SHORT WALKS
on the Eastern Section of
THE SOUTHERN UPLAND WAY

The Scottish Borders
Scotland's leading short break destination®
Introduction

The Scottish Borders is a beautiful area, full of local history and interest, which deserves to be enjoyed by more people. One of the aims of Scottish Borders Council is to encourage tourism to the area and to enable the public to gain access to and learn more about the countryside. This booklet contains descriptions for 50 walks in the Scottish Borders, along with information on features and places of interest that you may come across whilst out walking. Each walk incorporates a part of the Southern Upland Way. The main route is waymarked throughout its length using the standard symbol for Long Distance Footpaths in Scotland. Other sections of the walks are not waymarked and, although this booklet contains maps of the walks, you are strongly recommended to carry the relevant 1:50,000 or 1:25,000 maps for each walk. The official guide for the route offers exceptionally good value as it provides written information for the route and also includes full 1:50,000 map coverage of the entire route.

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Maps by David Langworth for Scottish Borders Council, based on Ordnance Survey mapping provided by SBC under licence (no LA09049L) 2004, to promote and publicise a
from his colleagues within the Countryside and Archaeology section of the Economic Development and Environmental Planning Portfolio of Scottish Borders Council. Photography by Keith Robeson,
Welcome to the Scottish Borders
The Scottish Borders region covers an area of approximately 1800 square miles (4,700 sq. km). The population is just over 100,000 with the largest towns, Hawick and Galashiels having about 15,000 and 12,000 inhabitants. It is easy to see from these figures that there is plenty of open space and where there is open space there are always good walking opportunities. The landscape of the Scottish Borders is characterised by green rolling hills divided by beautiful river valleys, the most famous of which is the Tweed.
We hope that you enjoy your walks but please remember that the land that you are walking on belongs to somebody else and it is a working environment - respect it as if it were your own. If you experience any difficulties whilst out walking, please let us know through the Ranger Service or our Visitor Information Service.

Advice to walkers
Before setting off on longer walks, always check the weather forecast and prepare yourself accordingly, but remember that weather conditions can change rapidly, without much warning. Remember that hot weather, causing sunburn and/or dehydration, can be just as debilitating as poor weather conditions. Always carry adequate cover for your body in all conditions. On longer walks you should always wear or carry good waterproof and windproof clothing and take adequate supplies of food and drink with you. Obviously these provisions are not necessary on the shorter, low level walks, but a light waterproof is still worth taking, just in case.

The Scottish Outdoor Access Code
Includes the following advice;
● Take responsibility for your own actions.
● Respect people’s privacy and peace of mind.
● Help land managers and others to work safely and effectively.
● Keep a safe distance from, and avoid contact with, all farm animals.
● Look after your environment.
● Keep your dog under proper
Access in Scotland
During 2004, new legislation will introduce a legal right of responsible access to most land and water in Scotland. This legislation should provide better understanding of Scotland’s general tradition of “freedom to roam” in the countryside. It will establish the rights and responsibilities of both people taking access to, and those who live and work in, the countryside. Responsibilities of path users and land managers will be described in the Scottish Outdoor Access Code (SOAC) to be produced by Scottish Natural Heritage. website www.snh.org.uk

An excellent spirit of co-operation and tolerance exists throughout the Scottish Borders and there is generally no difficulty found whilst walking in our beautiful countryside. In general people should keep to paths where they are defined and use stiles and gates to cross fences wherever possible. Although there is no objection to walking on farm and forest roads and tracks, it should be remembered that they are used by agricultural machinery and care should be taken. Before leaving a vehicle at a farm steading, or beside a track, permission should be sought from the farmer or landowner. Please pay attention to temporary path closure and diversion signs, especially as a requirement of Health and Safety regulations whilst walking over farmland and operations are being carried out.

Livestock
The new Scottish Outdoor Access Code will give strict advice on access to the countryside with a dog. Dogs are a great cause of concern for farmers, especially during lambing time (March - May) and when cows have young calves with them (mainly in the spring and autumn although some farms do calf all year round). Dogs should be kept on a lead or under very close control at all times, especially during the ground nesting season (April - July). Cattle and sheep, particularly those with young, should not be approached. Dogs should not be taken into fields with cattle when they have young, as the cows see a dog as a threat and may try to attack it, nor should they be taken into fields containing sheep with young lambs. At the most sensitive times of year such as lambing, calving and during the bird nesting season, it is recommended that you leave your dog at home. Without a dog, if you walk quietly
through livestock areas, you should experience little or no problem.

Using this guide

The following pages contain maps showing the routes of the walks accompanied with a brief description of each walk. As the area covered by each map is very limited you are strongly recommended to use the relevant 1:50,000 or 1:25,000 Ordnance Survey map in conjunction with this booklet so that you can identify the surrounding hills and other points of interest. Distances for each walk are given in Miles/Kilometres and total height climbed during the walk is given in Feet/Metres. Features, places and notes of interest are listed alphabetically at the back of the book and are written in bold italics in the text. Many of the walks are circular so do not require any other means of transport to return to the start point. For the linear walks public transport will be available to take you back to the start in some cases, but bus services are sometimes infrequent. Details of bus services can be obtained from Scottish Borders Council, Transport and Environmental Standards. Telephone: 01835 825200 or from Scottish Borders Tourist Board. Telephone: 0870 608 0404.

Another means of returning to the start point might be to arrange for a bicycle to be left at the finish point and to cycle back to the start point along some of the quieter roads of the region.

1. Ettrick Head Circular.
1a Potburn, Ettrick Head, Capel Fell and White Shank.
1b Potburn, Ettrick Head, Wind Fell, Hopetoun Craig and Ettrick Pen.
2. Yarrow - Ettrick circular via Captain's road.
3. Tibbie Shiels figure of eight via Ettrick Kirk and Loch of the Lowes.
3a Tibbie Shiels circular via Pikestone Rig and Loch of the Lowes.
4. St Mary's loch - Traquair church.
5. Dryhope circular via Blackhouse and Craig Douglas.
6. Traquair Kirk circular via The Glen, Blackhouse and back along the SUW.
6a Traquair Kirk circular via The Glen, Deuchars Law and back along the SUW.
7. Traquair circular via Minch Moor.
8. Traquair circular via Minch Moor and West Bold.
9a Traquair - Yair.
10. Traquair - Selkirk.
11. Yarrowford circular via Broadmeadows and Three Brethren.
12a Yarrowford circular via Minch Moor, Brown Knowe and Broadmeadows.
14. Yair circular via the Three Brethren.
15. Yair circular via Ashiestiel Bridge and the Three Brethren.
16. Philiphaugh circular via Corbie Linn.
17. Selkirk circular via the Three Brethren, Yair and Ettrick Foot.
18. Galashiels - Melrose.
20. Galashiels circular via Yair, Ettrick Foot and Boleside.
21. Galashiels circular via Gala Hill, Lowood Bridge, Melrose and Black path.
21a Galashiels circular via Gala Hill, Lowood Bridge and Black path.
21b Galashiels circular via Gala Hill, and Black path.
22. Melrose circular via Lowood Bridge, Waverley bridge and Galashiels.
22a Melrose circular via Lowood Bridge and Waverley bridge.
22b Melrose circular via Lowood Bridge.
23a Melrose - St. Boswells along St. Cuthbert’s Way.
25. Eildon Hills.
26. Melrose-Selkirk along the Abbeys Way.
27. Melrose-Lauder.
29. Lauder circular via Braidshawrigg and Dabshead Hill.
30. Lauder- Watch Water Reservoir.
31. Longformacus-Abby St Bathans.
32. Edin’s Hall Broch via Edgar’s Cleuch.
32a Edin’s Hall Broch via Blakerstone.
33. Abbey St Bathans-Cockburnspath.
34. Pease Dean and Penmanshiel circular.
34a Pease Dean circular.
35a Cockburnspath circular via Cove, Linhead and Pease Bridge.
35b Cockburnspath circular via Cove and Linhead.

**Further Information**

Many of the walks (and other interesting walks in the Scottish Borders) can be found in more detail in the following publications:

- **Walking in the Scottish Borders**
  by Scottish Border Paths (available from Scottish Borders Tourist Board).

- **In the Paths of the Poets**
  (20 Walks in the Scottish Borders)
  by Hector Christie and Roger Smith
  (available from Scottish Borders Tourist Board).

- **Walks around Selkirk**
  by Scottish Border Paths (available from Scottish Borders Tourist Board).

- **Walks around Peebles**
  by Scottish Border Paths (available from Scottish Borders Tourist Board).

- **Walks around East Berwickshire**
  by Scottish Border Paths (available from Scottish Borders Tourist Board).

- **25 Walks: The Scottish Borders**
  by Peter Jackson (Mercat Press).

- **The Border Country: A walker’s guide**
  by Alan Hall (Cicerone Press).

- **Edinburgh and the Borders Walks**
Festival of Walking
A week long Festival of Walking has taken place annually in the Scottish Borders since its inauguration in the West Linton area in 1995. This festival, which usually takes place at the beginning of September, offers a selection of walks each day suitable for walkers of all ages and abilities, along with a full programme of evening entertainment. For further information contact: Scottish Borders Tourist Board on 0870 608 0404 or visit their website on www.scot-

- Town trail guides are available for Galashiels, Melrose and Lauder produced by Scottish Borders Council, Economic Development and Environmental Planning (available from Scottish Borders Council Tel: 01835 824000 or from local Visitor Information Centres).

