

Contact 1 Forestry Commission Scotland  
Dumfries & Borders Forest District  
Ae Village, Parkgate, Dumfries DG1 1QB  
Tel: 0300 067 6900  
E-mail: [dumfriesborders@forestry.gsi.gov.uk](mailto:dumfriesborders@forestry.gsi.gov.uk)  
Web: [www.forestry.gov.uk/scotland](http://www.forestry.gov.uk/scotland)  
Public enquiry line 0300 067 6156



Just an hour away from Edinburgh, six forests dot the valley of the River Tweed. There's a forest for you whether you're looking for: a nice walk, quiet picnic, a tree-top adventure, a glimpse of the valley's prehistoric past, some of Britain's best mountain biking, or a warming cuppa in the distinctive café at Glentress, built from local timber.

If you need this publication in an alternative format, please contact:  
The Diversity Team  
Tel: 0300 067 5000  
Email: [diversity@forestry.gsi.gov.uk](mailto:diversity@forestry.gsi.gov.uk)

For information on public transport services contact:  
Traveline Scotland, 0871 200 2233 or [www.travelinescotland.com](http://www.travelinescotland.com)

## 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.

### ○○○ Ponds Trail

Stroll around the enchanted Glentress ponds, an oasis of ash, birch and pine that is home to herons, bats and red squirrels.

**Firm gravel path with regular seats. Short moderate ramps with some loose stones. Includes a wide kissing gate and bridge, and a narrow 0.85m opening.**

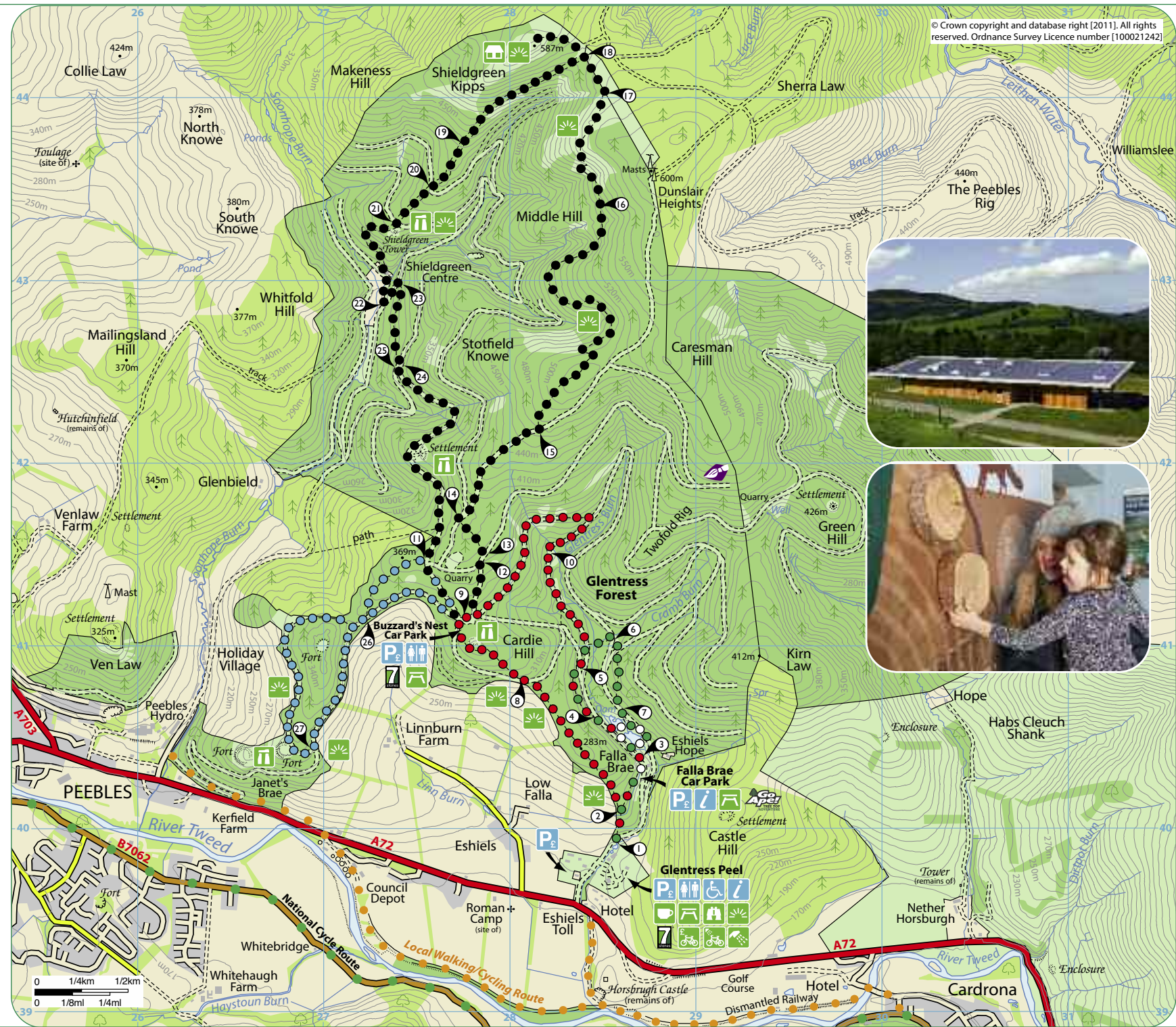
**easy**  
1/2 mile / 0.9 km  
Allow 1/4 hour

