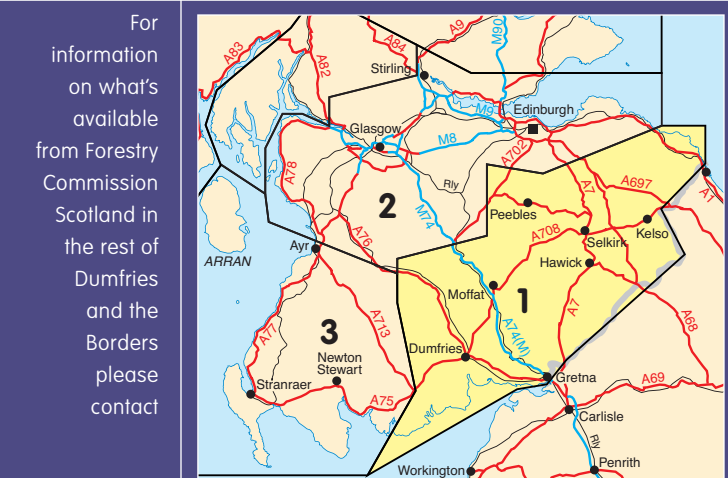


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Welcome to Tweed Valley Forest Park

Welcome to the most popular visitor attraction in the Scottish Borders. Seven forests, each with their own unique character, make up Tweed Valley Forest Park. Located only an hour's drive south of Edinburgh, they are strung like pearls along the silver thread of the River Tweed.

As the great glaciers melted 10,000 years ago, trees and plants re-colonised these lands. 5,000 years later, hunter-gatherers started to cut down the trees and settle into farming. Later the Kings of Scotland enjoyed hunting here. However, by the early 1600s this area was one of the most treeless regions in Britain, described as having "not one wood worth naming in all this open and windy country". Nowadays, people live in the valleys, and trees have returned to the hills.

Glentress Forest Your adventure starts here!

Map
1

Rightly renowned for its mountain biking, there's more to Glentress than you'd expect! Away from the biking trails, there are excellent walking trails and opportunities to spot local wildlife too.

The Ponds Trail is a short circular route around the water's edge with plenty of places to stop and relax. A violent storm in the 1970's blew down some of the original Douglas firs here and ponds were created where they once stood.

You can see some of the surviving Douglas firs as you follow the Glen and Buzzard's Nest Trails. Now 100 years old and over 35m high, some of these trees sail the high seas as tall ship masts and have also been used to construct our Glentress Peel buildings.

On the Time Trail, take a trip 2,000 years back and find out what it was like to live in the Tweed Valley during the Iron Age.

And on the Tower Trail, panoramic views to the Caddon Hills and a possible encounter with roe deer, badgers and tawny owls are just reward for your efforts.



Glentress trails information

- Ponds Trail 0.4 miles | 0.6 km | 20 mins
- Glen Trail 1.1 miles | 1.8 kms | 30 mins
- Buzzard's Nest Trail 2.1 miles | 3.6 kms | 1 hr 30
- Time Trail 2.1 miles | 3.4 kms | 1 hour 30 mins
- Tower Trail 5.6 miles | 9 kms | 3 hours 15 mins

Glentress Peel

The visitor facilities at Glentress are second to none and provide the ideal base for exploring the wider Forest Park.

Head for the Tweed Valley Forest Park Gateway building, where you will find information boards and electronic information kiosks, toilets, changing and shower facilities and the Tweed Valley Forest Park Wild Watch centre.

If you're going biking, then why not hire a bike or pick up some accessories at Glentress Peel Bikes? There's over 150 hire bikes available, an excellent range of spares for sale and the staff can also offer great advice on the local trails.