Wildlife that you might expect to encounter on your travels

Lady’s bedstraw (yellow) - Wild thyme (purple)

Azure damselfly on Yellow flag

Jay

Red admiral on Knapweed
As well as being blessed with superb views whilst on these walks you should also have the opportunity to observe many of our native animals and wild flowers in their natural habitats. The following will give you some idea of what you might expect to see on your travels in the different areas. At different times of year you will find a wide variety of wild flowers. These are far too numerous to list and it is worthwhile taking a small field guide with you to help identify some of the different species.

Rivers and Lochs

Freshwater provides an excellent habitat for some of our more obvious wildlife. Whilst walking along the banks and shores of the rivers and lochs you may spot ducks such as Mallard, Pochard, Goldeneye and Tufted, as well as Goosander, Moorhen and Coot. During spring and early summer a variety of wading birds such as Common sandpiper, Redshank, Lapwing and Oystercatcher all breed around the lochs and reservoirs as

Large red damselfly on Yellow flag

Mute Swans

Common hawker
well as along the riversides. Other birds which you may spot include, Dipper, Kingfisher, Heron and Grey wagtail. Sand martin nest along the banks of the rivers and in summer can often be seen with swallows feeding on insects above the rivers. Osprey have recently started to breed in the Scottish Borders and may be seen, especially around St Mary’s Loch. Otter are active on most of our rivers and lochs so you may be lucky and catch a glimpse of one. A few species of Dragonfly and Damselfly are active around small ponds and other areas of water during sunny days in August and September.

Forest Wildlife

The majority of the forestry through which the walks pass are manmade with their own associated wildlife. In
the coniferous forests finches such as Siskin, Crossbill and Bullfinch are quite numerous as are Coal tit and Goldcrest. You may also see Jay, Greater spotted and Green woodpeckers. Red squirrel and Roe deer are also plentiful in some areas, but are often difficult to see as they are shy animals. You may also see these birds and animals in deciduous woodland along with Treecreeper, Willow warbler, Chiff-chaff and, if you are very lucky, Nuthatch. Kestrel, Buzzard, Peregrine falcon and Sparrowhawk can often be seen hunting above and around the woodlands as well as in the open countryside.

**Upland and Moorland**

Some of the larger moors are actively managed for the benefit of the Red grouse. During late October and March, areas of the heather are burned (Muirburn) in strips and squares to produce a patchwork of different ages of heather. Not all the heather is burned, as mature heather is needed for nesting sites and shelter from predators. The new growth of heather offers better feeding for Grouse, which are dependent on it for food. This management not only benefits the Grouse population but is also good for all the other wildlife that live on the moors and especially the many species of birds that are summer visitors. On the heather covered hills Red grouse and occasionally Black grouse may be seen as well as Ring ouzel. In summer Skylark, Wheatear (with its distinctive flash of white rump as it flies away), Stonechat, Curlew, Lapwing, Golden plover and numerous Meadow pipits nest on the moors. Birds of prey including Merlin, Hen harrier and Short eared owls may occasionally be seen hunting in these areas. In the western side of the region Raven can often be seen and occasionally Golden eagle. Another animal you may see here is the Blue or Mountain hare. In the summer these animals are light brown in colour with a white tail and black tips to their ears. During the winter these animals turn pure white, except for the tips of the ears which remain black, for camouflage. Often nature catches them out, as in winters with little snow they are very conspicuous. Another animal that may be seen here, and elsewhere,
is the Stoat. In some parts of the country these animals also turn white (Ermine) in the winter, except for the tip of the tail which remains black. The black tip to the tail and slightly larger size are the best way to distinguish the Stoat from its close relative the Weasel when the Stoat is in its brown summer colour. Adder are also present on many of the moors. Foxes can sometimes be seen hunting in the hills during daylight hours.

In spring, watch out for the large day flying Fox and Emperor moths. It is usually the males which are seen on the wing searching out the females, which are more likely to be found on the ground. In autumn the large, colourful caterpillars of these moths may be found feeding on the heather and grass.

Lowground Farmland and Meadows

There are many different species of animals and insects to be seen on the lower ground depending on the type of farming being practised. In grassland areas you will find Partridge, Skylark,
Goldfinch, Meadow pipit, Woodpigeon and Pied wagtail to mention, just a few. In arable areas you may see those as well as Yellowhammer. Members of the crow family; Carrion crow, Rook, Jackdaw, Jay and Magpie, are present in many areas. Along the hedgerows you can spot Dunnock, Wren, Bullfinch and many other birds. In Autumn, flocks of Fieldfare and Redwing can be seen in the fields and feeding on the berries of Rowan and Hawthorn. Adder, Slow worm and Common lizard may be seen, especially on warm sunny days. Penmanshiel Forest is an especially good place to spot Slow worm and Common lizard. On warm and sunny days, numerous moths and butterflies can also be spotted throughout the summer months. Large numbers of Peacock and Red admiral butterflies can be found feeding on the flowers of Creeping thistles and Knapweed.

**Coast and Rocky Shores**

In habitat terms, the coastline is possibly one of the most diverse areas. The advancing and retreating tides mean that the marine life is plentiful and varied. If you are lucky you may see mammals such as Porpoise or Whale and many species of seabirds are abundant along the coastline of the Scottish Borders. Some of the cliffs between Cove and St. Abbs Head are the highest on the east coast of Scotland and there are large colonies of Razorbill, Guillemot, Cormorant, Fulmar and Kittiwake. A few Puffin can be found nesting in crevices on the cliffs around Fast Castle and on St. Abb’s Head. There is a wide range of grasses and
wild flowers growing on and around the cliffs and during the summer months butterflies, such as Meadow brown, Grayling, Common blue along with the Six spot burnet moth, are common. Fulmar similar in appearance to gulls, but in fact a species of Petrel, can be seen around the cliffs at most times of the year and nest on rocky ledges in the spring and summer. A colony of Gannets breed on the nearby Bass Rock and groups of these large white seabirds may be seen plunge-diving for fish off the coast. Eider, our largest duck species, can be seen on the water diving for mussels and other shellfish. Shellduck and other duck species can be seen in the waters near the shore. Dunlin, Turnstone, Redshank, Ringed plover and many other waders can be seen feeding along the shoreline, especially during the autumn and winter months. For those with an interest, at low tide, the rockpools are teeming with marine life. Crabs, small fish and many other marine animals can be found there.

1. Ettrick Head Circular.
8mls/13kms with 2,015ft/620m climb.

Start and Finish:
Potburn road end NT 188 093.
(Please park considerately and do not block either of the gateways).

This is not a walk to be undertaken in poor weather conditions and a map, compass and the ability to use them is thoroughly recommended. Although not unduly long this is an exposed and relatively strenuous walk covering five summits of over 2,000 feet/600 metres. Paths at the lower levels are good and generally distinct, but at higher levels are often no more than sheep or quad bike tracks. The walk starts by passing through the right hand gate and taking the track up to the saddle between White Shank and Bodesbeck Law. (Please note that there is no bridge over the Longhope Burn and it may be difficult to cross in times of flood). From here you turn left and head south following the boundary wall/fence over White Shank and Capel Fell before dropping down to Ettrick Head. The Southern Upland Way intersects the walk here and if you were following walk 1a or b it is here that you would leave the Way and head up to Capel Fell or Wind Fell. To continue the walk, follow the boundary fence uphill over Wind Fell and Craig Head to the top of Etrick Pen (the highest point of the walk, where on a good day you will be rewarded with superb views of the...
surrounding countryside). On leaving the summit continue to follow the boundary fence north-west for approximately 300 yards then leave the fence line and head due west to descend the west ridge (in clear weather the line of descent is towards the summit of White Shank in the distance) to the Entertrona burn where you will pick up a track that will lead down to Over Phawhope and from there back
1a. Potburn, Ettrick Head, Capel Fell and White Shank.

6mls/11kms with 1,430ft/440m climb.

Start and Finish: As walk 1

1b. Potburn, Ettrick Head, Wind Fell, Hopetoun Craig and Ettrick Pen.

6 1/2 mls / 11kms with 1,300ft/400m climb.

Start and Finish: As walk 1

For another shorter and less strenuous walk, follow the route as for walk 1.

Facilities:

St Mary’s Loch
There is ample parking in the area opposite the Hogg Monument at the southern end of St Mary’s Loch.
Refreshments can be had at either the Glen Cafe (open all year round) or at the Tibbieshiels Inn (closed on Mondays).
There are public toilets, open all year round,
1. Broad Law from Pikestone Rig

but at Ettrick Head turn left and head south-east up Wind Fell and Hopetoun Craig and continue the route as described in walk one.

2. Yarrow-Ettrick circular via Captain’s road.

13mls/21kms with 1,520ft/470m climb.

Start and Finish: Oxcleuch Haugh NT 236 205.

