

Local Cycling Trails

Eyemouth

All routes

Exit the car park at Gungsgreen House towards the harbour and push your bike across the footbridge onto the quay, which separates the harbour from the channel of the Eye Water. Cycling is permitted along here but please exercise care and show due consideration for pedestrians, as it is both a working area and a public right of way. Turn left at the end into Harbour Road and climb a short, sharp rise up to its junction with Victoria Road.

Coldingham and St. Abbs Head – 14 miles / 22 1/2 km

Turn right into Victoria Road and bear left immediately into Coldingham Road. Turn left at the far end and continue straight over the A1107 at a crossroads. Eyemouth is soon left behind and the road narrows down to a hedge lined lane.

Turn left at Ale Mill **1** to cross the Ale Water; then right just over the bridge. The lane climbs steeply away from the river, but the gradient soon eases, then it's level or gradual climbing past Whitfield Farm to the next T junction with the B6438 **2**.

Turn right downhill. The Ale Water is re-crossed, followed by a short uphill stretch before descending into Coldingham. Bear left onto the A1107 on entering the village **3** and fork right into the High Street where the main road bears left.

Continue through the village down Fisher's Brae and out on St. Abbs Road (B6438). The road climbs away from Coldingham then levels out and winds along high above Coldingham Bay (views up and down the coast). Carry straight on at Northfield **4** where the B6438 bears right into St. Abbs.

Pass the farm and farm cottages and go through a gate (probably open). The NTS tarmac access road can then be followed out to St. Abbs Head (look out for three cattle grids along this stretch). It's fairly strenuous with two steep climbs, so the best plan may be to secure your bike in the dip at Pettico Wick Bay (at the foot of the final climb up to the lighthouse) and explore further on foot.

Return by the outward route to Coldingham, making a short diversion from Northfield **4** to visit the picturesque fishing village of St. Abbs. Bear left out of Coldingham High Street onto the A1107 and follow it to the edge of the village. Turn right just past the 30 mph signs. This lane leads uphill past Whitecross Farm before dropping down to Ale Mill **1**. Turn left to rejoin the outward route back to Eyemouth.

Note:- The road between Coldingham and St. Abbs may become fairly busy (by Scottish Borders standards!) on fine weekends in summer, so plan accordingly, doing the trail early or late in the day at weekends or sometime during the week.



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N.B. The red trail to Paxton House is fairly adventurous in part as it involves a long section of steep footpath, including some steps, where bikes must be pushed / carried. An alternative route is sign-posted to avoid this, although some of the interest of the route is lost in doing so. In any case, it is advisable to use the alternative route if the weather has been wet, making the path slippery.

If you wish to freshen up immediately after completing one of the trails, there are coin operated showers available at the new fishmarket, just two hundred yards from Gungsgreen House towards the harbour entrance.

While the A1 is certainly busy in comparison with other roads in the area, there should be no problem in finding a suitable gap in the traffic. However, as speeds can be high, it is recommended that you wait until there is no approaching traffic visible in either direction before you start crossing.

These mostly use quiet unclassified or B class roads although both the green and yellow trails cross the A1 trunk road on the level and the yellow trail uses the hard shoulder of the A1 for about 100 yards at Grantshouse.

Local Cycling Trails

Burrmouth – 8 1/2 miles / 14 km

Follow the instructions for the blue route to Ale Mill **1**. Turn left over the Ale Water but ignore the next turning on the right. Shortly beyond the summit of the road, a long straight commences. Downhill at first, it levels out by some farm cottages. The road bears right at the end of the straight. Take a left turn at this bend **1** onto an unmade track.

This is fairly rough (but passable) to start with, improving further on. It eventually joins an asphalted farm road, which leads to a T junction with the B6355. Turn right over the A1 and descend into Ayton.

Turn left at the cross-roads in the village to head south-east then east along the now bypassed Great North Road (hence the very wide car-rigeway which is virtually devoid of traffic). Ayton Castle can be seen standing prominently on the left.