### ●●● Glen Trail

Discover the charms of Glentress Burn, passing its serene ponds before winding through the magnificent Douglas firs above.

**Numerous short steep slopes with some loose gravel. Some narrow and uneven earth sections with exposed tree roots. A short flight of steps, and several kissing gates and narrow openings.**

**moderate**  
2 miles / 3.3 km  
Allow 1 hour



### ●●● Time Trail

Get a glimpse of our Iron Age past on this delightful high level promenade above the Tweed Valley, with spectacular views over Peebles to the Caddon Hills.

**Mostly firm gravel surface. Some sections of uneven earth and grass with exposed tree roots. Long moderate slopes with some steeper sections.**

**moderate**  
2 1/4 miles / 3.8 km  
Allow 1 1/2 hours

### ●●● Buzzard's Nest Trail

Explore the varied plantations of Glentress Forest, including characterful areas of Scots pine, Douglas fir and Norway spruce, and good views across the valley from the slopes of Cardie Hill.

**Firm gravel and earth surface with loose and uneven sections. Long steep slopes for 400m. Includes kissing gates, narrow openings and some steps. Look out for vehicles and other users.**

**strenuous**  
3 miles / 4.9 km  
Allow 2 hours

### ●●● Tower Trail

Climb to the top of Glentress Forest and pass the Iron Age settlement at Shieldgreen Tower. Magnificent views over Peebles and Soonhope Burn.

**Rough earth and grass paths, often narrow. Several long and continuous steep slopes for over 500m. Some short muddy sections.**

**strenuous**  
5 1/4 miles / 9.3 km  
Allow 4 hours

## Welcome to Tweed Valley Forest Park

Welcome to the most popular visitor attraction in the Scottish Borders. Six 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.