A circular walk from the Yarrow to the Ettrick and back following a route used by Scott and Hogg and favoured by drovers taking sheep and cattle to the south. The route follows a mixture of good paths, tracks and minor roads and should present no problems in good weather. Follow the Southern Upland Way up towards Earl’s Hill, just before you leave the forest at the base of Earl’s Hill leave the Southern Upland Way and follow the path signed Captain’s Road. This will lead you over to the Ettrick valley. Follow the minor road past Ettrick Kirk, up the valley for approximately 3 miles/5km, then leave the road at Scabcleuch and follow the Southern Upland Way back towards the Yarrow valley. At a junction in the path at Pikestone Rig take the left-hand path down to Riskinhope and then along the shore of Loch of the Lowes back to your start point.

3. Tibbie Shiels figure of eight via Ettrick Kirk and Loch of the Lowes.

10 1/2 mls/17kms with 1,460ft/460m climb.

Start and Finish: Oxcleuch Haugh NT 236 205.

This walk is mostly on good paths, tracks and a short section on the minor road. There is a short section through the pass at the base of Craig Hill where the path is all but non-existent and care should be taken with your navigation. This section in the saddle can be wet at times. Follow the Southern Upland Way up towards Earl’s Hill.
Hill and onto the base of Peniestone Knowe where you will see a metal signpost (it was in this area that the last Covenanting preacher, James Renwick, was finally caught in 1688 and taken to Edinburgh’s Grass Market, where he was hanged). From here, take the path to the left signed Ettrick Kirk. The path is very indistinct here and after crossing the stile over the fence you will have to contour round the hill following sheep tracks, where possible, until you go through the pass at the base of Craig Hill. Once through the pass, a well defined path leads on down to Ettrick Kirk. From here walk up the minor road to Scabcleuch and then follow the directions as for

Facilities: St Mary’s Loch
There is ample parking in the area opposite the Hogg Monument at the southern end of St Mary’s Loch. Refreshments can be had at either the Glen Cafe (all year round) or at the Tibbie Shiels Inn (closed on Mondays). There are public toilets,
walk two back to Tibbie Shiels for a well deserved refreshment.

3a Tibbie Shiels circular via Pikestone Rig and Loch of the Lowes.
5mls/8kms with 810ft/250m climb.

Start and Finish:
Oxcleuch Haugh NT 236 205.

This is a very pleasant walk following good tracks and paths for those with less time or just wanting a shorter trip. Follow the Southern Upland Way up past Earl’s Hill to Peniestone Rig. At the end of the Rig, where you drop down to a path junction, turn right and follow the path down to Riskinhope and then along the shore of the Loch of the Lowes back to your start point.

4. Tibbie Shiels - Traquair Church along the Southern Upland Way.
10 \( \frac{1}{2} \text{mls/17kms with 880ft/270m climb.} \)

Start: Oxcleuch Haugh NT 236 205.
Finish: Car park opposite Traquair Church.

Return by the same route or organise transport.
This pleasant walk along the Southern Upland Way to Traquair, following good paths and clearly waymarked, takes you along the shore of St Mary’s Loch, through farmland, forestry and over open moorland. The route takes you past the remains of the old tower houses of Dryhope and Blackhouse.

5. Dryhope circular via Blackhouse and Craig Douglas.
6mls/9kms with 325ft/100m climb.

Start and Finish: Lay-by at the side of the A708, 200m east of Dryhope road end NT 273 244.

This is a relatively easy walk following good paths, tracks and back along the A708 (take care with the traffic on this stretch) with very little ascent.
Walk east along the road a short distance on your left, go over this stile and follow the Southern Upland Way to Blackhouse (James Hogg was shepherd here from 1790-1800). Turn right at Blackhouse Tower and follow the track down to the road end at Craig Douglas, from here follow the A708 back to the start point.

6. Traquair Kirk circular via The Glen, Blackhouse and back along the Southern Upland Way.
12mls/20kms with 1,620ft/500m climb.

Start and Finish: Car park adjacent to the church NT320 334.

This longer walk follows the glen of the Quair Water and over to Blackhouse before returning to the start point along the Southern Upland Way. The route mostly follows good paths, road and tracks, but the section from Glenshiel Bank to Whiteknowe Head is indistinct at times and the use of compass and map may be necessary. Follow the minor road from the car park to Orchard Mains and continue along the road, which later becomes a dirt track, past Glen House to Glenshiel Bank. Walk past the cottage,
Facilities: Traquair Church
There is ample parking next to the church. There are no public facilities.
through a gate and continue south-west climbing the ridge ahead. Continue climbing to reach a gate at the edge of Craig Douglas Forest at NT265 302. Pass into Craig Douglas Forest and follow the path down to the forest track which will lead you down the road to Blackhouse. At Blackhouse turn left and follow the route of the Southern Upland Way back to the start point.

Dogs are a cause of concern for farmers and at the most sensitive times of year such as lambing, calving and during the bird nesting season (April to June), it is recommended that you leave your dog at home. At all other times dogs should be kept on a lead or under very close control.

6a Traquair Kirk circular via The Glen, Deuchers Law and back along the Southern Upland Way

10 mls/16 kms with 1,460 ft/450 m climb.

Start and Finish: As walk 6

This slightly shorter walk follows the same route as walk 6, but omitting the section through the forest and down to Blackhouse. From the start follow the directions for walk six up to the gate into Craig Douglas Forest at NT265 302. Do not cross into the forest, but follow the boundary fence south-east, down into the head of the Quair Water and up the edge of Deuchar Law. After approximately 1 1/2 miles/2 1/4 km you will come to a gate with stile, in the wall, leaving the forest, turn left here and follow the Southern Upland Way back to the start point.

7. Traquair circular via Minch Moor.

6 mls/10 kms with 1,350 ft/410 m climb.

Start and Finish: Traquair village hall, off the B708 1 1/2 mls / 2 1/4 km south of Innerleithen NT 331 346.

Good tracks and paths take you through Elibank and Traquair Forest, over the open Minch Moor and back to the start. From the car park follow the Southern Upland Way past the Cheese Well to a fingerpost at NT 360 335. Leave the Southern Upland Way and turn right here over the top of Minch Moor. The summit, at 1,840 ft/567 m, offers superb views around 360 degrees. From the summit continue heading due south on a clear path down the heathery ridge. Re-enter the forest and continue beside an old wall. After about approximately 100 yds/m take a narrow path on the right which leads you northwest and rejoins the Southern Upland Way just above Minch Moor bothy. From here retrace your steps back to the start.

8. Traquair circular via Minch Moor and West Bold.

10 mls/16 kms with 1,300 ft/400 m climb.

Start and Finish: As for walk 7

This walk follows the Southern Upland Way, forest tracks and finally a section of minor road back to the start. From the village hall follow the Southern Upland Way up over the edge of Minch Moor (it is well worth taking a little extra effort on a good day and going to the top of the hill). Continue on until the Southern Upland
Facilities: Traquair Hall / Innerleithen
There is ample parking at Traquair Hall, but no public facilities. There are plenty of hotels, B&Bs and a campsite in the town as well as numerous shops (remember to sample the renowned ice cream at Caldwells). There are public toilets, just off the main street at the west end of town.
This walk follows the Southern Upland Way through forest, past the Cheese Well, over open moorland and across farmland to reach Galashiels. The route is clearly marked and mostly on good paths and tracks with the opportunity for some fantastic views on the way. It is well worth taking a little extra effort on a good day and going to the top of the Minch Moor to enjoy a 360 degree vista over the central Borders.

9a  Traquair-Yair.
10mls/16kms with 1,560ft/480m climb.
Start: As for walk 7
Finish: Car park at Yair, just east of the bridge, NT 469 324. Return by the same route or organise transport.

For a slightly shorter day than walk 9, stop at Yair and return to your start point.

10. Traquair-Selkirk.
11mls/17kms with 1,625ft/500m climb.
Start: As for walk 7
Finish: Selkirk, return by bus.

This walk follows the Southern Upland Way through forest, over open moorland and across farmland to reach The Three Brethren, before dropping down to Selkirk. The route is clearly marked and mostly on good paths and tracks with the opportunity for some fantastic views on the way. It is well worth taking a little extra effort on a good day and going to the top of the Minch Moor to enjoy a 360 degree vista over the central Borders. Follow the Southern Upland Way over Yair Hill and just before the way turns left down into the forest at NT 438 312, leave the way here and turn right through

Facilities: Yarrowford
There is a parking area off the A708 opposite Yarrowford, but there are no public facilities

5 mls/8 kms with 1,140ft/350m climb.
Start and Finish: Small parking area at the side of the A708 opposite Yarrowford
NT 407 299.
A pleasant walk up to the top of Yair Hill with, on a clear day, the reward of
stupendous views for your efforts. From the start, walk carefully east along the road for approximately 1/2 mile/700m to the junction on your left, go up this road and take the path to Broadmeadows Youth Hostel (the first Youth Hostel opened in Scotland in 1931) go past the Hostel and continue to follow the path up to join the

on your right, follow the fence line south for approximately 1/2 mile/700m until you reach a gate in the fence. Go through the gate and follow the path down to cross the Long Philip Burn, continue south-west over the saddle to the north of Foulshiels hill and follow the path, which becomes a track, back to the start.

