

# 4 ABBEYS CYCLE ROUTE



## What is it?

A 55-mile circular route that passes by four of the Borders most famous Abbeys – Kelso, Jedburgh, Melrose and Dryburgh.

## Why do it?

Spectacular views of the countryside surrounding the Tweed and Teviot rivers. Can be done in a day (hard going) or over a weekend. Great places to stay, high quality restaurant and coffee stops en-route and stunning views.

## How tough?

Moderate – a couple of steep but fairly short hills, The majority of the route is on quiet undulating roads but a few short stretches on main roads are unavoidable. The route is usually tackled in a clockwise direction (but can be done in either direction).

## Where to stay?

Best towns to stay in overnight are Melrose, St Boswells, Jedburgh or Kelso. The route can be started and finished from any of these locations with an overnight stop-off in one of the other towns if required. All accommodation below is **Cyclist Welcome accredited** which means they provide additional facilities for visitors touring Scotland by bicycle, such as secure bike storage, clothes-drying facilities and flexible eating arrangements to accommodate unpredictable journeys.

## Where to Stay

**Inexpensive** (under £35pppn)

### MELROSE

**Braidwood**, 4★ B&B, Buccleuch Street, Melrose  
Tel 01896 822488  
[www.braidwoodmelrose.co.uk](http://www.braidwoodmelrose.co.uk)

**Dunfermline House**, 4★ Guest House, Buccleuch Street, Melrose  
Tel 01896 822411  
[www.dunfermlinehouse.co.uk](http://www.dunfermlinehouse.co.uk)

**Fiorlin B&B**, 3★ B&B, Abbey St, Melrose  
Tel 01896 822 984  
[www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)

**Old Abbey Schoolhouse**, 3★ B&B, Melrose  
Tel 01896 823 432  
[www.melroseaccommodation.co.uk](http://www.melroseaccommodation.co.uk)

### KELSO

**Inglestone House**, 3★ Guest House, Abbey Row, Kelso  
Tel 01573 225800  
[www.inglestonehouse.com](http://www.inglestonehouse.com)

### JEDBURGH

**Glenacre**, 4★ B&B Camptown, Jedburgh  
Tel 01835 840671  
[www.glenacre.com](http://www.glenacre.com)

**Willow Court**, 5★ B&B, The Friars, Jedburgh  
Tel 01835 863702  
[www.willowcourtjedburgh.co.uk](http://www.willowcourtjedburgh.co.uk)

**The Spinney**, 4★ B&B, Langlee, Jedburgh  
Tel 01835 863525  
[www.thespinney-jedburgh.co.uk](http://www.thespinney-jedburgh.co.uk)

**Lilliardsedge Holiday Park**, campsite  
Jedburgh  
Tel. 01835 830 271  
[www.lilliardsedgepark.co.uk](http://www.lilliardsedgepark.co.uk)

### NEAR JEDBURGH

**Ancrumcraig**, 4★ B&B, Ancrum  
Tel 01835 830280  
[www.ancrumcraig.co.uk](http://www.ancrumcraig.co.uk)

**Moderate** (£45-£70pppn)

### MELROSE

**The Townhouse**, 3★ small hotel, Melrose  
Tel 01896 822645  
[www.thetownhousemelrose.co.uk](http://www.thetownhousemelrose.co.uk)

**Burts Hotel**, 3★ small hotel, Melrose  
Tel 01896 822285  
[www.burtshotel.co.uk](http://www.burtshotel.co.uk)

**George & Abbotsford Hotel**, 2★ Hotel  
Tel 01896 822308  
[www.georgeandabbotsford.co.uk](http://www.georgeandabbotsford.co.uk),

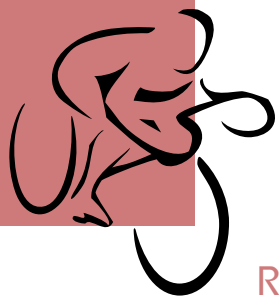
### ST BOSWELLS (Near Melrose)

**Buccleuch Arms**, 3★ small hotel  
Tel 01835 822243  
[www.buccleucharmshotel.co.uk](http://www.buccleucharmshotel.co.uk),

**Clint Lodge**, 4★ B&B, St Boswells  
Tel 01835 822027  
[www.clintlodge.co.uk](http://www.clintlodge.co.uk)

### NEAR KELSO

**The Border Hotel**, 4★ Inn, Kirk Yetholm  
Tel 01573 420237  
[www.theborderhotel.com](http://www.theborderhotel.com)



# 4 ABBEYS CYCLE ROUTE INFO

## Recommended coffee stops/lunch/dinner:

### MELROSE

**Burts Hotel**, award-winning food  
Bar lunches and suppers plus evening restaurant  
Tel 01896 822285  
[www.burtshotel.co.uk](http://www.burtshotel.co.uk)

**The Townhouse**  
Bar lunches and suppers plus evening restaurant  
Tel 01896 822645  
[www.thetownhousemelrose.co.uk](http://www.thetownhousemelrose.co.uk)

**Russells**  
Coffee, cakes and lunches (9am – 4.30pm)  
Tel 01896 822 335

**Monte Cassino** – Italian restaurant  
Lunch and dinner  
Tel 01896 820082  
[www.montecassinomelrose.co.uk](http://www.montecassinomelrose.co.uk)

**Marmions Brasserie**  
Light & full lunches, evening meals  
Tel 01896 822245  
[www.marmionsbrasserie.co.uk](http://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](http://www.buccleucharmshotel.co.uk)

**The Hoebridge Inn**, Gattonside  
Lunch and dinner  
Tel 01896 823 82  
[www.thehoebridgeinn.com](http://www.thehoebridgeinn.com)