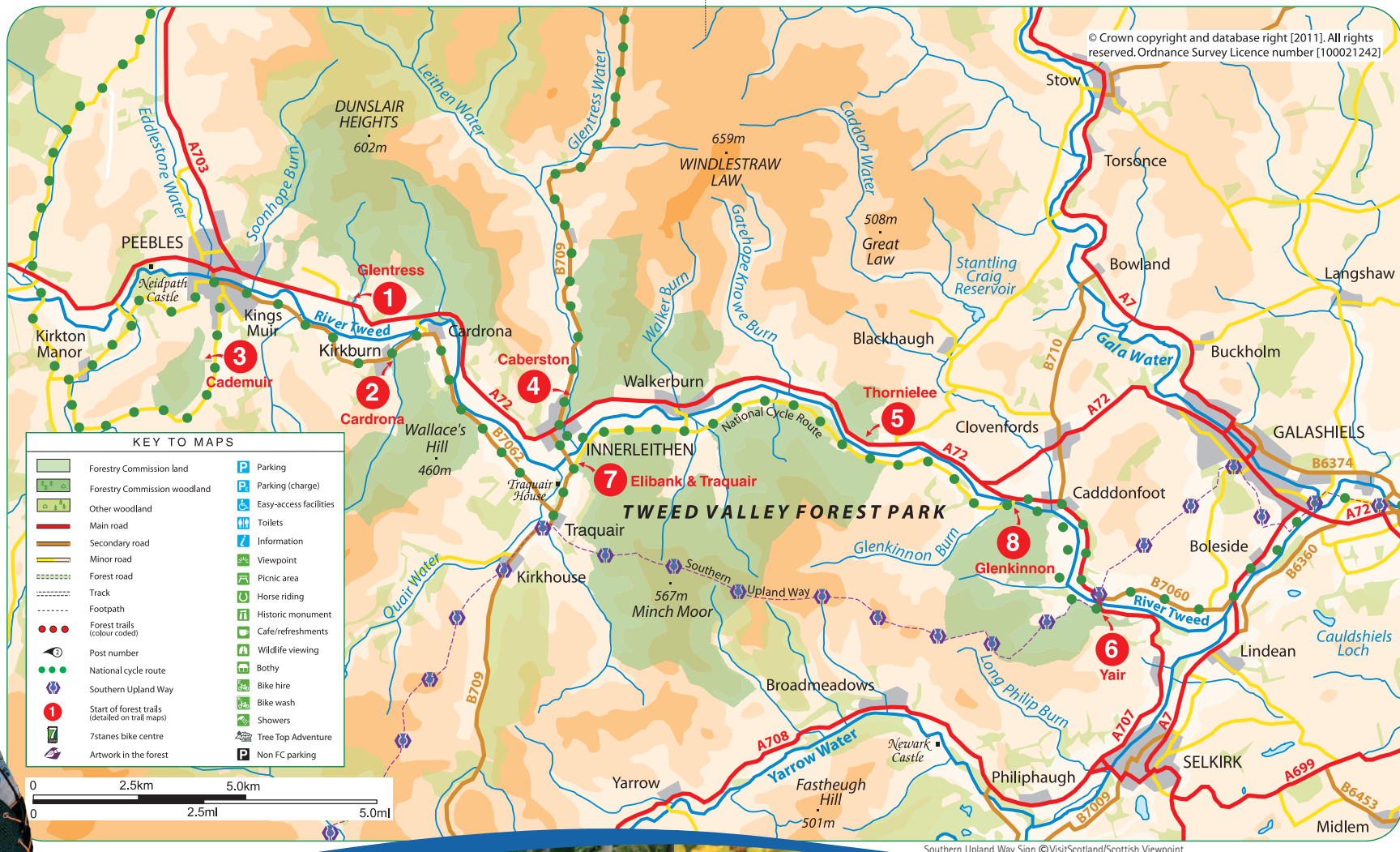
If you bring your own bike then spruce it up after hitting the trails. There are two customer bike wash units located in the lower Glentress Peel car park.

And after all your hiking or biking exertions, call into Glentress Peel Café for a tasty snack and some refreshments. This airy building can seat up to 200 and pleasantly overlooks a large pond.

