Place, back to the start point.

Turn left onto the A68 then left again immediately into the Headrig, Bear right after about 200 yards into Forthill Terrace and, at the south end of this street, turn right to cross the A68 on foot. Bear left over the Jed Water on Bridge Street and follow it round to a T junction, where a right turn is taken into the High Street. On reaching the Market Place, take the second road on the left, Abbey Place, back to the start point.

Turn left to visit the Teviot Smokery and Water Garden (tearoom) - this route goes right with a cycle lane giving some security on this fast and fairly busy road. Turn left after just 200m and cross Kalemouth suspension bridge.

Carry straight on just past Cessford Farm (the 'main' road turns left here) and, after a short climb up to Cessford Castle descend on a winding road to a T junction about one mile west of Morebottle (pub, shops). The route goes left down the wide valley of the Kale Water and gives 3 1/2 miles on mostly favourable grades to a T junction with the A698 4.

Ascend to the next summit, 4 1/2 miles from Jedburgh. From here, but the next descent is short and there follows a more sustained climb to a crossroads 7. Continue straight over. The climb soon ends A rapid descent to Oxnam Water at Crailinghall is followed by a stiff junction before reaching a summit two miles from the start.

Leave Jedburgh on Oxnam Road as for the green route, but bear left at the first junction once the town has been left behind 1, following the Four Abbeys route. The climbing continues steeply beyond the junction before reaching a summit two miles from the start.

● Kalemouth and Nisbet - 20 m / 32 km

● Oxnam and Crailing - 17 1/2 m / 28 km

● Denholm and Lilliesleaf - 19 m / 31 km

Turn left out of the car park into Abbey Bridge End and left again on reaching the Market Square into Castlegate. This road climbs steeply out of the town and continues to do so for about 2 1/2 miles (with only a brief respite about halfway) to its summit on the north side of Dunion Hill.

Shortly after passing the summit, the Eildon Hills and Rubers Law come into view to the north and south-west respectively, while further downhill, the Minto Hills and Fatlips Castle, set on top of a craggy outcrop, are more prominent to the north.

At the foot of the ensuing two miles long descent, bear left at the junction with the A698 1, heading towards Hawick. Expect to encounter fast moving traffic on the 1 3/4 miles along the A698 to Denholm. On entering Denholm (pub and shops), turn right off the main road along the east side of the village green, then wind your way out of the village on the B6405.

The 5 1/2 miles from Denholm to Lilliesleaf are through rolling agricultural countryside, the road undulating and trending uphill but with little in the way of severe climbing. The only turning to be made on this stretch is to the right, shortly after passing under a disused railway bridge at Hassendean 2, otherwise ignore any turnings off the 'main' road.

After passing through Lilliesleaf (pub), take the first turning on the right 3 about 1/2 mile east of the village. The next 6 miles along the B6400 to Ancrum are similar in character to the previous leg, but although still undulating, the trend is very much downhill.

Continue through Ancrum (pub and shop). A short distance beyond the village, turn right at the T junction with the A68 4, then left immediately towards Nisbet.

The 2 1/2 miles to Nisbet along the tree-lined B6400 are very pleasant, with only a gradual climb for the first mile and a gentle descent to Nisbetmill. Visitor attractions along this stretch include Harestanes Visitor Centre (tearoom) and Monteviot House Gardens. Bear right on the 'main' road at a junction in Nisbet 6 to join the blue route back to Jedburgh - refer to the route instructions in the previous column.

Note:- the return leg of the blue/red/yellow routes in Jedburgh (beyond junction 8) may be altered during the currency of this leaflet - follow any amended signing.



map area
Routes devised in collaboration with The Rush cycle shop.