12. Yarrowford circular via Minch Moor, Brown Knowe, the Three Brethren and Broadmeadows. 10mls/16kms with 1,460ft/450m climb.

Start and Finish: As for walk 11

Cross the road and take the signposted route up past the village hall on into the wood where a farm track leads you up through a corridor of oak and beech trees out into open farmland. Turn left here and follow the track up the hill to join the Southern Upland Way, to the east of Hare Law. Follow the Way eastwards along the ridge to the Three

Southern Upland Way
at the top of the hill, east of Broomy Law. Follow the Southern Upland Way to the Three Brethren on the top of Yair Hill. From here cross the fence and, keeping it
Brethren on the top of Yair Hill. From here follow the directions for walk 11, back to the start.

12a Yarrowford circular via Minch Moor, Brown Knowe, and Broadmeadows.
7mls/11kms with 1,400ft/430m climb
Start and Finish: As for walk 11

Use this route for a slightly shorter walk than 12. From the car park follow the route as for walk 12 until you come to the stile over the wall on your right, 200 yds/ms before Yair Forest. Cross over the stile and follow the path down past Broadmeadows Youth Hostel and back to the start.

9mls/15kms with 1,140ft/350m climb.
Start and Finish: As for walk 11

A pleasant walk up over the top of Yair Hill with, on a clear day, the reward of stupendous views for your efforts before descending down to the bottom of the Yarrow valley and following the river upstream to the start point. Follow the directions for walk 11 to the Three Brethren on the top of Yair Hill. Follow the Way over Yair Hill and just before the Way turns left down into the forest at NT 438 312, turn right through the gate and follow the track down and along the side of Long Philip Burn through Philiphaugh Farm to the A708. Cross the road, turn left and follow the road towards Selkirk. Turn right at the T junction and right again, just before the river. In about 400 yds/ms, turn left into the lane (opposite the cricket pitch). Follow the lade, around the fish farm, past the sawmill up to the cauld on the Ettrick. Take time to admire the water wheel at the sawmill (thought to be the largest in Scotland) and look for salmon jumping at the cauld. Follow the river upstream to the junction with the Yarrow then continue to walk along the side of the river, which for a time means walking along the side of the A708, until you reach the bridge. Cross over the bridge and where the road forks go right and follow the estate road past Newark Castle and continue until you rejoin the A708 and back to the start.

14. Yair circular via the Three Brethren.
5mls/8kms with 1,140ft/350m climb.
Start and Finish: Small parking area east of Yair bridge on the A707 NT 469 324

A fairly strenuous climb, through mixed woodland, to the Three Brethren on the top of Yair Hill, but a beautiful view awaits you at the top. Mostly on good paths and tracks but one or two short sections can be a bit muddy in wet weather. From the
eastern side of the car park, follow the waymarked route up into the forest. Turn right after a short distance and continue to follow the path which joins a forest track, turn right and keep on the track for approximately 1m/1 1/2 km, until you come to a large turning area. Turn left here and continue to the top of the hill. Return by the same route as far as the turning area. Go straight over and follow the Southern Upland Way back to the car park.

15. Yair circular via the Three Brethren and Ashiestiel Bridge. 8mls/13kms with 1,140ft/350m climb.

Start and Finish: As for walk 14
A fairly strenuous climb up to the Three Brethren on the top of Yair Hill, returning down a gentler slope and following the Tweed back to the start. Climb to the top

Great-spotted woodpecker (Laurie Campbell)
of the hill as for walk 14. To return, carry straight on past the top for about 300 yds/ms, then turn right at the junction at the bottom until it merges with another track. Turn right at the junction at the bottom and follow the track continuing on down the hill. Just as the track emerges out of the forest, turn left and after approximately 200 yds/ms turn right and go through the field gate (it might be worth a short detour to have a look at the magnificent Ashiestiel Bridge over the Tweed, 200 yards/m to the west). Follow this track as it winds through the field along the side of the Tweed. Continue on this track through forest and open areas, past Yair House, to rejoin the Southern Upland Way as it comes out of the wood on your right. Carry on down the drive, rejoin the A707 at Yair bridge and back to the car park.

No dogs on this walk please at the request of the farmer.


6mls/9kms with 1,070ft/330n

Start and Finish: Philiphaugh car farm road from the junction of the A708 with the A707 NT454 288

This is a fairly strenuous walk, especially to the Three Brethren, but it is well worth the effort to enjoy the panoramic views of the top. Leave the car park and follow...
Selkirk circular via the Three Brethren, Yair and Ettrick Foot. (see map on page 29)

17mls/17kms with 1,200ft/370m climb.

Start and Finish: The Victoria Park car park NT465 287

A very pleasant day's walk climbing to the top of Yair Hill, descending down through the forest and then following the Tweed and Ettrick rivers back to your start point. From the start point walk out of Selkirk along the A708 and out to the Philiphaugh farm. From here follow the route for walk 16 to the top of the hill. Return to Selkirk by following the Southern Upland Way down through Yair Hill Forest to Yair bridge. Cross over Yair bridge, turn right onto the minor road, and in 1/2 mile/750 metres as the road turns left, go straight on and follow the Tweed down to its junction with the Ettrick. Cross the old bridge over the Tweed and follow the road back towards Selkirk. At the junction with the A7, turn right and continue along the pavement for approximately 1/2 mile/750 metres. Turn right at

Dogs are a cause of concern for farmers and at the most sensitive times of year such as lambing, calving and during the bird nesting season (April to June), it is recommended that you leave your dog at home. At all other times dogs should be kept on a lead or under very close control.
Bridgeheugh, just after the large lay by on the left and make your way down to the side of the Ettrick Water and follow the river back to the start.

Facilities: Selkirk
Parking: There is parking at the swimming pool and also several other car parks in the town. There are plenty of hotels, restaurants and cafes in the town as well as numerous shops. The

Tourist Information Centre is just off the main square in the centre of town, opposite the bus terminus. There are public toilets in the town centre next to the Visitor Information Centre.

18. Galashiels to Melrose, following the Southern Upland Way.
5mls/8kms with 325ft/100m climb.

Start: Galashiels Swimming Pool
NT 488 359.
Finish: Melrose. Return by public
transport.
An enjoyable walk, without too much climbing, along a well waymarked route on good paths and tracks. From the seat just to the east of the swimming pool, follow the Southern Upland Way over the edge of Gala Hill and along part of the old Waverley Line and then follow the Tweed down to Melrose.

8mls/13kms with 650ft/200m climb.
Start: Galashiels Swimming Pool NT 488 359.
Finish: Victoria Park next to Selkirk swimming pool NT465 287.
Return by public transport.
A walk mostly on good paths and tracks but with some sections across open farmland. From the seat just to the east of the swimming pool, follow the Southern Upland Way out of Galashiels and over to Yair bridge. Do not cross the bridge but turn left onto the minor road and follow directions from here to Selkirk as for walk 17.

20. Galashiels circular via Yair, Ettrick Foot and Boleside.
9mls/14kms with 490 ft/150m climb.
A walk mostly on good paths and tracks but with some sections across open farmland. Follow the Southern Upland Way
Way out of Galashiels, from the seat just to the east of the swimming pool, over to Yair bridge. Do not cross the bridge but turn left onto the minor road, and in 1/2mile/750metres as the road turns left, go straight on and follow the Tweed down to its junction with the Ettrick. Cross straight over the old road and continue along the left bank of the Tweed. The path joins the track of an old railway line and then on to a minor road. Continue past Boleside until you come to a road junction. Take the left fork here to join the Southern Upland Way, which is followed back to the swimming pool.

21. Galashiels circular via Gala Hill, Lowood Bridge, Melrose and the Black Path. 9mls/15kms with 390ft/120m climb.

Start and Finish: As for walk 20

A very interesting figure of eight walk through a variety of different habitats with only one short climb out of Galashiels. From the seat just to the east of the swimming pool, follow the Southern Upland Way over the edge of Gala Hill and along part of the old Waverley Line, crossing the B6374 at Lowood bridge and follow the Tweed down towards Melrose. Continue to follow the Way, crossing over the chain bridge, and back up the opposite bank to join the B6360. Do not follow the Way where it leaves the road, but continue on to cross the Tweed again at Lowood Bridge. Immediately after crossing the bridge turn right along the estate road and after a short distance take a path on your right to leave the road. Pass through the woodland to rejoin the Tweed which you follow upstream to the old railway bridge. Pass under the bridge and immediately take the path on the left and climb up onto the bridge. From here follow the path of the old Waverley railway back into the centre of Galashiels and return to your start point.

21a Galashiels circular via Gala Hill, Lowood Bridge and Black Path.
7mls/11kms with 390ft/120m climb.

Start and Finish: As for walk 20

A very similar walk to 21 for those with less time or just wanting a shorter day out. Follow the same route from Galashiels, as for walk 21, as far as the B6374. Do not cross the road here, but turn left and go down the hill and turn left onto the estate road. From here follow the directions as in walk 21 back to the start.

21b Galashiels circular via Gala Hill and the Black Path.
5mls/8kms with 325ft/100m climb.