As well as being lovely places to visit, these are also working forests, where the timber is used for furniture, paper and buildings – including our own distinctive structures at Glentress Peel. However, for every tree felled two more are planted, ensuring that these woodlands will be around for future generations to enjoy.

Open all year round, Tweed Valley Forest Park offers:

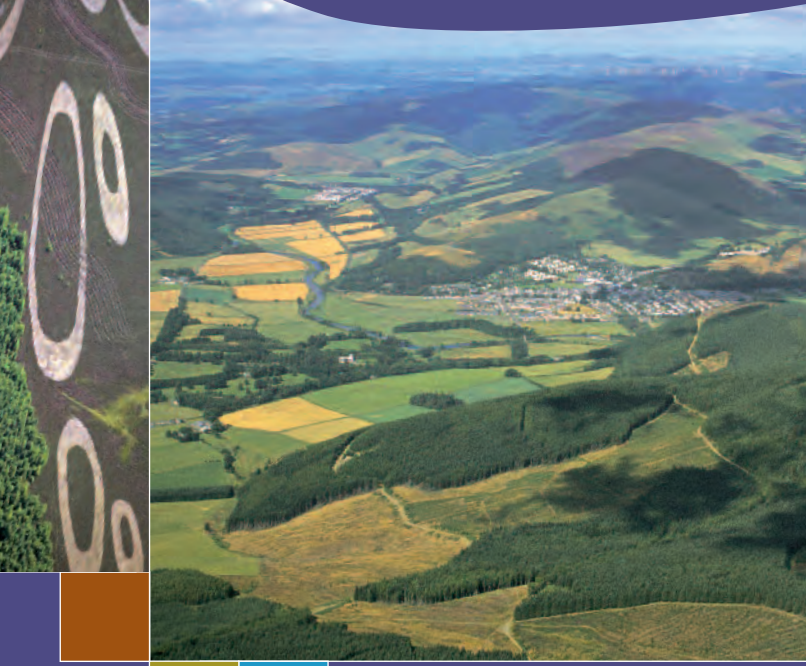
- Over 100 kms of world-class mountain biking trails;
- 17 way-marked walks;
- Opportunities to spot fascinating local wildlife;
- Dramatic views from peaceful picnic sites;
- Historical sites stretching back 15,000 years;
- Or just drop into Glentress Peel for a coffee and a cake!



Discover the Seven Treasures of the Tweed

- Biking in the Forest Park**
Off-road cycling on forest trails is available in all seven forests. 7stanes Glentress offers 75 kms of dedicated trails, with something to suit all abilities. 7stanes Innerleithen is more suited to experienced bikers. Bike hire and skills classes available at Glentress Peel Bikes. See www.7stanesmountainbiking.com for more information.
- Walking in the Forest Park**
From those with limited mobility, wheelchair users and families with baby buggies to walkers who want a good hike in the hills, there is something for everyone within the Forest Park.
- Eating in the Forest Park**
You'll find picnic tables throughout the forests, so sit awhile, relax and enjoy the scenery. Alternatively, visit Glentress Peel Café, for a mouth-watering range of snacks, meals and refreshments.
- Horse riding in the Forest Park**
All the forest roads can be ridden. Both Cademuir and Cardrona offer easy access/parking for horseboxes.
- Wildlife Watching in the Forest Park**
Find out about the Tweed Valley ospreys and lots of other local wildlife at the Wild Watch at Glentress Peel or at nearby Kaizie Gardens. Watch the osprey chicks grow from fluffy balls to spectacular adults. Open mid-April to the end of August.
- Heritage in the Forest Park**
Turbulent times have never been far from the Scottish Borders; the Forest Park has a rich heritage of ancient forts, settlements and towers to explore.
- Art in the Forest Park**
Enjoy the work of local artists, celebrating the legends of the area, at Thornielee, Caberston and Glentress. Alternatively, bring a pad and paints and create your own masterpiece!

Tweed Valley Forest Park



7stanes Mountain Biking in the Forest Park

7stanes Glentress is arguably the busiest and best mountain biking centre in the UK. The world-class award winning trails range from green-graded – perfect for beginners and families, up to black and orange – for more experienced riders, so there's something for all. There's even a skills area for sharpening your technique.

