

## **For the occasional leisure cyclist**

### **20m / 32km Kalemouth and Nisbet Circular (Jedburgh Local Cycling Trails) Allow 2 ½ hours cycling plus time for stops.**

Start and finish in the historic town and Royal Burgh of Jedburgh where you'll find plenty to do. Visit Jedburgh Abbey, Mary Queen of Scots Visitor Centre or learn about the town's history at Jedburgh Castle Jail. Browse the shops, get even fitter exploring one of the many town trails on foot or extend your day trip by dining out. Attractions for children in the area include Harestanes Countryside Visitor Centre and Jedforest Deer and Farm Park.

On-route, stop off to take in the ruins of Cessford Castle. Built around 1450, the ruin was once a stronghold of the Ker family and has much history linked to the region's colourful reiving past.

An ideal rest stop can also be found further on with a turn off to the Teviot Water Gardens. Here you can enjoy the tranquility of the riverside display garden, fortify yourself with morning coffee, lunch or afternoon tea and browse the food/craft hall before heading towards Nisbet and then returning to Jedburgh.

Download the Jedburgh Local Cycling Trails leaflet [here](#)

You can find more information on visitor attractions and check opening times [here](#)

From ride outs to rugby sevens, book festivals to bogie challenges, the Scottish Borders has a packed events calendar. Discover what's on [here](#)

Save room in your saddle bag and take home some of the regions award winning local produce. Visit [here](#)

Find out more about Jedburgh and its history on foot; download the Jedburgh Town Trail [here](#)