Facilities: Melrose
Parking: There is a car park in the town centre, opposite the Abbey. There are plenty of hotels, restaurants and cafes in the town as well as numerous shops. There are public toilets in the town centre next to the Abbey. The Visitor Information Centre is opposite the Abbey.
Yet a shorter walk but still with good views and an opportunity to see other points of interest. Start off following the Southern Upland Way out of Galashiels, as for walk 21. Where the route joins the line of the old railway do not turn right and go to Melrose, but turn left and follow the track back in to the town centre.

22. Melrose Circular via Lowood Bridge, Waverley Bridge and Galashiels. 9mls/15kms with 390ft/120m climb.

Start and Finish: Melrose town centre.

The same walk route as for walk 21 but starting in Melrose. Follow the B6361 out of Melrose, past Melrose Abbey, and after a few hundred yards take the small road on your left leading to the chain bridge. Do not cross over the bridge but follow the Southern Upland Way all the way into Galashiels. After joining Elm Row, at the bottom of Barr Road, do not turn left through the gates into Scott park, but carry straight on past the market cross, and down Lawyers Brae to the fountain in the centre of town. Turn right here, down Paton Street, and go into the car park at the supermarket. Head for the far right hand side of the car park where you will find a bridge over the Gala Water. Go over the bridge, turn right and follow the tarred path out of Galashiels along the route of the old Waverley Line. Immediately after crossing the bridge over the Tweed, turn right, pass beneath the bridge and continue on the path along the side of the Tweed. After about a 1 mile / 1.2 km, the path will lead you up through woodland to join the estate road.
into Lowood, turn left here and walk on to join the main road. Turn left and cross over the bridge taking the first right almost immediately and follow the B6360 towards Gattonside. After about 1/2 mile/700m you will find that the Southern Upland Way will come down from the left to join the road, continue along the road for a short distance and follow the waymarking down to the bank of the Tweed and back to Melrose.

22a Melrose circular via Lowood Bridge and Waverley Bridge. 5mls/8kms with 160ft/50m climb.

Start and Finish: Melrose town centre.
For a shorter walk, with virtually no climb, follow the Southern Upland Way out of Melrose, as for walk 22, but do not cross the Tweed over the old railway bridge. Instead leave the path to the left, pass under the bridge and follow the directions for walk 22 from here back to Melrose.

22b Melrose circular via Lowood Bridge. 3mls/5kms with 100ft/30m climb.

Start and Finish: Melrose town centre.
A short walk along both banks of the Tweed with no climb on good paths and tracks. Follow the Southern Upland Way out of Melrose, as for walk 22. On reaching the B6374 do not cross the road but turn right and cross the bridge over the Tweed and follow the directions for walk 22 back to Melrose.

23. Melrose to Selkirk via the Borders
A pleasant walk on good paths, tracks and some roads, offering fine views of the surrounding countryside. This walk follows a section of the Borders Abbeys Way. This section of the Way was opened in 2004. Follow the B6361 out of Melrose, past Melrose Abbey, and after a few hundred yards take the small road on your left leading to the chain bridge. Do not cross over the bridge but follow the Southern upland way towards Galashiels. On reaching the B6374, do not cross over the road but turn right and follow the signs for the Borders Abbey Way. Enter the drive to Lowood House and after a short distance turn right down a path which leads to the Tweed. Continue along the left bank of the Tweed, under the old railway bridge, past Tweedbank, towards the A6091. Cross under the large road bridge at Gala Foot and down to join a track up to Abbotsford House. Leave the side of the Tweed here and follow the track then minor roads up to Cauldshiels Loch. Walk round the west shore of the loch and follow the fine old grassy track to join the minor road leading from Lindean Moor to Shawmount. Leave the road at Shawmount and follow the signs round two fields before joining the track to the west of Greenhead farm. Turn right on to this track, which leads you all the way to Selkirk. The bus stance is at the west end
27. Melrose-Lauder
10mls/16kms with 975ft/300m climb

Start: Melrose town centre.
Finish: Lauder, return by public transport

Follow the waymarked route of the Southern Upland Way on good paths, tracks and roads with gentle gradients. Leave Melrose on the B6361, past Melrose Abbey, and after a few hundred yards take the small road on your left leading
Facilities: Lauder
Parking: There is a car park just off the main street in the centre of town next to the hall.
There are plenty of hotels, B&Bs and a cafe in the town as well as numerous shops. There is a campsite at Thirlestane Castle.

7mls/11kms with 975ft/300m climb.

Start and Finish: Melrose town centre

An interesting walk, offering good views following part of St. Cuthbert’s Way generally good paths and tracks but with a few muddy sections in wet weather.
Follow the waymarking for St. Cuthbert’s Way over the Eildon Hills (if time allows a visit to the iron age fort on the top

Mosshouses track to Eildons
North Eildon is well worth the effort) through Bowden and on to Newtown St. Boswells. Turn left when you reach the main street in Newtown and leave the Way. Continue along the road out of town, passing the Local Authority Headquarters on your left, take first left just after leaving the town and follow the route of the old A6091 over the Bogle Burn and back to Melrose. Just after the Rhymer Stone, there is the opportunity to make your way back to Melrose along part of the Eildon walk. Turn right along the path and continue on towards Newstead. On reaching the road at the west end of the village, cross over and follow the Eildon walk signs past the stables on to a footpath that leads back to Melrose.

9mls/15kms with 910ft/280m climb.

Start: Melrose town centre.
Finish: Maxton, return by public transport.

Follow St. Cuthbert’s Way over the Eildon Hills and along the side of the Tweed to Maxton. This is a well waymarked walk, mostly on good paths and tracks but with a few muddy sections in wet weather.
25a Melrose to St. Boswells, along St. Cuthbert’s Way.
6mls/10kms with 840ft/260m climb.

Start: Melrose town centre.
Finish: St Boswells, return by public transport.

For a shorter walk follow St. Cuthbert’s Way as far as St. Boswells and take the bus back.

4mls/7kms with 1,055ft/325m climb.

Start and Finish: Melrose town centre.

Facilities: Watch Water Reservoir
Parking: There is parking beside the fishing club at the north-east corner of the reservoir. There is a tea room open to the public in the fishing club. There are no public toilets.
A waymarked route on good paths and tracks, some sections may be muddy in wet weather. Leave Melrose and follow the signs for St. Cuthbert’s Way to the saddle between the two main hills (a detour here, \( \frac{1}{2} \) mile/700 metres with 355 ft/110 m climb to the top of Mid Hill, the highest of the Eildons, offers panoramic views with a view point finder). Leave St. Cuthbert’s Way here and, following the signs for the Eildon Hills walk, climb to the top of North Hill. Walk north-easterly along the ridge of the summit and, where the paths diverge, take the left hand one and descend the steep slope to the corner of a small coniferous plantation. Cross the stile and follow the track down to the road, turn right and, after 100 yds/ms, left and continue on towards Newstead. On reaching the road at the west end of the village, cross over and follow the Eildon walk signs past the stables on to a footpath that leads back to Melrose. For a shorter less strenuous walk leave the route of St. Cuthbert’s Way just after crossing onto the open hill and contour round the side of North Hill to rejoin the path as it comes down from the top.

A separate leaflet describing the walk, local history and points of interest is available from the Visitor information centre in Melrose.

3 mls/5 kms with 420 ft/130 m climb.

Start and Finish: Lauder High Street next to the Tollbooth.

Leave Lauder heading south on the minor road to Galashiels, turn right on to the Southern Upland Way just as you leave the town boundary. Follow the Way, up over Chester Hill, to Woodheads Hill. Turn left on to the minor road and follow it back to Lauder. To avoid the road walking you could retrace your steps over Chester Hill and back to Lauder.

29. Lauder circular via Braidshawrigg and Dabshead Hill.
13 mls/21 kms with 1,240 ft/380 m climb.

Start and Finish: As for walk 28

A fine walk along good paths and tracks through forest, across farm land and open moorland. Leave Lauder, heading
Facilities: Abbey St Bathans
Parking: There is parking beside the Riverside Restaurant.
The restaurant is open all year round (11-5 Tuesday-Sunday).
There are no public toilets.

Facilities: Longformacus
Parking: There are opportunities to park at the north-west end of the village, please park considerately. There are no public facilities in the village. There are two B&Bs.
south-east on the A68, and pick up the Southern Upland Way as it enters the grounds of Thirlestane Castle, opposite the Police Station. Follow the Way through Wanton Walls, past Scoured Rig and on to Braidshawrigg. Leave the Way here and follow the track over Edgarhope Law and, just before the descent down to Bermuda, leave this track and follow the softer vehicle track along Borrowstone Rig to Dabshead Hill. Leave the top and follow the track as it heads south. Head up to the right and go through the gate, beside the wood, in the drystone wall and follow along the outside edge of the wood. Just as you come to the top of the rise you will see a gate into the wood on your right. Go through this gate and follow the ride down to the forest track.

Turn left and follow this track back to rejoin the Southern Upland Way, to the north-east of Wanton Walls, and follow it back to Lauder.

