

COAST & CASTLES CYCLE ROUTE

What is it?

Developed by Sustrans, this is a 200-mile linear route from Newcastle to Edinburgh.

Why do it?

Wide sea views, stunning heritage castles, breathtaking Scottish Borders countryside. This route travels from the North of England's industrial towns across quiet roads to the Scottish Capital.

How tough?

Grade 3 - Moderate – a few steep sections. The vast majority of the route is on quiet roads. The route is usually tackled in a northerly direction (although can be done either way) and takes around 5 days to complete.

Getting there

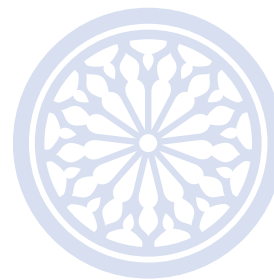
The nearest railway station to the start is Newcastle and the route ends in Edinburgh where there is also a train station.

Where to stay?

Information on the route including suggestions on where to stay on both sides of the Borders can be found on the excellent website www.coast-and-castles.co.uk

Additional accommodation options can also be found on www.visitscottishborders.com including details of Cyclists Welcome establishments.

To make the trip really easy, book a self-guided Coast & Castles holiday through Saddle Skedaddle, www.cycling.skedaddle.co.uk. They offer pre-booked accommodation and relevant transfers.



Floors Castle, Kelso



COAST & CASTLES CYCLE ROUTE INFO

Good coffee/lunch/dinner stops north of the Border include:

KELSO

Floors Castle Terrace Café and Courtyard Restaurant

Coffees and lunches in two tearooms - The Terrace Café (nr garden centre) open all year and the Courtyard Restaurant (open during the tourist season)
Tel 01573 233333

www.roxburgh.net

Oscars, Kelso

Contemporary bistro cuisine
dinner Tel 01573 224008

www.oscars-kelso.com

MELROSE

Burts Hotel, award-winning food

Bar lunches and suppers plus evening restaurant
Tel 01896 822285

www.burtshotel.co.uk

The Townhouse

Bar lunches and suppers plus evening restaurant
Tel 01896 822645

www.thetownhousemelrose.co.uk

Russells

Coffee, cakes and lunches (9am –4.30pm)
Tel 01896 822335

Monte Cassino – Italian restaurant

Lunch and dinner
Tel 01896 820082

www.montecassinomelrose.co.uk

Marmions Brasserie

Light & full lunches, evening meals
Tel 01896 822245

www.marmionsbrasserie.co.uk

ST BOSWELLS (Near Melrose)

Buccleuch Arms Hotel, St Boswells

Award-winning food
Coffees, lunches and suppers
Tel 01835 822243

www.buccleucharmshotel.co.uk

The Hoebridge Inn, Gattonside

Lunch and dinner

Tel 01896 823082

www.thehoebridgeinn.com

INNERLEITHEN

Whistle Stop Café & Flower Shop, High St, Innerleithen

Tel 01896 830370

Coffees, snacks, lunches, high teas (Daytime)

www.whistlestopcafeinnerleithen.co.uk

PEEBLES

Hub in the Forest Café, Glentress, near Peebles

Lunches, snacks and cakes

Tel 01721 722104

www.thehubintheforest.co.uk

FARMERS MARKETS

The Scottish Borders is home to a host of local producers creating everything from cured meats and cheeses, to farmhouse ice creams.

Great places to pick up goodies for a packed lunch or foodie gifts to take home.

Berwick Farmers Market – Last Sunday of the month, 10am – 1.30pm, the Maltings Art Centre, Berwick

Kelso Farmers Market – 4th Saturday of the month 9.30am – 1.30pm, Kelso Town Square



Floors Castle, Kelso

Biking Information

Cycle Hire/Repairs/Transfers

Cycle route:

The route can be split into several chunks:

England

Newcastle – Blyth, Blyth – Alnmouth, Alnmouth – Bamburgh, Bamburgh – Berwick,

Scotland

Berwick – Kelso, Kelso – Caddonfoot, Caddonfoot – Carrington, Carrington – Edinburgh

Cycle hire/repair:

KELSO

Simon Porteous Cycles (sales and repairs)

Tel 01573 223 692

GALASHIELS

Singletrack Bikes (sales and repairs)

Tel 01896 758327

www.singletrackbikes.co.uk

Diamond Cycle Centre (Hire, Sales and Repairs)

Tel 01896 758410

www.stevediamondcycles.co.uk

INNERLEITHEN

Alpine Bikes (hire, sales and repairs)

01896 830880

www.alpinebikes.com

Go-Where

Passenger/ bike/luggage transfer and guided service throughout Scotland for up to 12 clients.