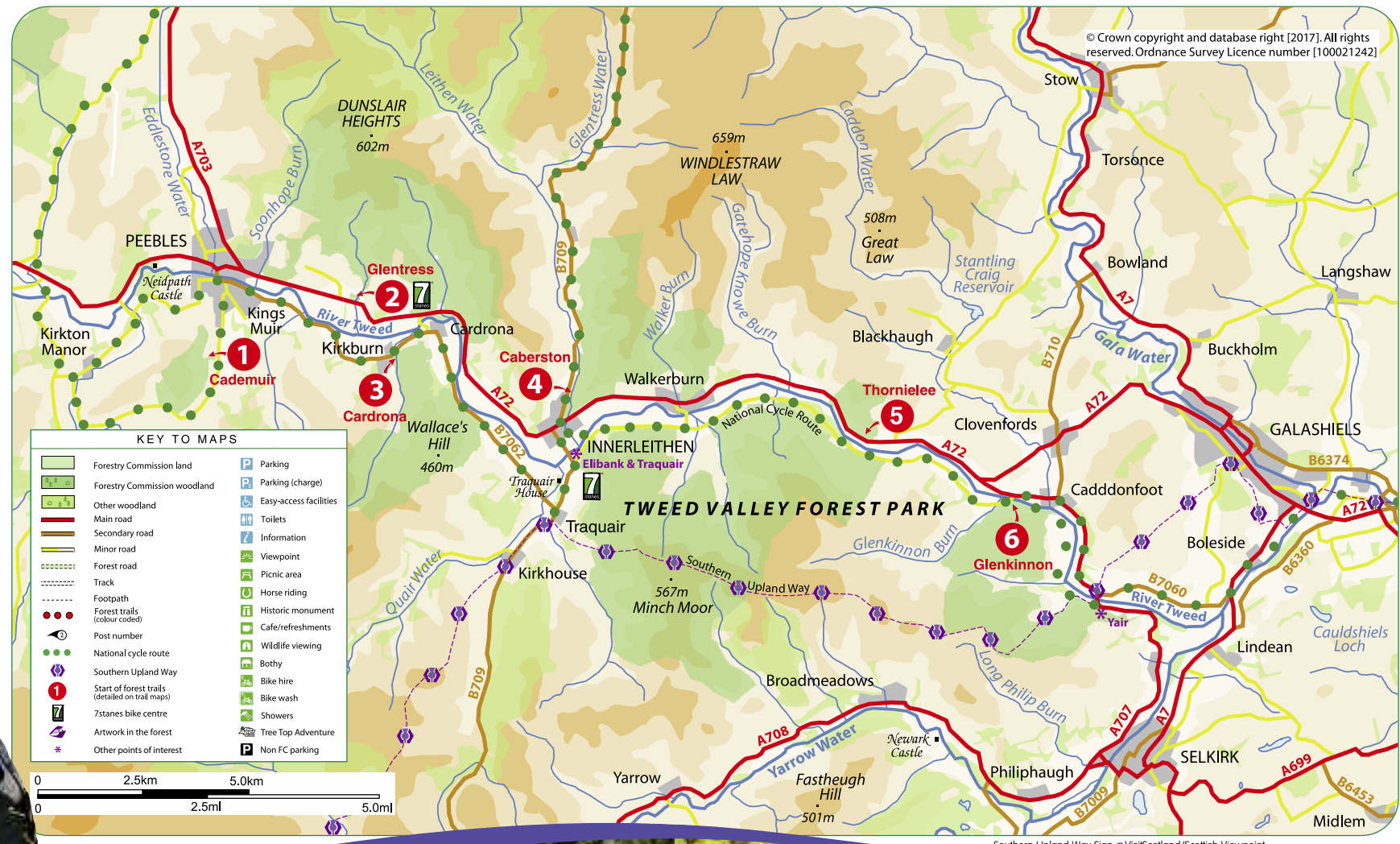
As well as being lovely places to visit, these are also working forests, where the timber is used for furniture, paper and buildings – including our own distinctive structures at Glentress Peel. However, for every tree felled two more are planted, ensuring that these woodlands will be around for future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

### 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, 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? The staff can also offer great advice on the local trails.

And after all your hiking or biking exertions, call into Glentress Peel Café for a tasty snack and some refreshments.



### Discover the Seven Treasures of the Tweed

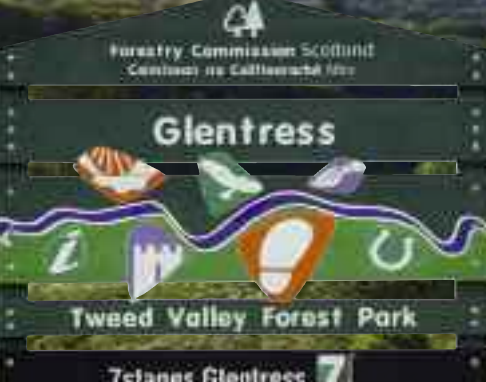
- Biking in the Forest Park**  
Off-road cycling on forest trails is available in all seven forests. 7Stanes Glentress offers 75 kms of dedicated trails, with something to suit all abilities. 7Stanes Innerleithen is more suited to experienced bikers. Bike hire and skills classes available at Glentress Peel Bikes. See [www.7stanesmountainbiking.com](http://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 Kailzie Gardens. Watch the osprey chicks grow from fluff 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!

## 7stanes Mountain Biking in the Forest Park

**7stanes**® 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](http://www.7stanesmountainbiking.com)



stunning scenery

hiking in the hills

watching wildlife

walking for everyone

autumn colours

forest arts

picnic paradise

family cycling

enjoying the forest

Enjoying the 7stanes at Glentress and Innerleithen



## Cademuir

Escape the crowds

Map 2

The smallest of our forests but the mightiest for views and mysterious glen's. Mists catch in the trees and fill the glen creating a secretive world. The Pilots' Trail is named after two downed German pilots who took refuge here during World War II and were only discovered when smoke from the fire gave them away.

### Tantah's Trail

A lovely short loop through this peaceful larch and pine forest, where bird song fills the air and wildlife waits around every turn.

**Firm gravel path with some uneven sections. Includes a long steep slope and some muddy patches.**



1 ¼ miles / 2.2 km  
Allow ¾ hour

### Pilots' Trail

Be rewarded with panoramic views of the Tweed Valley from the summit of Cademuir Hill and see if you can spot the Iron Age settlement.

**Firm gravel path with some uneven sections. Includes a long steep slope and some muddy patches.**



3 ¾ miles / 6.0 km  
Allow 2 ½ hours



Tawny owl - © northeastwildlife.co.uk Horse riding

## Cardrona Forest

The Tweed at walking pace

Map 3

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.