30. Lauder-Watch Water Reservoir.  
13mls/20kms with 1,300ft/400m climb.

Start: Lauder High Street next to the Tollbooth.
Finish: Watch Water Reservoir. Return by same route or organise transport.

This is a relatively easy section of the Way with gentle climbs along good paths and
tracks across the moors and over Twin Law Hill towards Longformacus. Leave Lauder, heading south-east on the A68, and pick up the Southern Upland Way as it enters the grounds of Thirlestane Castle, opposite the Police Station. Continue following the waymarked route, past Twin Law Cairns, to Watch Water or on to Longformacus.

31. Longformacus-Abbey St Bathans.
7mls/11kms with 880ft/270m climb.

Start: Longformacus.
Finish: Riverside car park. NT 762 619.
Return by same route or organise transport.

A relatively short section of the Southern Upland Way following the waymarked paths and tracks through farmland, over open moorland and along the banks of the Whiteadder Water to Abbey St. Bathans. Leave the village heading east and leave the minor road after about 1 1/2 mile/2km and continue over to Abbey St. Bathans.
32. Edin’s Hall Broch via Edgar’s Cleuch.  
6mls/9kms with 490ft/150m climb.

Start and Finish: Abbey St. Bathans car park. NT 762 619. This walk can also be started from the parking area, just off the A6112, at the entrance to Elba Wood.

Mostly good paths, tracks and roads. From the car park walk downstream between the road and the river for about 200 yds/200m before joining the Dunsroad. Turn left on the road and follow it up to “Toot Corner”, turn left here and follow the path to Edin’s Hall Broch. For a shorter walk you can retrace your steps back to the start or carry on along the path to Elba, where you cross the Whiteadder Water over a small suspension bridge. Go through the woodland, turn left on to the minor road and follow it up to Moorhouse. Leave the road on the left and follow the track down Edgar’s Cleugh to join the Southern Upland Way which will take you back to the start.

A separate leaflet describing the walk, local history and points of interest is available from Visitor Information Centres.

32a Edin’s Hall Broch via Blakerstone.  
5mls/8kms with 390ft/120m climb.


For a shorter walk follow the directions as for walk 32 as far as the exit from Elba Wood. Instead of taking the minor road all the way to Moorhouse, after about 1/2 ml/3/4 km take the track off to your left which leads back to the start. Before reaching the river look for the footpath signs.
on your right, cross the stile and take the footpath back to the car park.

33. Abbey St Bathans-Cockburnspath.
10mls/16kms with 715ft/220m climb.

Start: Abbey St. Bathans car park.
NT 762 619.
Finish: Cockburnspath, return by same route or organise transport.

This is a pleasant and varied section to end the Southern Upland Way, through farmland, woodland and along the cliff top before heading inland again to the finish at Cockburnspath. Leave the car

3½ Cockburnspath Circular via Cove and Old Linhead
3½ mls/6kms with 160ft/50m climb.

Start and Finish: Parking Area either in the centre of Cockburnspath or Cove NT780 717

For an even shorter walk, that still includes the dramatic cliff top walk but without too much climb, follow the Southern Upland Way out of Cockburnspath past Cove Harbour and along to where it joins the old road at Old Linhead. From here
Abbotsford House
In 1811 Sir Walter Scott bought the old farmhouse, called Cartleyhole (locally known as clarty hole because of its poor condition), along with 110 acres/44 ha of land. To quote Scott “... a small property delightfully situated on the side of the Tweed, my native river... I intend to build a beautiful little cottage upon the spot”. He renamed it Abbotsford after the nearby river crossing and set about shaping the estate to his liking. The house was built in phases from 1817-1824. The house gives the impression of having been built by committee, but nevertheless it is a magnificent building and was one of the first to be built in the Scots Baronial style, which flourished in Victorian times. Built into the house and garden walls are many carved and inscribed stones from sites across south-eastern Scotland. The house is open to the public, from March to October, and is well worth a visit.

Abbey St. Bathans
Although there has never been an abbey here, local tradition has it that a Christian settlement was founded here, in the 7th century, by a visiting missionary called Bothan or St. Bothan. What is certain is that a priory of 12 nuns was founded at St. Bathans by Ada, a daughter of William the Lion in the 12th century. Although the priory was extensively damaged in 1545, by the English army, it may have been rebuilt and fragments survive in the north, south and east walls of the present building.

Ashiestiel Bridge
Built in 1884, by John and Thomas Smith from Darnick, near Melrose, as a replacement for an earlier bridge that had collapsed. Built of whinstone, on construction this was the longest (130ft/40m) single-span rubble arch bridge in the world and still might be.

Blackhouse Tower
It is said to have been a Douglas (one of the largest and strongest families of the Borders during the 15th and 16th centuries) stronghold for centuries. The tower is thought to have been used by the Good Sir James Douglas, who played a valiant role along with Bruce in the struggle for Scottish independence during the early part of the 14th century. Sir James was also known as Black Douglas, for his swarthy looks, and it is possible that Blackhouse derives its name from that. Sir James was killed whilst taking the heart of Robert the Bruce on a holy crusade. A traditional ballad “The Douglas Tragedy” tells of Lady Margaret
Douglas fleeing with her lover, Lord William, pursued by her father and her seven brothers. A fight reputedly took place, on nearby Bught Rig, in which all nine men died or were mortally wounded. Rise up, rise up, now Lord Douglas, she says. And put on your armour so bright. Let it never be said that a daughter of thine. Was married to a lord under night. This is also the place where James Hogg, who was shepherd here, from 1790 to 1800, first met Sir Walter Scott.

Blue Cairn-Covenanter’s well
The Covenanter’s Well is situated at a place where conventicles used to be held. Conventicles were outdoor Presbyterian church services held in defiance of the Government of the time. The authorities occasionally broke the meetings up by force. This one is in a hollow close to Bluecairn Farm and the first meeting, held 1676, was reputedly attended by about 4,000 people.

Bowhill House and Estate
Acquired by the 2nd Duke of Buccleuch in 1747, so that his son could stand for parliament in Roxburghshire or Selkirk, from the Jacobite, James Veitch. Bowhill is the work of several architects. The original house dates from c. 1708 but was almost completely rebuilt in 1812-19, with other additions in 1830, 1833 and 1874-76.

Captain’s Road
Thomson’s map of 1824 lists the “Captain’s Road” as a drove road from St. Mary’s Loch to Tushielaw, linking in with others from Peebles and then on to Hawick.

Cheese Well
According to tradition, travellers passing the well left an offering of cheese, or other food, to the fairies of the well. This altruism stemmed from a desire for security, as travellers had enough to worry about with the weather and possible attack by bandits without having to worry about offending the “wee folk” as well.

Chester Hill Fort
This type of defended farmstead is attributable to the Iron Age (c.700BC-450AD) and was a defended farming settlement. Forts are usually considered to be a purely practical response to hostile environments, but their massive construction may have had as much to do with the display of status, hierarchy, wealth and power, as with physical defence.

Cockburnspath
An ancient village formed around its market square. The Mercat Cross in the centre of the square dates from c1503, built to commemorate the marriage of James IV, of Scotland, to Margaret Tudor, sister of Henry VIII, and a treaty of “Perpetual Peace” between the two countries. When France and England went to war, the moral obligation of the traditional French alliance proved
stronger than the English treaty, and James was killed at “Flodden” in 1513. The parish church dates from the 16th century, but is on the site of an earlier church, and has an interesting round tower set into the west gable. The oldest house in the village is Sparrow Castle, a 16th century manor house.

Cove Harbour
Entered by a 180ft/55m tunnel from the access road. The tunnel dates from the 1750’s and once contained caves (both natural and man made) used for storage. Those leading from the tunnel were blocked off in 1981 for safety. A landing place since at least the 17th century, the present harbour dates from 1831. At the top of the harbour track is the fishing hamlet, which in the later 19th century, accommodated a Glasgow Boys Artists colony.

Dryburgh Abbey
Built around 1140 by the Order of Premonstratensians (also known as White Canons) from Alnwick. They were a reformed group of Augustinians and this was their first, of only six houses, in Scotland. Like Melrose it was laid waste in 1322 by the English and rebuilt with financial aid from Robert the Bruce. The Chapter House contains traces of the earliest (12th century) painted ceiling in Scotland.

Dryhope Tower
Built in 1613, possibly a rebuild as an order was made by James V1 against Wat of Harden for its demolition in 1592, this was the birth place of Mary Scott the “Flower of the Yarrow” in 1550. It was Mary who is said to have served a meal to her husband, old Wat of Harden (from whom Walter Scott claimed descent), of an ashet containing nothing but a pair of spurs. A hint that if Wat wanted to eat, he would have to get on his horse and go raiding for some more cattle. Dryhope Tower has recently been consolidated and can now be visited.

Edin’s Hall Broch
More often associated with northern Scotland and the Islands, this Broch is one of only 3 known in the Scottish
Borders. Enclosed in the remains of an earlier hill fort or settlement are the remains of a massive stone tower. This has walls 2 metres high and up to 6 metres in thickness, around a circular inner courtyard, which contain chambers and a section of staircase which would have led to upper stories. There are a number of secondary enclosures within the main ramparts, which contain the remains of house sites. The tower and complex would have been in use about 2,000 years ago.

