



Note: To visit Manderston House (open days Thursdays and Sundays, house open 1.30pm to 5pm, gardens and tearoom from 11.30am), carry straight on at **4** to Buxley and the entrance is on the left hand side. Return through Buxley then bear first left to rejoin the trail at **5**

Take the first turn on the left after entering the town down Tannage Brae, continue along Easter Street and carry straight across at the next junction into the Market Square. Turn left in the square into Murray Street to reach the end of the trail.

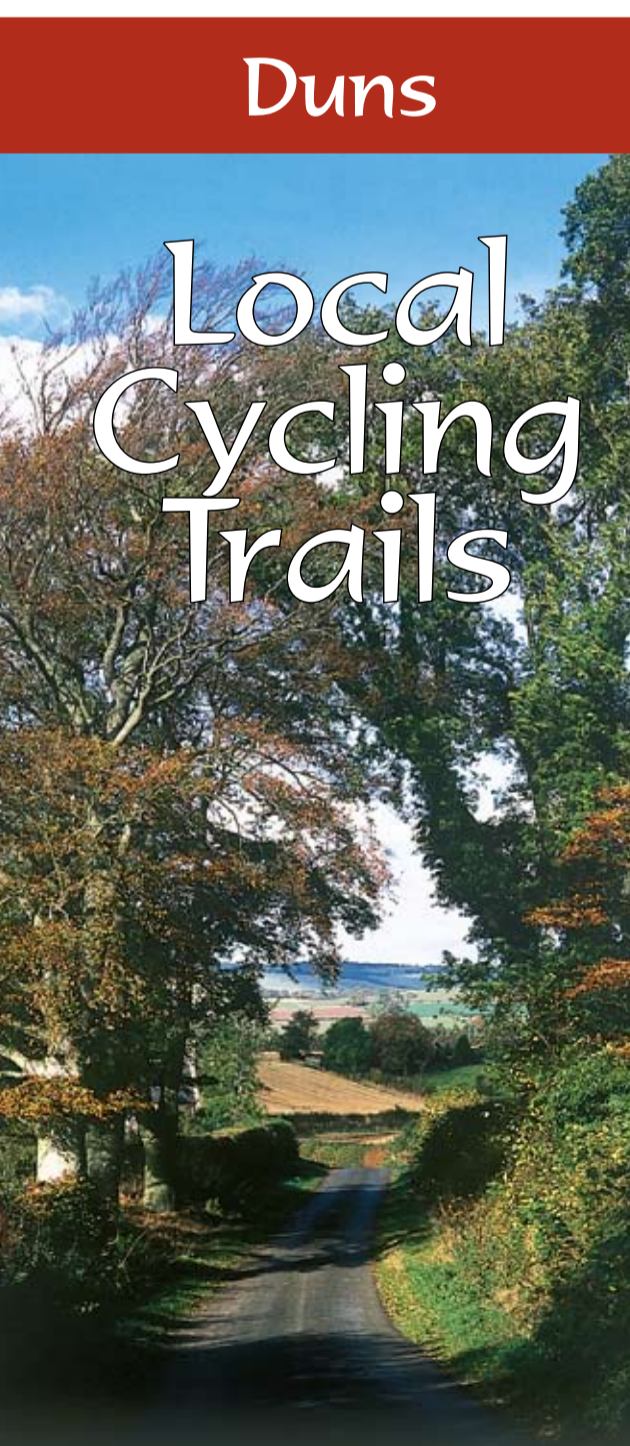
Up to this point there has been little in the way of uphill work, but about 1/2 mile further on, the one significant climb of the day starts, with the road rising almost 200 feet in 3/4 mile. Turn left at the top of the hill onto the A6112 towards Duns **6**, the outskirts of which are soon reached.

Take the first turn on the left after entering the town down Tannage Brae, continue along Easter Street and carry straight across at the next junction into the Market Square. Turn left in the square into Murray Street to reach the end of the trail.