### Burn Trail

A pleasant stroll through spruce and larch trees alongside the gently-flowing Kirk Burn.

**Firm gravel surface with some loose stones. Short section grassed over. Includes moderate slopes and two bridges 0.9m wide.**



¼ mile / 0.3 km  
Allow ¼ hour

### Pen View Trail

A beautiful walk through pine and larch woodlands with an air of the Highlands and fine views of Lee Pen.

**Firm gravel path. Long moderate slopes with some short fairly steep sections. Includes two kissing gates, a bridge and narrow openings.**



1 ¼ miles / 2.8 kms  
Allow 1 hour

### Fergus's Trail

Discover the remains of the Cardrona Tower and enjoy beautiful views of the Tweed Valley.

**Firm gravel path with some loose stone. Long moderate slopes with some short fairly steep sections. Includes two kissing gates, a bridge and narrow openings.**



2 ½ miles / 3.9 kms  
Allow 1 ½ hours

### Pikes Knowe Trail

Head deep into the forest to discover the remains of Cardrona Tower and the Iron Age fort at Castle Knowe, as well as fine views over the Tweed Valley - best walked clockwise.

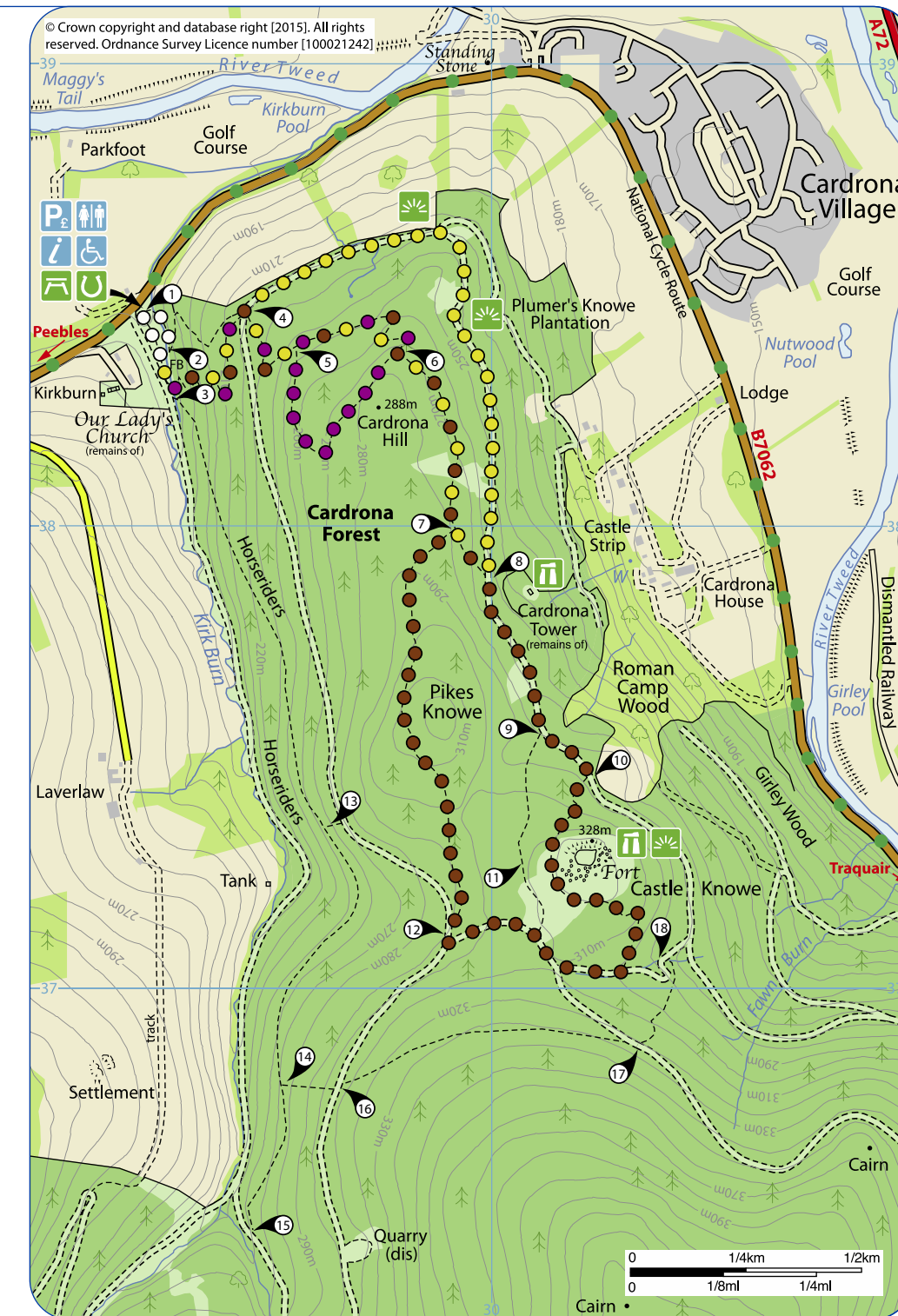
**Largely firm gravel path with some loose stone. Mostly long moderate slopes with a steep section. Includes two kissing gates, a bridge and narrow openings.**