About a mile out of Ayton, turn right onto a minor road, signposted 'Flemington' **2**. There's a steep climb over the railway up to the farm of that name. A brief respite here is followed by a further 1/4 mile of climbing to the highest point of the trail. Just past the summit, at the entrance to Chesterbank farm, an opening on the left gives a view over the roofs of Burrmouth to the North Sea.

Continue downhill, watching out for a sharp left hand bend about halfway down, to meet the A1 **3**. Cross over (care required) and turn right into the lay-by in front of the Flemington Inn, then bear left onto the main street through Burrmouth.

If you want to visit the harbour here, take a right turn immediately after crossing the railway. The narrow road drops very steeply and most likely you will have to push your bike back up, but the effort is well worthwhile.

Head north out of Burrmouth on the last easy leg of the trail. The minor road winds downhill to a junction with the A1107 **4** – turn right onto a path immediately before the junction. At the far end of this path, cross over the main road and turn right onto another path, which is quite wide at first but then narrows down alongside the boundary wall of Netherbyres estate. **Please keep your speed down on this downhill section as the wall restricts visibility and pedestrians may be encountered.**

At the end of the path by the main entrance into Netherbyres, turn right to re-cross the A1107 and enter 'The Avenue'. Bear next left into a narrow lane leading down to a footbridge over the Eye Water - please dismount to cross the bridge. The outward route is soon rejoined for the short leg back to Gungsgreen House.

*Note:- The track between **1** and the B6355 can be very wet and muddy in places and is best avoided after a prolonged wet spell. In such conditions, use the direct B6355 road between Eyemouth and Ayton (follow yellow / red trail signing).*



To avoid the 'adventurous' section of path near Paxton, use the return route in reverse from Ayton - ignore the left turn at **1**, then follow red triangle signs via Foulden to Paxton. To vary the return, carry straight on at the cross roads west of Foulden **5**, again following red triangle signs.

Turn right at the following junction **6** and continue downhill, under the railway, to a T junction with the B6355. Turn right and join the outward route in under a mile at T junction **1** on the edge of Ayton. Turn left into the village then right at the crossroads **1** back to Eyemouth.

Turn right here to pass through the picturesque village (historic tithe barn) then take the first turning on the left. This road climbs fairly gradually for 1 1/2 miles to its summit in a small wood before descending past Bastleridge (watch out for a sharp left hand bend at a junction).

Return to **4**, but turn left here and leave Paxton heading towards Hutton. After a mile, take a right turn towards Foulden. At first, the road is level between fields, but then drops steeply (1 in 10) to cross the Whiteadder on a high bridge. This is followed by a more gradual climb out of the valley to the A6105 cross-roads west of Foulden. **5**

Turn right at the first T junction encountered and carry straight on by the Cross Inn. Take the second turning on the left **4** and bear left at the next junction. The entrance to Paxton House is then 400 yards straight ahead across the B6461.

Dismount to cross the bridge and push your bike up the steep path on the far side. Pass through a gate and continue (on foot) along a narrow path. Remount on reaching the end of a cul-de-sac on the edge of Paxton village.

In Paxton, turn right at the first T junction encountered and carry straight on by the Cross Inn. Take the second turning on the left **4** and bear left at the next junction. The entrance to Paxton House is then 400 yards straight ahead across the B6461.

Turn left into Victoria Road (B6355) and cross over the A1107 Eyemouth bypass towards Ayton. After a fairly level but winding stretch, the road climbs steeply at first, out of the Eye Water valley and crosses over the A1 before dropping down into Ayton. Continue straight ahead at the cross-roads **1** and the village is soon left behind on a minor lane which crosses the Eye Water and turns westwards, eventually reaching a T junction **2**.

Turn left into Victoria Road (B6355) and cross over the A1107 Eyemouth bypass towards Ayton. After a fairly level but winding stretch, the road climbs steeply at first, out of the Eye Water valley and crosses over the A1 before dropping down into Ayton. Continue straight ahead at the cross-roads **1** and the village is soon left behind on a minor lane which crosses the Eye Water and turns westwards, eventually reaching a T junction **2**.