7stanes Innerleithen, located just a few miles east of Glentress, is quite different from its busier and better known sister. This is a venue for more experienced bikers and is well renowned for its challenging cross-country route and its four extreme-graded downhill trails.

Find out more about mountain biking in Tweed Valley Forest Park at www.7stanesmountainbiking.com



Enjoying the 7stanes at Glentress and Innerleithen



stunning scenery

hiking in the hills



watching wildlife



walking for everyone



autumn colours



forest arts



picnic paradise



family cycling



all-ability access

Cardrona Forest

The Tweed at walking pace

Map 2

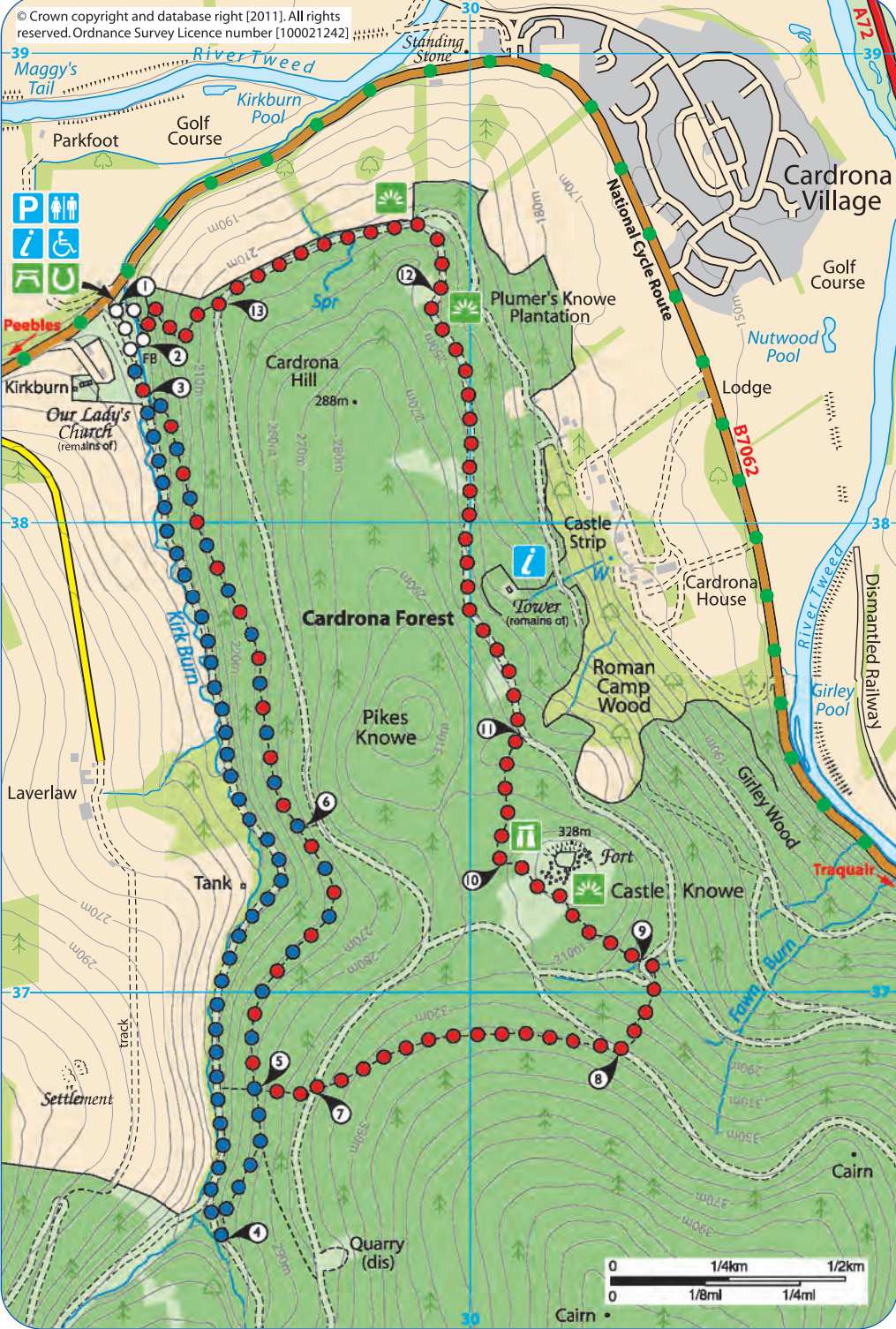
Here you've found the ideal corner of Tweed Valley Forest Park for peaceful walking, relaxing picnics and gentle horse-riding through miles of woodland trails. There's lots of wildlife to see here too – look out for red squirrels and a wealth of birdlife.