**Eildon Hills**
It is tempting to think of the Eildon Hills as long dead volcanoes, but in fact only Little Hill (situated between Mid and West Hills) is of truly volcanic origin. The three main hills are a result of activity deep below the earth’s surface, some 350 million years ago, which has been exposed after millions of years of weathering and erosion through the various ice ages. The hills are mainly composed of acid rocks which in turn have weathered to produce acid soils. As a result much of the hills are covered in heath consisting of Heather, Blaeberry and Wavy hair grass. Little Hill is made of a more basic rock and supports a different vegetation, including many different wild flowers and herbs. The lower slopes of the hills are based on the older sedimentary rocks which have weathered to produce a more fertile soil that can support farming, both arable and livestock. The Iron Age Fort on top of North Hill is the largest one in southern Scotland. Originally constructed in the 10th century BC, the 20 acre site contains the remains of almost 300 house bases.

**Elibank Castle**
This late 16th century tower house occupies a commanding position overlooking the River Tweed. Elibank was formerly known as Eliburn. In 1511, James IV granted a Crown charter to Catherine Douglas (widow of John Liddale) and their son John, of the whole lands and
Galashiels was originally a small forest steading on the south bank of the Gala Water. One of the first recorded mentions of the place comes from the end of the 15 century when it was known as “Galowaschelis”. At that time it was a Royal hunting lodge on the estate of the Pringle family. No trace of the original settlement can be found today, but the home of the Pringles “Old Gala House” can still be seen. Old Gala House was built in 1583, around the remains of a tower that was built in 1457, with further additions made in the 18th and 19th century. The house is now a museum and contains a painted ceiling, dated 1635, that was rediscovered in 1952. Galashiels was granted the rights of a “Burgh of Barony” in 1599 which marks the start of the commercial growth of the town. In 1622 the parish of Galashiels was formed out of two old parishes, Lindean and Boldsyd (now Boleside). Until 1790 Galashiels was little more than a village, with only the church manse and one other house having slate roofs. With the rapid development of its weaving industry, in the late 18th century, the town expanded to cover both banks of
the Gala Water and grew into a thriving centre of textile mills. The Old Parish and St. Paul’s Church at the top of Scott Crescent was built in 1878-81. Its main feature is the articulated steeple that was finished in 1885 (a pair of peregrine falcon have successfully nested in the spire from 1999 to 2004). The stone for the church was from Belses quarry at Ancrum but the large granite pillars, which support the roof, came from Peterhead in Aberdeenshire.

**Gattonside**
On record as early as the 12th century and probably originated as a grange (monastic farm) belonging to Melrose Abbey. The chain bridge built in 1826 by Redpath, Brown and Co originally as a toll bridge was completely reconstructed in 1991. Gattonside was also the home of Sir David Brewster, born in Jedburgh in 1781, who invented the kaleidoscope and the holophotic system of lighthouse illumination, amongst other things. His achievements are commemorated by a cape in Greenland and a mountain in Antarctica that bear his name.

**Glen House**
This Scottish Baronial style mansion was designed by David Bryce. Built in 1854 for Charles Tennant of the St Rollex Chemical Works, near Glasgow, and named after the Tennant’s farm in Ayrshire. Charles Tennant’s grandfather discovered the use of chemical bleach and, in its day, St Rollex was the largest chemical works in the world. During the Second World War valuable paintings from the National Gallery of Scotland were stored in the cellars here, as a precaution against air-raid in Edinburgh.

**Innerleithen**
Just a kirk hamlet comprising of thatched cottages, unevenly spaced, until around 1790. With the opening of the first mill (Caerlee) in 1788 and the medicinal spring being publicised in Sir Walter Scott’s novel, “St Ronan’s Well” published in 1824, the town expanded rapidly. Robert Smail’s Printing Works, preserved by the National Trust for Scotland, are on the main street and open to the public.

**James Hogg**
Hogg lived from 1770-1835 and is widely remembered as “The Ettrick Shepherd”. Hogg was the son of a poor sheep farmer whose farm failed and young James was obliged to go to the herding when he was only seven. At the age of twenty, Hogg took up employment as a shepherd at nearby Blackhouse (1790-1800) and he began to read voraciously as well as gaining knowledge of Borders tales and ballads from his mother. He started writing poetry and later prose and it was
whilst he was shepherding at Blackhouse that he was introduced to Sir Walter Scott by Willie Laidlaw, son of Hogg's employer at Blackhouse. During this time Hogg wrote “Storms”, a vivid account of the men of Blackhouse searching for their sheep after the severe blizzards during the winter of 1894.

Scott greatly assisted Hogg with his writing by introducing him to publishers and Edinburgh high society which set him on the road to fame and literary success. Hogg at his best was outstanding and among his greatest works is “The Private Memoirs and Confessions of a Justified Sinner”, an astonishing psychological thriller way ahead of its time.

There is a monument marking Hogg’s birthplace in the Ettrick Valley near Ettrick Church (NT 263 303) and another commemorating his life standing on the edge of Oxcleuch Haugh at the south end of St. Mary’s loch. (NT 237 204).

Lauder
A medieval burgh founded in the 12th century when King David I granted the town and lands to the Norman, Hugh de Morville. Lauder is unique in the Scottish Borders in that it still retains its medieval shape of a wide main street with two “back lanes”.

Melrose Abbey
Melrose Abbey, founded in 1136 by David I, for Abbot Richard and his monks from Rievaulx in Yorkshire, was the first Cistercian abbey to be built in Scotland. By the 14th century Melrose Abbey was a huge centre of wealth and commerce, one of the wealthiest in the country. The Abbey farmed large areas of land, had flocks of sheep totalling more than 15,000 and built up trade in wool and skins with Flanders, France and Italy. Most of the surviving work dates to the 15th century which underwent restoration work in 1822, by John Smith under the supervision of Sir Walter Scott. The remains of Scott and the heart of Robert the Bruce are buried in the Abbey grounds.

Minch Moor road
This is an ancient drove road and was also used by Scottish Monarchs, staying at Traquair hundreds of years ago, when going on hunting expeditions into the old Ettrick Forest. It was along the Minch Moor road that the Marquis of Montrose
fled after his defeat at the battle of Philiphaugh in 1645. Sir Walter Scott’s mother crossed it in a “coach and six”, when a girl, to attend a ball in Peebles. The route is also mentioned on Roy’s map of 1747-55, as the Peebles to Selkirk road.

Newark Castle
Newark dates from the 15th century (first mentioned in 1423). From first floor to wallhead Newark is the work of Sir Thomas Joffray, 1467, having passed back to the crown (it was the royal hunting seat in the Ettrick Forest) from the Earls of Douglas in 1455. The royal coat of arms on the west gable may mark the grant by James III of the Lordship of the Ettrick Forest to his Queen, Margaret of Denmark. According to ballad the “outlaw Murray” came before James IV on charges of treasonably occupying the Ettrick Forest. Murray claimed to have won the lands from the English and saw it as his not the Crowns. A sensible compromise left Murray making feudal obeisance to King James and the Monarch appointing the reiver Sheriff of Ettrick Forest.

Pease Bridge Reserve
Purchased in 1988 by the Scottish Wildlife Trust, with funding from the Nature Conservancy Council, the World Wide Fund for Nature and donations from the public, the reserve is managed by local volunteers of the Trust. The woodlands lying within the twin valleys are remnants of what was once an extensive broadleaf forest and for this reason the reserve has been designated a Site of Special Scientific Interest and is managed accordingly.

Pease Bridge
Built in 1786 by David Henderson, mason/architect, at the time of construction thought to be the highest (130ft/39m) stone built bridge in the world. The design incorporates pierced spandrels at the top of the main piers to lighten the load.

Philiphaugh
Philiphaugh is best remembered for the battle in 1645, where the Marquis of Montrose was defeated by Earl Leslie and the Covenanters. After the battle, Sir John Murray of Philiphaugh put in a compensation claim to the government for the sum £12,014 18s 4d as recompense for the damage caused to his estate during the battle. Montrose fled over the Minch Moor road and tried to gain sanctuary in Traquair House. The Laird pretended not to be at home and Montrose continued his journey and escaped to Norway. In 1650, when Montrose came back to Scotland in support of Charles II, he was beaten again and taken to Edinburgh, where he was executed. James Graham, 1st Marquis of Montrose, who had signed the Covenant in 1638, was hanged by the Covenanters 12 years later.

Rhymer’s Stone
see Thomas the Rhymer
St. Mary’s Loch
This is the largest loch in the Scottish Borders and was formed during the last ice age by glaciers flowing down the Yarrow and Megget valleys. These glaciers bit deep into base rock to form a trench, now filled with up to 46 metres/150 feet of water, at the deepest point of St. Mary’s Loch. Originally there would have been just one loch, St. Mary’s Loch and Loch of the Lowes were formed as a result of debris flowing down the Crosscleuch and Ox Cleuch burns to form the isthmus on which Tibbieshiels Inn now sits.

St Mary’s Graveyard
The graveyard is on the site of the now vanished St Mary’s Chapel, destroyed by fire in 1557. This chapel was of great age. An annual service, called “The Blanket Preaching” taking place here in July, is thought to have its origins in the conventicles of the 17th century, when covenanting ministers had a blanket held over their heads in bad weather.