Grantshouse – 26 miles / 42 km

Turn left into Victoria Road (B6355) and cross over the A1107 Eyemouth bypass towards Ayton. After a fairly level but winding stretch, the road climbs steeply at first, out of the Eye Water valley and crosses over the A1 before dropping down into Ayton. Continue straight ahead at the cross-roads **1** and the village is soon left behind on a minor lane which crosses the Eye Water and turns westwards, eventually reaching a T junction **2**.

Turn right and drop under the railway to meet Main Street (B6438) in Reston. Turn left through the village and continue along the B6438, which climbs gradually for a mile or so to Farlaw. Turn left at the next junction **3** towards Duns. The road dips then continues on a generally rising trend, with an extensive view opening out on the left over the Merse to the Cheviot Hills. Pass the entrance to Blackhouse farm on the left and turn right at a crossroads **4** towards Grantshouse.

The next 3/4 mile is steeply uphill. On emerging from a small wood, which marks the summit, the nature of the landscape changes completely, with views of the Lammermuir Hills over to the left. 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.

The next T junction is with the A1 at Grantshouse (13 1/2 m) – cross over and turn right onto the hard shoulder of the southbound carriageway which is used for just 100 yards. Turn left into the village, then right almost immediately and go straight on, using a path, which takes you back alongside the A1 to join a minor road. Bear left onto it and turn left at the Cedar Gate **6**. The next leg starts level but don't be misled! – the road soon starts to climb, steeply and fairly unrelentingly, for well over a mile to reach a summit on Coldingham Moor (after this it's mostly downhill back to Eyemouth). Turn right on reaching the A1107.

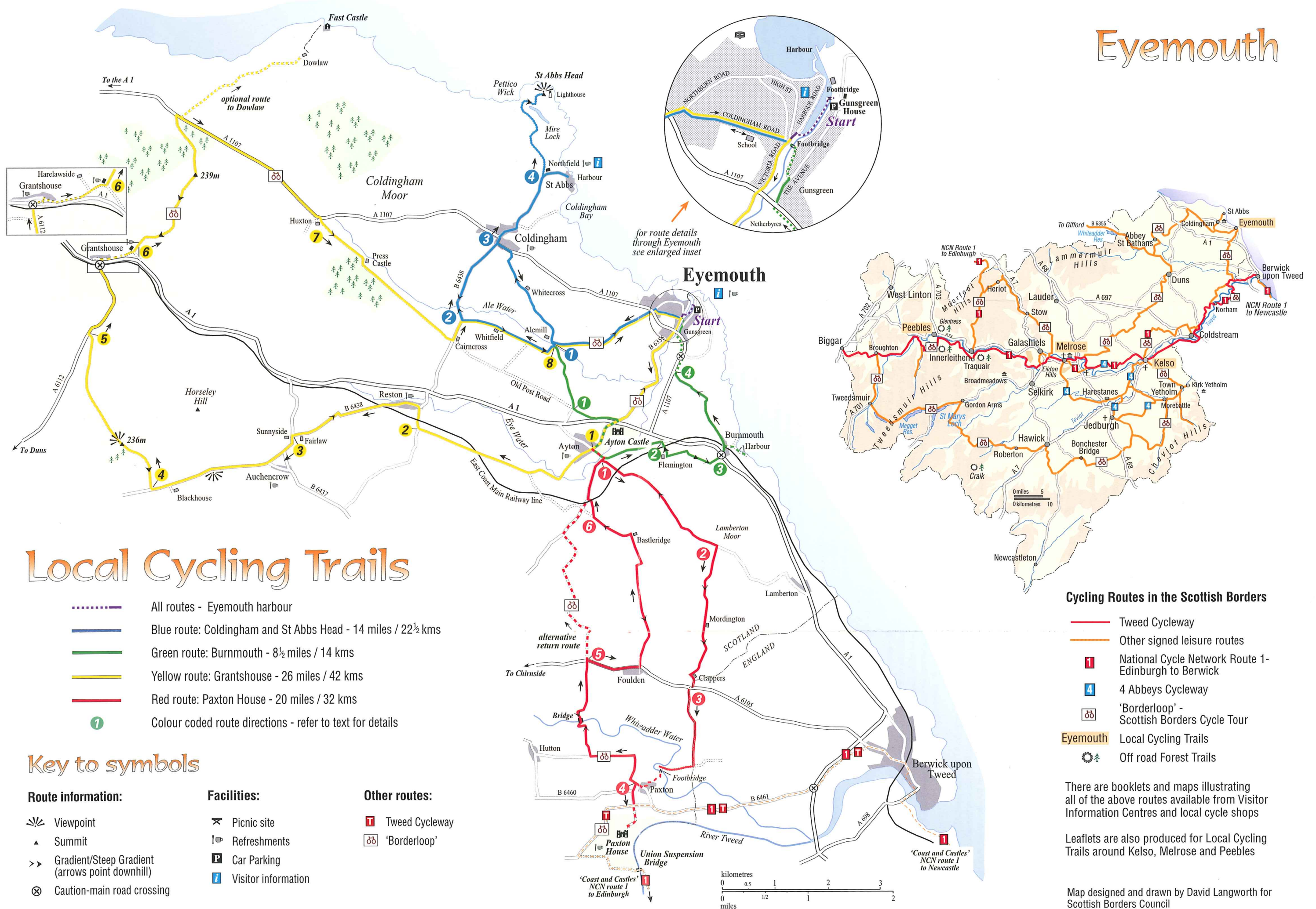
An undulating detour of 4 miles can be made by taking the next turn on the left to Dowlaw and back. A path leads from the far end of the public road down to Fast Castle.