The easy access Burn Trail is a short circular route, pleasantly following along the lovely Kirk Burn.

The Kirkburn Trail takes you further up the valley gently ascending the lower slopes of Pikes Knowe. The route returns to the car park alongside the gently flowing Kirk Burn, with lovely views of the Tweed Valley unfolding as you go.

Follow Wallace's Trail and discover the remains of Cardrona Tower, keeping a lonely vigil over the valley below. Dating back to the 1400s, these 'peel' watch towers are common in this part of the world and were used for defensive and early warning purposes, in times of threat.

Further along this trail explore the remains of an Iron Age fort at Castle Knowe and imagine how our ancestors might have lived.

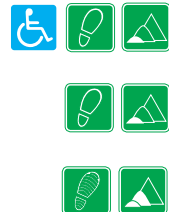


Cardrona trails information

○ Burn Trail 0.2 miles | 0.4 km | 15 mins

● Kirkburn Trail 2.6 miles | 4.2 kms | 1 hr 15 mins

● Wallace's Trail 3.5 miles | 5.7 kms | 2 hrs 15 mins



▶ Enjoying the fantastic views

Tweed Valley Forest Park

Information Centre

Forestry Commission Scotland welcomes all visitors to Tweed Valley Forest Park. To help you enjoy the park and have a safe visit please read the information in this panel. Details of all the walking routes in the Forest Park are described in this guide.

The internationally acclaimed 7stanes mountain biking routes are covered in separate publications, further details from www.7stanesmountainbiking.com

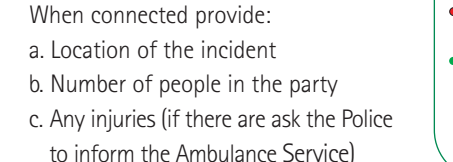
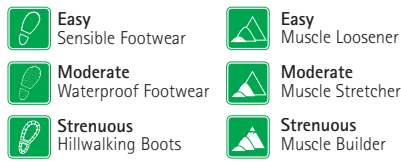
Most of the trails have numbered posts, which you can use as reference points. The locations of the posts are marked on the individual trail maps.

The Forest Park is a major element in the landscape of this beautiful part of Scotland. Covering 6,400 hectares or 16,000 football pitches, it means there's plenty of space for everyone to enjoy themselves! To help maintain the extensive recreational facilities of Tweed Valley Forest Park, please pay the parking charge where requested.



What the walk symbols mean

Walks are graded according to degree of difficulty and type of conditions to be expected.



Take care on the hills

Please remember that the weather on the hills can change very quickly. Even in summer, conditions on the tops of hills are often much colder and windier than at low levels, despite clear skies. Here are some pointers for a safe and enjoyable trip:

- Be properly equipped;
- Plan your route carefully and stick to it;
- Tell someone where you are going and when you expect to return;
- Take adequate warm & waterproof clothing;
- Wear suitable footwear;
- Carry map & compass, know how to use them;
- Take sufficient food and drink;
- Turn back if it gets too hard for you;
- In emergencies call 999 and ask for the POLICE.