Tel 01896 888096

www.go-where.co.uk

Get a map/more info:

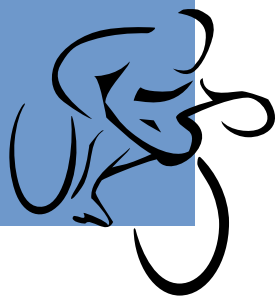
Information on route planning and accommodation available from www.coast-and-castles.co.uk

Official Sustrans route map and Coast and Castles guide book also available to buy online from www.coast-and-castles.co.uk

Map and guide can also be purchased from Sustrans online shop www.sustransshop.org.uk

Map can be purchased via a link from www.cyclescottishborders.com

General info on attractions and accommodation in the Scottish Borders www.visitscottishborders.com



COAST & CASTLES CYCLE ROUTE INFO

What to see? Details on attractions en-route can be found at www.coast-and-castles.co.uk but a few favourites in Scotland are:

Berwick-Kelso section

THE HIRSEL COUNTRY PARK (Coldstream)

Walks, tearoom. Craft centre and museum

Admission Free to cyclists/pedestrians

Open all Year

www.hirselcountrypark.co.uk

COLDSTREAM MUSEUM, MARKET SQ, COLDSTREAM

Traces the history of the Coldstream Guards

Admission free

Open end March – October Mon-Sat 10-4pm, Sun 2-4pm

KELSO ABBEY

Kelso Abbey was founded during the reign of King David I (1124-1153). At one time the grandest of the Border Abbeys, its location meant it saw many English armies pass by over the centuries. Regular raids by the English (particularly in the 1540s under Henry VIII) have led to little of this magnificent building surviving.

Admission free – Open all year

FLOORS CASTLE

Built in 1721, Floors Castle is the ancestral home of the Duke of Roxburgh and still inhabited by the current Duke and his family. There is an interesting garden centre in the grounds which is open all year, and two tearooms:

- The Terrace Café (nr garden centre) open all year
- The Courtyard Restaurant (open during the tourist season)

Admission charged for the Castle

Open Easter - October

TEVIOT WATER GARDENS & SMOKERY

Riverside display garden and riverside walks, food, Food/Craft Hall, Aquatic/Garden Centre, Smokery and Conservatory Restaurant.

Admission free – Open all year, 10am-5pm

Kelso - Caddonfoot section

DRYBURGH ABBEY (St Boswells)

The ruins of Dryburgh Abbey nestle in wooded seclusion beside the River Tweed. The abbey was established in 1150 by white-clad Premonstratensian canons and became the premier house in Scotland of the Premonstratensian order, which had been established in 1112 in Northeast France. Visitors to Dryburgh get a closer insight into to the cloistered life of the medieval monk than perhaps anywhere else in Scotland. Dryburgh Abbey is also the final resting place of Sir Walter Scott. Admission charged – Open all year

JEDBURGH ABBEY

Jedburgh Abbey, founded in 1138, was a frequent target for invading border armies. Today, there is a cloister and herb garden to explore, and a visitor centre containing 8th century carvings and artifacts excavated from the abbey grounds.

Admission charged – Open all year

MELROSE ABBEY (Melrose)

Melrose Abbey is a magnificent ruin on a grand scale with lavishly decorated masonry including the bagpipe-playing Melrose pig. The Abbey is thought to be the burial place of Robert the Bruce's heart, marked with a commemorative carved stone plaque within the grounds. Visitors can also visit a small museum housing a display of artifacts found within the abbey.

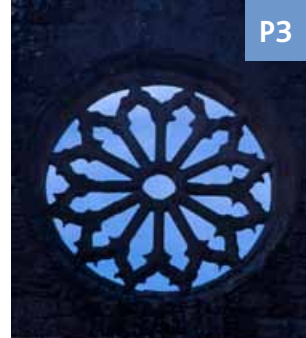
Admission charged – Open all year

ABBOTSFORD HOUSE (nr Melrose)

Historic home of Sir Walter Scott, one of Scotland's most important literary figures. Tearoom and gift shop on-site.