The A1107 is very open and not too interesting but, with favourable grades and (probably) a following wind, good speed should be possible for the next 2 1/2 miles, before turning right at Hutton **7** (shortly after passing a classic K6 telephone kiosk).

The surroundings become more sylvan on the downhill stretch to Press Castle - be prepared for a sharp double bend here. Continue to a T junction (Stop) at Carnecross. Turn left and then right after 1/4 mile onto another quiet lane leading to the next T junction at Ale Mill **8**, approached by a short, steep and winding descent.

Turn left, then right immediately after crossing the river. There is a short climb out of the river valley, otherwise it's a gentle descent to the outskirts of Eyemouth. Cross straight over the A1107 and take the next turn on the right into Coldingham Road. Take staggered right and left turns at the far end to rejoin the outward route down to the harbour and the finish point.

Eyemouth



Local Cycling Trails

- ⋯ All routes - Eyemouth harbour
- Blue route: Coldingham and St Abbs Head - 14 miles / 22½ kms
- Green route: Burnmouth - 8½ miles / 14 kms
- Yellow route: Grantshouse - 26 miles / 42 kms
- Red route: Paxton House - 20 miles / 32 kms
- 1 Colour coded route directions - refer to text for details

Key to symbols

Route information:

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

Facilities:

- Picnic site
- Refreshments
- Car Parking
- Visitor information

Other routes:

- Tweed Cycleway
- 'Borderloop'

Cycling Routes in the Scottish Borders

- Tweed Cycleway
- Other signed leisure routes
- 1 National Cycle Network Route 1- Edinburgh to Berwick
- 4 4 Abbeys Cycleway
- 'Borderloop' - Scottish Borders Cycle Tour
- Eyemouth Local Cycling Trails
- Off road Forest Trails

There are booklets and maps illustrating all of the above routes available from Visitor Information Centres and local cycle shops

Leaflets are also produced for Local Cycling Trails around Kelso, Melrose and Peebles

Map designed and drawn by David Langworth for Scottish Borders Council