When connected provide:
a. Location of the incident
b. Number of people in the party
c. Any injuries (if there are ask the Police to inform the Ambulance Service)

The Outdoor Access Code

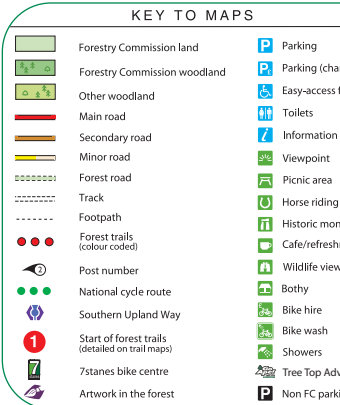
Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

KNOW THE CODE BEFORE YOU GO

What the map symbols mean

All Forestry Commission Scotland guide maps use symbols, the key shows what they mean.



Cademuir

Escape the crowds

Map 3

This is the smallest forest in Tweed Valley Forest Park and a network of trails, accessed from the main forest car park, allows visitors to uncover the many surprises to be found here.

This is the most peaceful forest in the Forest Park, and as a result, is ideal for spotting wildlife. Keep an eye out for small birds including siskins, warblers and crossbills, and the larger great spotted woodpeckers. You might hear the plaintive call of buzzards as they circle lazily overhead and if you're very lucky, you might glimpse a tawny owl fleeing through the trees at dusk.

Mists, which frequently catch in the trees and fill the glen, create a mysterious, secretive world. So much so that two downed German pilots, who took refuge here during World War II, were only discovered when smoke from their fire gave them away. The Pilot's Trail is named after them.

Just a stone's throw from the centre of Peebles, you too could find sanctuary from the stresses of daily life, in Cademuir.

Cademuir trails information

● Tantah's Trail 1.3 miles | 2.1 kms | 35 mins

● Pilot's Trail 3 miles | 5.1 kms | 1 hour 45 mins



Tawny owl - © northeswildlife.co.uk

▶ Horse riding

Caberston Forest

An ancient stronghold

Map 4

The Tweed Valley's many hilltops provided ideal sites for Iron Age forts and settlements where our ancestors could keep an eye on marauding neighbours and invading Romans. Today, these hilltops offer excellent waymarked trails and the same fantastic views, without the threat!

Park a short way out of the centre of Innerleithen on the B709 and cross the ancient Cuddy Bridge over the Leithen Water to access the paths.

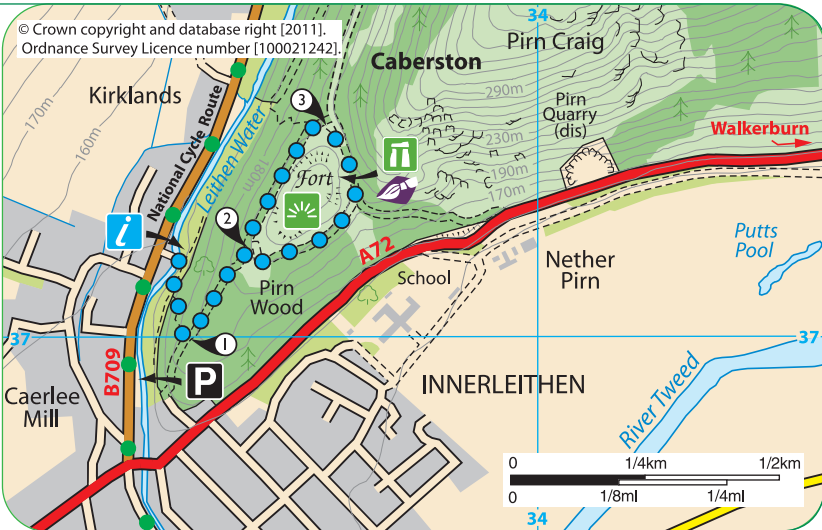
A short but steep uphill climb takes you on a circuit of Pirn Hill which can be extended to take in the hilltop remains of an Iron Age fort that dates back 2,000 years. Sculptures at the summit, by local artist Mary Kenny, mark Innerleithen's history from earliest times and the views over Innerleithen below and the Tweed Valley beyond are well worth the effort.