### KELSO

**Teviot Smokery** – (near Kelso)  
Lunches, coffees and cakes  
Specialising in locally smoked borders fish and game  
(9am–5pm)

Tel: 01835 850253  
[www.teviotgamefaresmokery.co.uk](http://www.teviotgamefaresmokery.co.uk)

**Floors Castle Terrace Café and Courtyard Restaurant**  
Coffees and lunches

Tel 01573 233333  
[www.roxburghe.net](http://www.roxburghe.net)

**Oscars**, Kelso  
Contemporary bistro cuisine  
dinner Tel 01573 224008  
[www.oscars-kelso.com](http://www.oscars-kelso.com)

### JEDBURGH

**Simply Scottish**, High Street Jedburgh  
Coffees, Light lunches and full meals (10am – 5pm)  
Tel 01835 864696

**Spread Eagle**, High Street, Jedburgh  
Evening bar meals  
Tel 01835 862 870  
[www.spreadeaglejedburgh.co.uk](http://www.spreadeaglejedburgh.co.uk)

### NEAR JEDBURGH

**Cross Keys Hotel**, The Green, Ancrum  
Evening bar suppers  
Tel 01835 830344  
[www.ancrumcrosskeys.co.uk](http://www.ancrumcrosskeys.co.uk)

**Woodside Walled Garden**  
Soups, sandwiches, cakes and coffees.  
Woodside, nr Harestanes, Jedburgh  
Tel 01835 830 315

**Caddy Mann** – Mount Hooly  
Delicious homemade dishes created with local produce  
Tel 01835 850 787  
[www.caddymann.com](http://www.caddymann.com)

## Cycle hire/opinion on the route:

### JEDBURGH

**D&S Dorricot** – bike hire  
High Street, Jedburgh  
01835 862 423

**Christopher Rainbow** – bike and tandem hire  
& luggage transfer  
Jedburgh, tel 01835 830326  
<http://www.btinternet.com/~christopher.rainbow/>

## Get a map/more info:

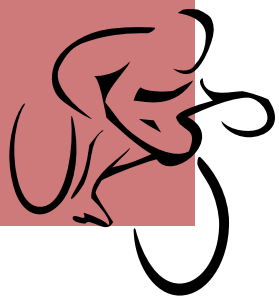
Free leaflet/map of the Four Abbeys Route (pdf format)

More info on recreational cycling and longer distance way-marked cycle routes in the Scottish borders  
[www.cyclescottishborders.com](http://www.cyclescottishborders.com)

General info on attractions and accommodation in the Scottish Borders  
[www.visitscottishborders.com](http://www.visitscottishborders.com)



Mertoun Bridge from Clintmains



# 4 ABBEYS CYCLE ROUTE INFO

*What to see? A few suggestions on things to see en-route:*

## 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**

## DRYBURGH ABBEY

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 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

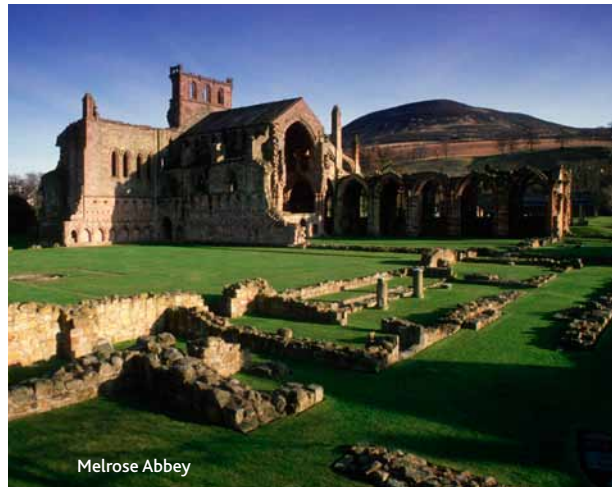
Jedburgh Abbey, founded in 1138, was a frequent target for invading border armies. Today, there is a cloister and herb garden to explore, and a visitor centre containing 8th century carvings and artifacts excavated from the abbey grounds.

**Admission charged – open all year**

## MELROSE ABBEY

Melrose 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**



## 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.**

## HARESTANES VISTOR CENTRE

Exhibitions and countryside walks, crafts businesses, gift shop and tearoom.

**Park open all year**

**Gift shop and tearoom open April – October only**

**Admission free**

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](http://www.thewyndmelrose.com)).

## FARMERS MARKETS

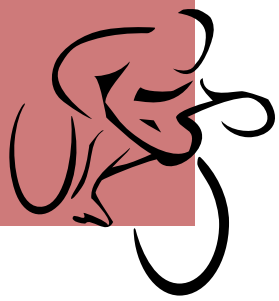
The Scottish Borders is home to a host of local producers creating everything from cured meats and cheeses, to farmhouse ice creams.

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

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

**Jedburgh Farmers Market – First Friday of the month, 9.30am – 1.30pm, Market Place, Jedburgh**





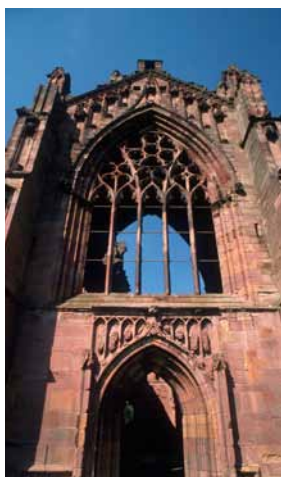
# 4 ABBEYS CYCLE ROUTE MAP OVERVIEW

for a more detailed map please click [here](#) for a PDF

**Route:** 4 (signposted)  
**Distance:** 55miles  
**Difficulty:** moderate



Dryburgh Abbey



Melrose Abbey