Admission charged

Open mid March – end October



Melrose and Kelso also have a selection of interesting shops and Melrose has a small theatre, The Wynd (check-out the programme at www.thewyndmelrose.com).

Caddonfoot - Carrington section

TRAQUAIR HOUSE, Innerleithen, nr Peebles

Oldest continuously occupied house in the British Isles. Also the site of a brewery, craft workshops and tearoom.

Admission charged

Open April – November

www.traquair.co.uk

SMAILHOLM TOWER

Smailholm Tower is one of the most evocative sights in the Border country. Its stark form is a dominant feature in the rolling landscape of the Tweed valley. Smailholm's story takes us from the 15th century to just beyond the Union between Scotland and England in 1707. The lonely tower is associated with two notable Border families – first the Pringles (Hoppringles) up to 1645; thereafter the Scotts of Harden, ancestors of Sir Walter Scott.

Admission charged – open all year

ROBERT SMAIL'S WORKSHOP, INNERLEITHEN

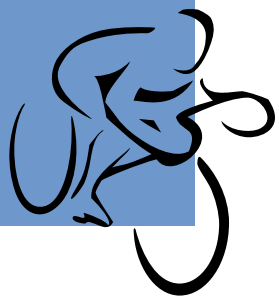
A unique example of our industrial heritage in the form of a fully operational Victorian Letterpress Printing Works in the Borders town of Innerleithen.

Admission charged – open April to October.

www.nts.org.uk



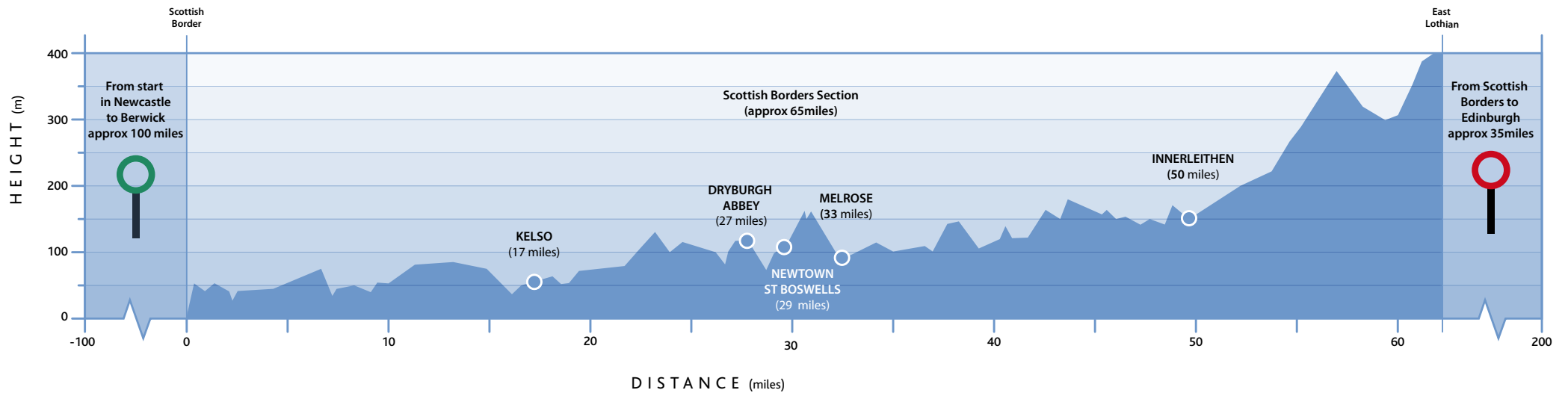
Jedburgh Abbey

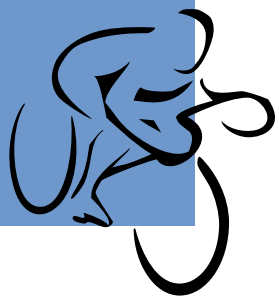


COAST & CASTLES

ROUTE PROFILE

SCOTTISH BORDERS SECTION ONLY (COAST & CASTLES)