Cross the roundabout adjacent to the car park and head east out of Duns along Bridgeend (A6105). Turn right on the edge of the town into a minor road (signposted to Sinclairshill), then left after about 3/4 mile at the corner of a high estate wall **1**

Follow this wall and continue do so by bearing right at the next junction. The wall soon disappears and the road drops gradually to cross the Blackadder Water on Mouth Bridge. There is a short climb away from the river; beyond which the road is level to Whitelaw Farm. Turn left just past the farm cottages **2** now heading north. The Blackadder Water is recrossed on Kelsoe Bridge, while the going continues to be generally easy with no severe gradients. In just over a mile, a T junction with the A6105 Duns to Berwick road is reached **3**. Turn left towards Duns, then right after only 200 yards to Edrom.

Edrom - 10 m / 16 km



Duns

Local Cycling Trails

Take the yellow trail out of Duns as described above but turn right opposite a gate in a high estate wall about one mile south of the town. Follow yellow triangle signing to rejoin the main trail at junction **7** east of Gavinton.

Nisbet Rhodes - 4 1/2 m / 7 1/2 km

Remount for the gradual climb and descent to a T junction at Clockmill. Turn right onto the A6105 to re-enter Duns in about 1/4 mile. Turn right into South Street, just beyond the primary school (on the right hand side), then right again on entering the Market Square back into Murray Street.

The next section to Gavinton, 1 1/2 miles to the north, is something of a rollercoaster with some steep but thankfully quite short uphill sections. Turn right through the village on reaching Gavinton. About 1/2 mile further on, turn left into a minor road **7** and then immediately take a footpath on the right (the road leads down to a ford which is cobble and very slippery - the writer came to grief here many years ago) - dismount for the footbridge crossing.

Keep straight on at Charterhall crossroads **5** and turn right after only a few yards towards Fogo along a very pleasant tree-lined side-road. Turn left just before reaching Fogo (12 m) and cross the Blackadder Water at the bottom of a short dip (see photo on the left). After a short climb away from the river take the second turn on the left at Caldera **6**.

Turn left at the far end of Main Street towards Kelso and then right off the B6461 into a narrow lane about 1/2 mile west of Swinton **3**. For the next 4 1/2 miles to Charterhall the route follows very quiet, winding country lanes with no significant hills - carry straight on at cross roads near Longbank, turn left and then right almost immediately near West Printonan **4**, followed by another right turn about 1/2 mile further on.

Cross the roundabout adjacent to the car park and head east out of Duns along Bridgeend (A6105). Turn right on the edge of the town into the minor road to Sinclairshill, some 2 1/2 undulating but very easy miles away. Turn left at this hamlet onto the B6460 **1** then right into a minor road after less than 1/2 mile.

The next T junction is encountered in just over a mile - turn left followed by a right turn after 100 yards. The road then runs more or less straight to Swinton, interrupted only by sharp left and right-hand bends at Greenriggs Farm. Turn right by the churchyard on the edge of Swinton **2** then right again almost immediately into Main Street (6m) (general store and hotel serving coffee 11am to 2pm).

Swinton and Gavinton - 16 1/2 m / 26 1/2 km

Local Cycling Trails

The starting point for the routes described in this leaflet is the car park at the south end of Murray Street, a cul-de-sac off the south side of the Market Square.

Four colour coded, signed routes are both described and illustrated on the map overleaf. The blue and yellow routes, which explore the relatively flat farming country south and east of the town on mostly very quiet roads, are particularly suited to family groups and inexperienced cyclists

The red and green routes, which head into the hilly country north of the town, also avoid A class roads as much as possible, but are much more physically demanding and are better suited to more experienced cyclists.

The trails are described in one direction only - there is, of course, no reason why they should not be tackled in the opposite directions to those recommended, but this must be done without the benefit of comprehensive signing. However, the blue route can be ridden clockwise to Edrom following red trail signing, and the red trail ridden clockwise following 'Borders Loop' signing to Grantshouse and blue trail signing from Edrom.



Note: On a fine day, it is worth considering a hilly out and back extension of two miles in each direction from Longformacus to view the Watch Water Reservoir - turn right at **3** then left just before the bridge in Longformacus. Continue to just past the summit of the road near the second of two cattle grids, where a pleasant spot for a picnic can be found (at the time of writing there was no tearoom etc. on this trail).

Approaching the summit, a fine view starts to open out to the south, with the distant Cheviot Hills visible (hopefully) beyond the Merse. A long descent, initially steep, leads to a T junction on the A6105 just west of Duns **5**. Turn left to re-enter the town in about 1/2 mile. Turn right into South Street, just beyond the primary school (on the right hand side), then right again on entering the Market Square back into Murray Street.