Caberston trails information

● Pirn Hill 0.6 miles | 1 km | 25 mins



▶ View from Pirn Hill



Thornielee

The heart of the valley

Map 5

Tweed Valley's ancient and turbulent history has left many tales to tell. You can reflect on some of them at Thornielee or just enjoy a picnic or walk in pretty butterfly meadows. There are walks, wildlife, stunning views and quirky history to discover at this quiet site.

All the trails start from the car park. The Meadow Trails offer easier access and lovely views over the River Tweed and are a hotspot for butterflies during the summer months.

Alternatively take a gentle stroll along Meg's Trail and find out about a shotgun wedding with a difference!

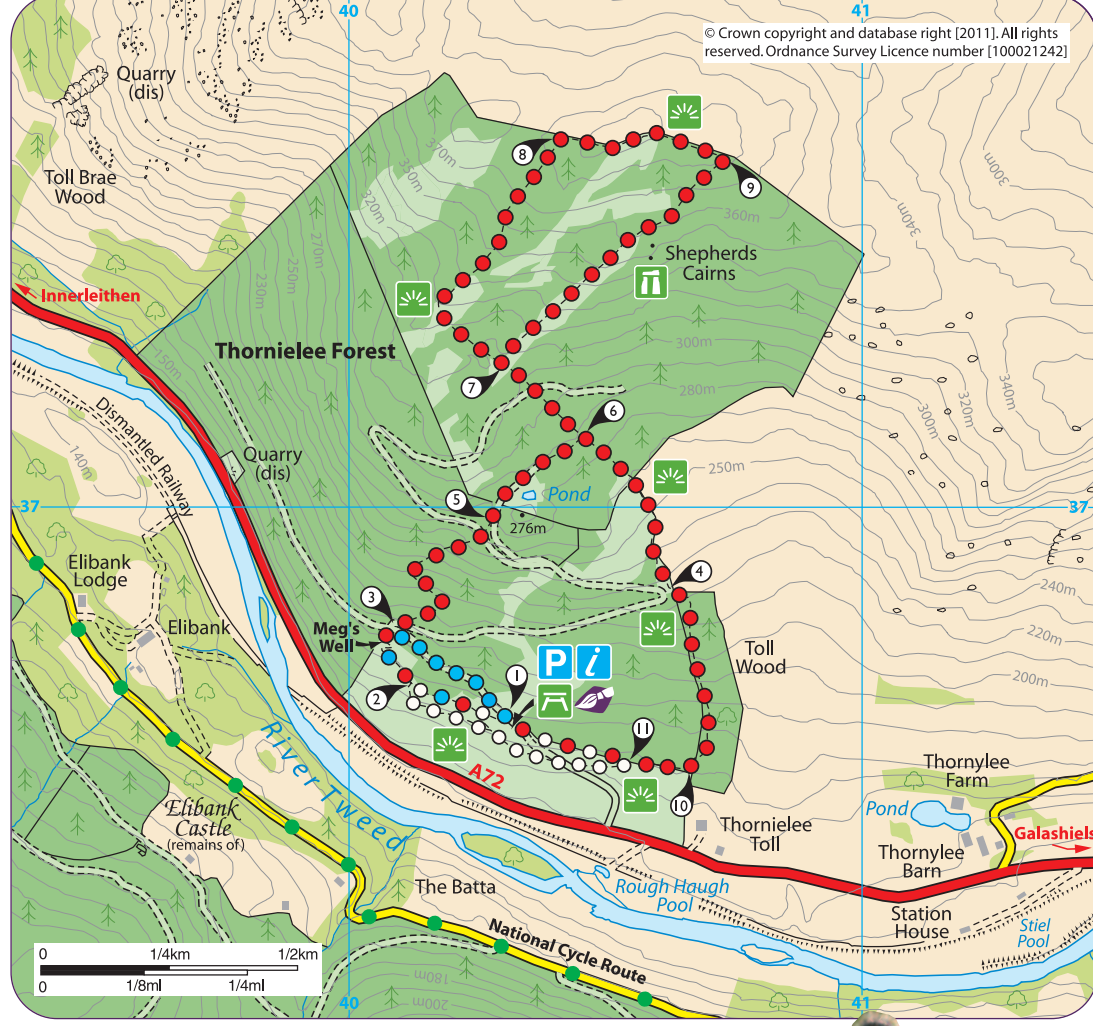
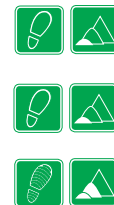
Or try the Cairns Trail for a good leg stretch and explore the Shepherds Cairns – who is buried here? The answer may be lost in the mists of time, but the reasons to visit Thornielee are clear for all to see.