Selkirk
A textile town and former shoe making centre, whose inhabitants are still called “souters” after their trade. In 1113 Earl David, the future King David I, founded an abbey in Selkirk and there was also a royal castle here. It was in Selkirk that Sir Walter Scott held court as Sheriff of Selkirkshire and his courtroom is still open to visitors.

Siccar Point
It was here that the 18th century geologist, James Hutton, discovered the non conformity of the rocks which make up the earth’s surface. This prompted him to write his “Theory of the Earth” which is the foundation for modern geology.

Thirlestane Castle
In the late 16th century John Maitland became “Chancellor of Scotland” and it was he who commissioned the “new” castle, an unusual rectangular block with a large round tower at each corner. In 1670-77 the later Duke of Lauderdale, a close friend of Charles II, commissioned Sir William Bruce to transform the castle into a palace. Bruce engaged Robert Mylne, the King’s Master-Mason, Dutch joiners and painters and plasterers straight from finishing contracts at Holyrood to carry out the work. Further alterations carried out in 1840-41 give it its particularly lively skyline. The castle is open to the public and houses The Border Country Life Museum and an extensive collection of historic toys.
Thomas the Rhymer
Thomas the Rhymer was a real person who lived in Erceldoune (Earlston) during the 13th century. Legend tells how Thomas fell asleep beneath a tree on the side of the Eildon Hills and awoke to see a lady “the Queen of the Fairies” on a dappled grey horse. Thomas was entranced by her and allowed himself to be led away to “Fairyland”. He stayed there for what he thought was three days, but was in fact seven years. When he left Fairyland he was given the gift of speaking the truth and was told prophesies of significant events that would take place in Scotland. Thomas became famous, both as a poet and, as someone who could foretell the future. His rhymes have been popular for hundreds of years and are some of the earliest examples of Scottish poetry.

Three Brethren
These three cairns stand on Yair Hill to mark the boundary of three properties that meet here. Linglie (part of Selkirk common land), Foulshiels (part of Bowhill estate and birthplace of the African explorer, Mungo Park) and Yair.

Tibbieshiels Inn
The Inn dates back to the time when Isabella Richardson (whose maiden name was Shiels) was forced to take in guests when her mole-catcher husband, Robert Richardson, died in 1824 leaving her with six children to support. She died in 1878 at the age of 95. The Inn became a favoured meeting place of James Hogg, Sir Walter Scott and others in the literary circles of Edinburgh.

Traquair church
There has been a church on this site since 1116, the present church was rebuilt in 1778 and altered in 1821. A memorial to a Traquair-born blacksmith, Alexander Brodie, was placed in the graveyard by his nephews and nieces. The memorial credits Brodie as the inventor of the Register Stoves and Fire Hearths, that were used in Her Majesty’s ships for 30 years.

Traquair House
Said to be the oldest continuously inhabited house in Scotland. The core, probably 15th century, main block was extended to its present form through the 16th and 17th centuries. Situated in part of the royal hunting forest of Ettrick this was, by repute, a favourite residence of Scottish kings. Many Scottish and English kings have sheltered here since the visit of Alexander I in 1107. The lands at Traquair were granted to James Douglas by Robert the Bruce. The lands passed through many hands until, in 1478, the Earl of Buchan bought the lands for the sum of 70 Scots Merks (£3.75p) to bestow it on his son James Stuart, and that was done in 1491. From this James Stuart, the first Laird of Traquair, the present family are descended. The Bear Gates (1737-38)
were closed in 1796 after the death of the 7th Earl’s wife. Another story has it that the Bear Gates or “Steekit Yetts” (stuck gates) were closed by the 5th Earl behind Prince Charles in 1745, with the promise that they would not be opened again until a Stuart was restored to the throne. The house is open to the public during the summer months and the 18th century brewhouse has been restored.

Wallace Statue, near Dryburgh

and Traquair ale is now produced and is available to visitors.

Twinlaw Cairns

The two large cairns are thought to have been built on the remains of Bronze Age burial mounds.

“And they biggit twa cairns on the heather
They biggit them roond and high
On the top of Twin Law Hill
Where they twa brithers lie”

The above ballad tells the story of the death of two brothers, traditionally buried here. Separated shortly after their birth, the two fought as champions for opposing Scots and Saxon armies. The champions fought hard, not knowing that they were brothers parted in their youth, and were both mortally wounded in the combat. The cairns have been rebuilt as they were flattened by Polish army tanks on manoeuvres during World War II.

Wallace Statue

Built of red sandstone, by John Smith in 1814, this image of the “Guardian of Scotland”, towering some 7 metres high, is complete with double-handed sword and saltire shield. The Earl of Buchan had originally wanted a statue of Burns, but on seeing the quarried stone, it was readily agreed that only a martial figure could do justice to the stone.

Wallace’s Trench

Lying on the western side of Browne Knowe, no one is sure why this earthwork was built, but it may have been to control traffic on the drove road. However, this impressive earthwork was probably constructed during the early medieval period (450 to 1100AD) as a land boundary to mark the territory of the native Britons (to the west) and the Angles (to the east).

Walter Scott (Sir)

Scott, born in Edinburgh in 1771, spent much of his boyhood in the Borders and was made Sheriff of Selkirk in 1799. After some translation from German he published “Minstrelsy of the Scottish Borders” in 1802 and then his own poems, beginning with “The Lay of the Last Minstrel” in 1805. His first novel “Waverley” was published in 1814. Faced with financial disaster in 1826, Scott
undertook to pay off a debt of almost £100,000. Working to produce as many works as possible ruined his health and Scott died in 1832 at the age of 61.

Walkerburn
In 1846 Walkerburn was no more than a farmhouse, steading and four farm cottages. At this time Henry Ballantyne entered into negotiations with Thomas Horsburgh of Pirn for a nearby plot of ground, beside the Walker Burn, on which to build a woollen mill. Under the terms of the feu contract permission was given to build a cauld across the Tweed and a lade, 1 mile long 28 feet wide and 3 1/2 feet deep, was built to supply the flow of water to power the mill. Tweedvale mill was finally erected and opened in June 1855. Realising that the success of the mill would in many ways depend on the quality of the work force, Ballantyne built three new blocks of houses at the same time as the mill and by the time of the census in 1891 the population of Walkerburn had grown to 1,288. Walkerburn has some very fine Victorian houses and still has an interesting cast iron urinal, a unique survivor in the Borders, that was erected in 1897.

Watch Water Reservoir
Constructed in 1954 to supply water to central Berwickshire, this is the largest body of water in the eastern Borders. Along the south western slope above the reservoir it is possible to make out the long strips of “Rig and Furrow”. These are the remains of ancient cultivation of the land formed by ploughing the ground in linear strips over a number of years and similar features can be seen throughout the Borders.

Waverley Line
Between 1844 and 1849 the North British Railway Company built the “Border Union” line to link Galashiels and other Border towns with Edinburgh. This route

Further information
More information on the history of the region can be found in:

Early Settlers in the Borders
by Dent, J and Mcdonald, R.
Christian Heritage in the Borders
by Dent, J and Mcdonald, R.
Warfare and Fortifications in the Borders
by Dent, J and Mcdonald, R.
Farm and Factory: Revolution in the Borders
by Dent, J and Mcdonald, R.
Heritage Sites in the Borders
by Dent, J and Mcdonald, R.
The above books are available from Scottish Borders Council. Tel: 01835

Borders and Berwick an illustrated guide to the Scottish Borders and Tweed Valley by Charles Alexander Strang (published by The Rutland Press)
SHORT WALKS
on the Eastern Section of
THE SOUTHERN UPLAND WAY

was later named the “Waverley Line” in honour of Sir Walter Scott, after his novel “Waverley”. The line was continued on to Carlisle in 1862 and in 1876 the Midland Railway reached Carlisle and the Waverley route was complete and able to compete with other routes through England. The line was closed to passengers, in 1965, as part of the Beeching review of the rail network. It was closed completely in 1969, against strong opposition, but moves have been made in recent years to re-open at least part of the route back down to the Borders.

Waverley Castle Hotel
Built in 1869-71, and extended in 1876, of pioneering construction. Probably the earliest mass concrete building in Scotland.

Yair Bridge
Built c.1760 to accommodate the first turnpike road from Edinburgh to Carlisle, which was created by an act of parliament in 1764. In 1818 the 90 mile journey from Edinburgh to Carlisle took 11 hours.

Yair House
Built in the Georgian style in 1788 to accommodate the Pringles moving from nearby Whytebank. Alexander Pringle had to part with Yair estate in 1759. His son, with East India Company profits, bought back the estate and commissioned the house to be built, on what is one of the best locations fronting the Tweed in the Borders.

The Southern Upland Way is Britain’s first official coast to coast long distance footpath. It runs 212 miles/340 kms across Southern Scotland, from Portpatrick on the south-western coast to Cockburnspath on the eastern coast. The route takes in some of the finest scenery in the South of Scotland and offers superb and varied walking opportunities, still undiscovered by

Southern Upland Way at Williamhope