After a short climb out of the village, the next 3/4 mile is downhill through a very pleasant avenue of trees. The road then enters open hill country and rises about 400 feet in the next 2 1/2 miles to a summit **4** on the south side of Hardens Hill - most of the height is gained over a steep 3/4 mile section in the middle of the climb.

Turn left here towards Duns but, again, it is worthwhile making a short detour by turning right downhill to admire the setting of village from the bridge over the Dye Water.

From Ellermford there is a climb of about 3/4 mile up to Whitchester - this is very steep as far as Rigfoot Farm but then eases somewhat. Beyond Whitchester the road runs along a ridge (good views to the west) before descending steeply to follow the Dye Water for a short distance and then climbing gradually to Longformacus **3** (9 m).

Continue straight on at Millburn, the road now following a burn and climbing steadily but not particularly steeply to reach a summit about 5 miles from the start. From this summit there is a fairly rapid descent to Ellermford **2** (6 m) - turn left here to follow the trail, but it is worthwhile continuing a short distance straight on for the view downstream from the bridge over the Whiteadder Water.

About a mile after leaving the town behind, bear left at the bottom of a hill (signposted to Cranshaws) **1**. The next two miles to Millburn Bridge are undulating and mostly tree lined, with intermittent good views to the north.

Leave the car park along Murray Street and turn right at the far end through the Market Square. Cross straight over at the next junction into Easter Street and continue up Tannage Brae. Turn right at the top of the hill onto the A6112 (Preston Road).

Longformacus - 16 m / 25 1/2 km

Abbey St. Bathans - 25 1/2 m / 41 km

Leave the car park along Murray Street and turn right at the far end through the Market Square. Cross straight over at the next junction into Easter Street and continue up Tannage Brae. Turn right at the top of the hill onto the A6112 (Preston Road).

About 1/2 mile after leaving the town **1**, turn right into a country lane for a fairly gradual mile-long descent. Turn right again at the next T junction, bear left 1/4 mile further on at Manderston Mill and then turn left beyond Edrom Mains farm **2** towards Edrom.

Turn left on entering Edrom (4m) and bear right immediately to leave the village in an easterly direction. After a short descent, the Whitadder Water is crossed at Todheugh and the trail now heads northwards. Continue straight ahead onto the B6355 at Hammerhall **3** and turn right (signposted to Lintlaw) after a short distance.

The road rises gradually to Lintlaw - turn left through the farm at the top of the climb - then descends to cross Lintlaw Burn. This marks the start of a 1 1/2 mile long climb which is quite steep beyond the cross roads near Blackhouse **4** - carry straight on here.

Once the summit is reached in a small wood, the ensuing 3 miles to Grantshouse are very easy going, interrupted only by a T junction with the A6112 **5** where a right turn is made.

Turn left just before reaching Grantshouse (11 1/2 m). A mile long, mostly gradual climb past Butterdean is followed by a short drop to cross a burn, then a much steeper but shorter climb to Quixwood, before the road levels out. Turn right at Moorhouse then left off this road after 1 1/4 miles **6** near Whiteburn Farm.