Thornielee trails information

○ Meadow Trails 0.6 miles | 1 km | 20 mins

● Meg's Trail 0.4 miles | 0.7 km | 15 mins

● Cairns Trail 2.8 miles | 4.5 kms | 1 hr 45 mins



Muckle Mouth Meg ▶ Small Copper butterfly

Yair

An ancient woodland

Maps 6+8

Yair, the old Scots word for fish trap, is thought to give this forest its name, as King Malcolm in 1156, granted the monks of Kelso 8 acres of land and the right to build a fish trap here.

The Raelees Trail is a short walk, with light climbs through woodland leading to lovely viewpoints overlooking the River

Tweed. Alternatively, take the Biodiversity Trail from Glenkinnon car park. This is another fine short walk where you'll find information boards detailing the wealth of flora and fauna to be found in Yair forest.

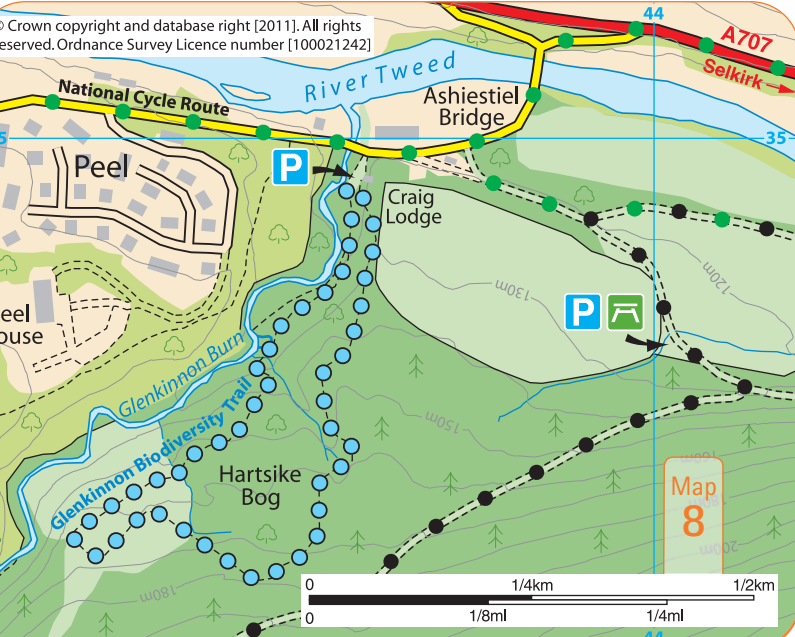
For a longer walk, follow part of the Southern Upland Way (Scotland's coast to coast route) to the Three Brethren Cairn. In the 1500s, the lairds of Yair, Selkirk and Philiphaugh each built a cairn to mark the boundary of their land. Part of this trail follows an ancient (reputedly over 10,000 years old) drove road.

Yair trails information

● Raelees Trail 1.1 miles | 1.8 kms | 30 mins

● Three Brethren Trail 9 miles | 14.5 kms | 5 hrs

● Glenkinnon Biodiversity Trail 1 mile | 1.6 kms | 30 mins



▶ Salmon leaping ©The Southern Reporter ▶ The Three Brethren Cairns ©Stuart Ruffell