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Jedburgh



Local Cycling Trails

- Green route: Oxnam loop - 11 miles / 18.5km
- Scraesburgh loop - 7 miles / 11km
- Blue route: Kalemouth and Nisbet - 20miles / 32km
- Yellow route: Oxnam and Cragling - 17 miles / 28km
- Red route: Denholm and Ancrum - 19miles / 31km
- 1 Colour coded route directions- refer to text for details

Key to symbols

Route information:

- Viewpoint
- Summit
- Gradient/Steep Gradient (arrows point downhill)
- Caution

Facilities:

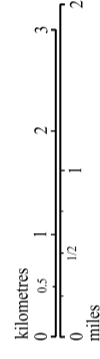
- Cycle shop: Hire/repair
- Off-road trails
- Picnic site
- Refreshments
- Car Parking
- Visitor information

Other routes:

- 4 Abbays Cycleway
- 'Borderloop'

Cycle Shop:

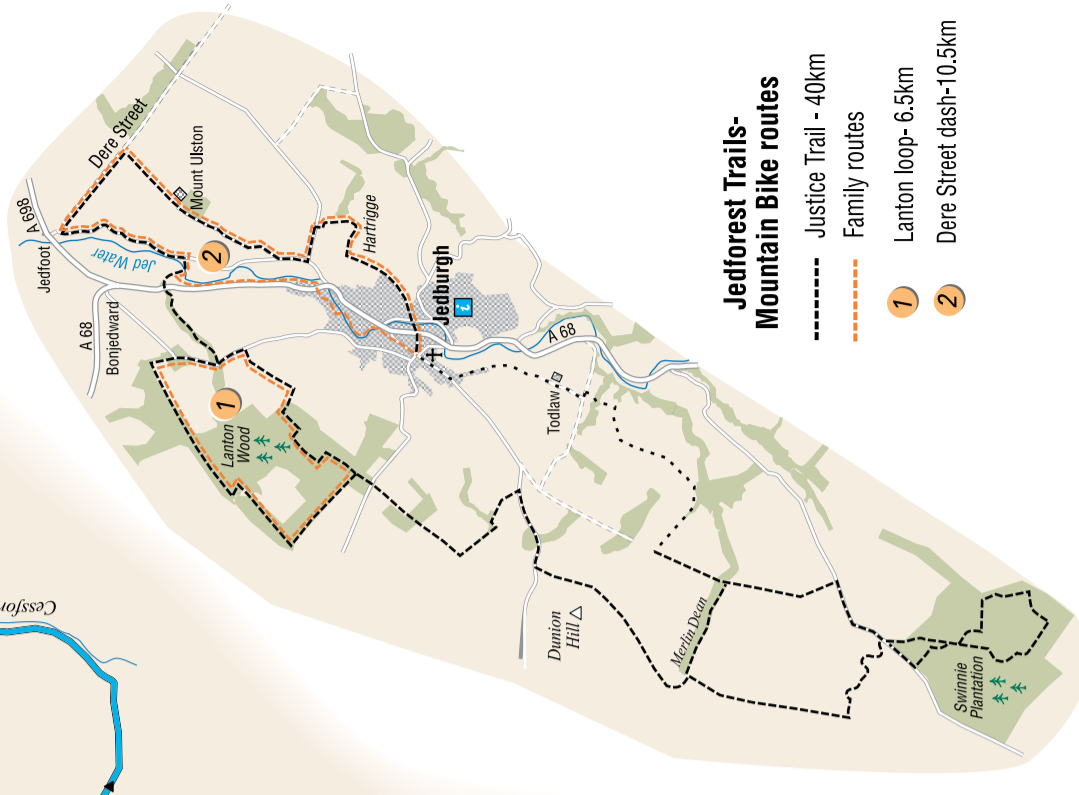
The Rush: Hire/repair
39 High Street Jedburgh
Tel 01835 869643



(map at slightly smaller scale)

Jedforest Trails- Mountain Bike routes

- - - - - Justice Trail - 40km
- - - - - Family routes
- 1 Lanton loop- 6.5km
- 2 Dere Street dash-10.5km



Leaflets are also produced for Trails around Eyemouth, Kelso, Melrose, Duns, Hawick, Peebles and Selkirk.

Map designed and drawn by David Langworth for Scottish Borders Council