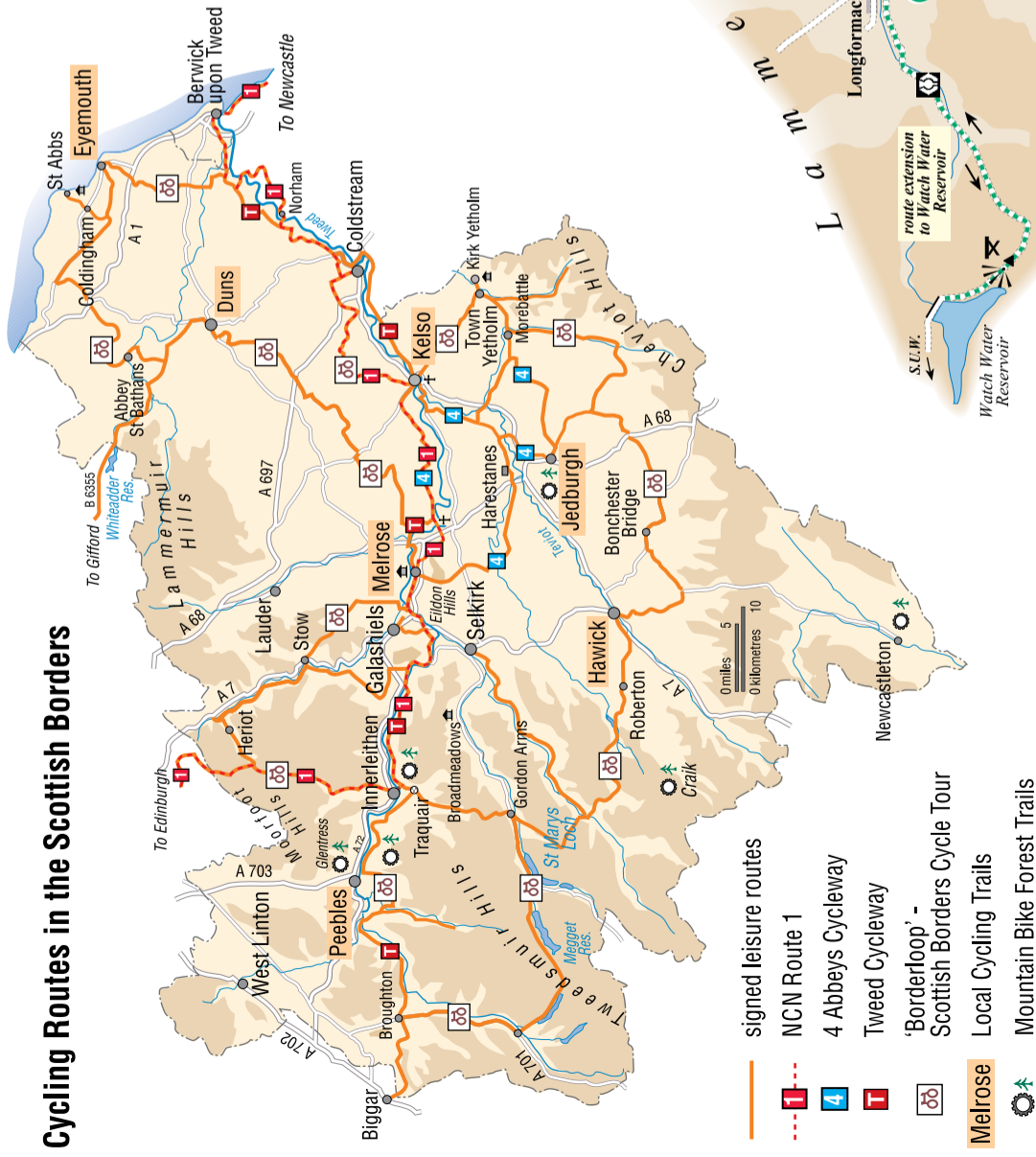
After a further 1 1/2 miles through open hill country, the road descends steeply into the wooded valley of the Monynut Water; to follow it and then the Whiteadder Water downstream to Abbey St. Bathans (18m) (tearoom, closed Mondays). Beyond here, there is a two mile long climb away from the river; initially steep but soon easing.

From the summit there is a very steep descent to a T junction at Burnhouses **7** - turn left towards Duns. A burn is followed downstream to Millburn Bridge from where the next two miles are undulating and mostly tree lined, with intermittent good views to the north. Bear right at the junction with the A6112 **8**. The outward route is rejoined at the top of the climb from here **1** and is followed for the final short leg back into Duns.



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Cycling Routes in the Scottish Borders



signed leisure routes

NCN Route 1

4 Abbeys Cycleway

Tweed Cycleway

'Borderloop' -
Scottish Borders Cycle Tour

Local Cycling Trails

Melrose
Mountain Bike Forest Trails

Duns Local Cycling Trails

Blue route: Edrom - 10 miles / 16 kms

Green route: Longformacus - 16 miles / 25.5 kms
(with extension to Watch Water Reservoir)

Yellow route: Swinton and Gavinton - 16½ miles / 26.5 kms

Nisbet Rhodes loop - 4½ miles / 7.5 kms

Red route: Abbey St Bathans - 25½ miles / 41 kms

Colour coded route directions - refer to text for details

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

Key to symbols

Route information:

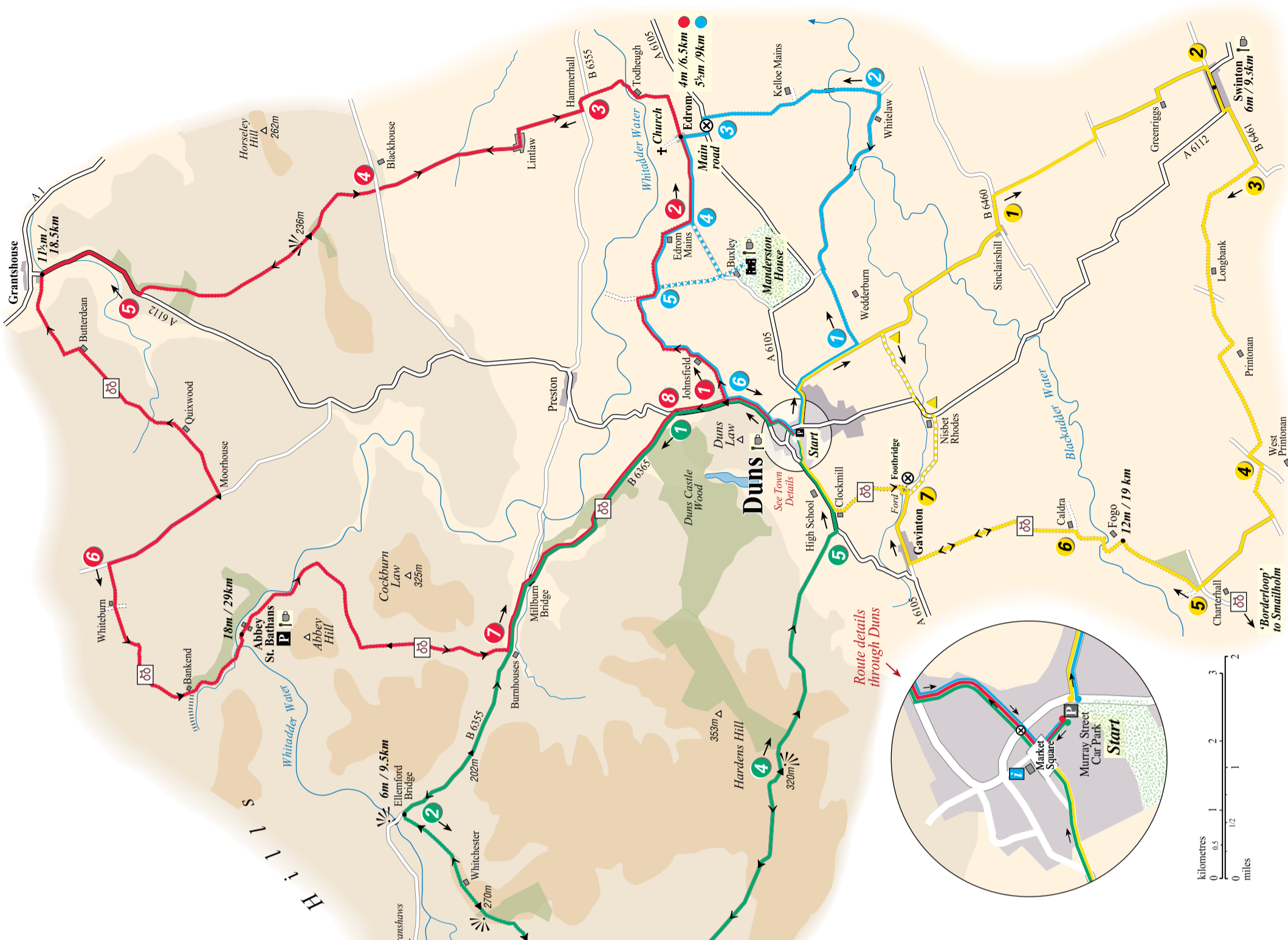
- Viewpoint
- Summit (Height in metres)
- Gradient/Steep Gradient (arrows point downhill)
- Caution
- 3m / 5km Distance from start of route

Facilities:

- Picnic site
- Refreshments
- Car Parking
- Visitor information

Other routes:

- 'Borderloop'
- Southern Upland Way - long distance path



Route details through Duns