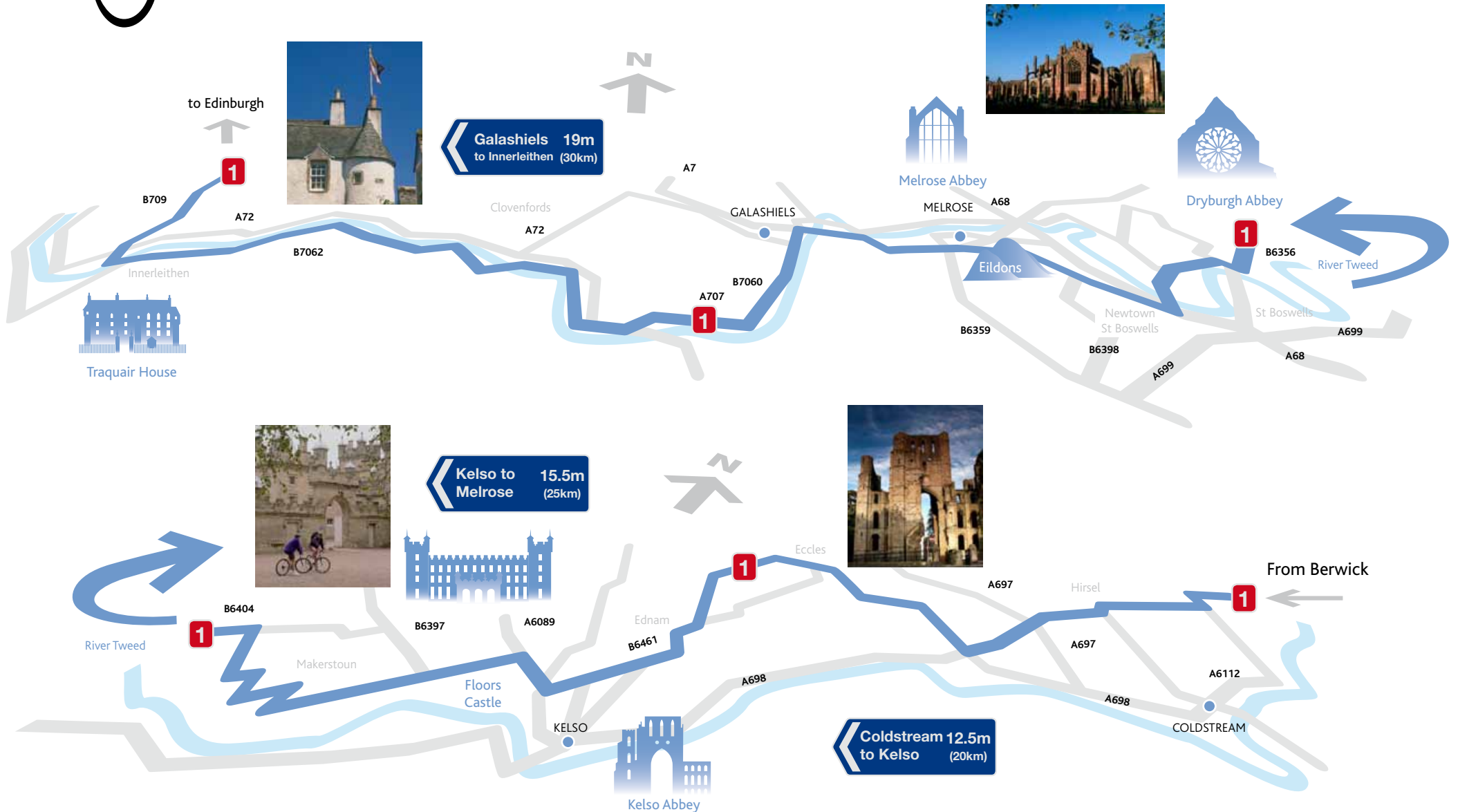


COAST & CASTLES OVERVIEW MAP

(SCOTTISH BORDERS ONLY)

for more details on the complete route click [here](#)

Route: 1 (signposted)
Distance: 200 miles
Difficulty: moderate



Galashiels 19m to Innerleithen (30km)

Kelso to Melrose 15.5m (25km)

Coldstream 12.5m to Kelso (20km)