4 miles / 6.6 kms  
Allow 2 hours



Enjoying the fantastic views



## 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.

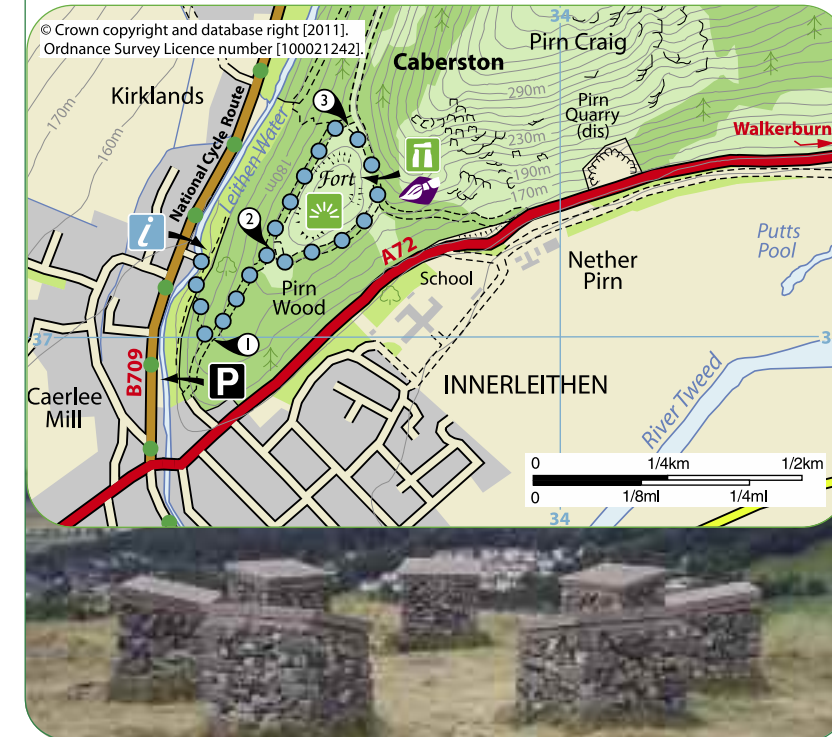
### Pirn Hill Trail

Climb back in time around the Iron Age fort on Pirn Hill. There's an option to include the summit and panoramic views over the Tweed Valley.

**Uneven earth and grass paths. Includes short steep sections with loose gravel.**



¾ miles / 1.4 km  
Allow ¾ hour



Sculptures by local artist Mary Kenny, mark Innerleithen's history

## Information Centre

Tweed Valley Forest Park

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 7stones mountain biking routes are covered in separate publications, further details from: [www.7stonesmountainbiking.com](http://www.7stonesmountainbiking.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.

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

### 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:
  - Location of the incident
  - Number of people in the party
  - Any injuries (if there are ask the Police to inform the Ambulance Service)

### What the map symbols mean

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

#### KEY TO MAPS

	Forestry Commission land		Parking
	Forestry Commission woodland		Parking (charge)
	Other woodland		Easy-access facilities
	Main road		Toilets
	Secondary road		Information
	Minor road		Viewpoint
	Forest road		Picnic area
	Track		Horse riding
	Footpath		Historic monument
	Forest trails (colour coded)		Cafe/refreshments
	Post number		Wildlife viewing
	National cycle route		Bothy
	Southern Upland Way		Bike hire
	Start of forest trails (detailed on trail maps)		Bike wash
	7stones bike centre		Showers
	Artwork in the forest		Tree Top Adventure
	Other points of interest		Non FC parking

## 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.

### Meadow Trail

A gentle meander with plenty of places to sit. Spot the butterflies this forest is renowned for, or the anthills on the edge of the pines.

**Largely firm gravel surface, with some loose stones. Some short moderate slopes and a few steeper ramps. Regular seats along route.**



½ mile / 1.0 km  
Allow ¼ hour

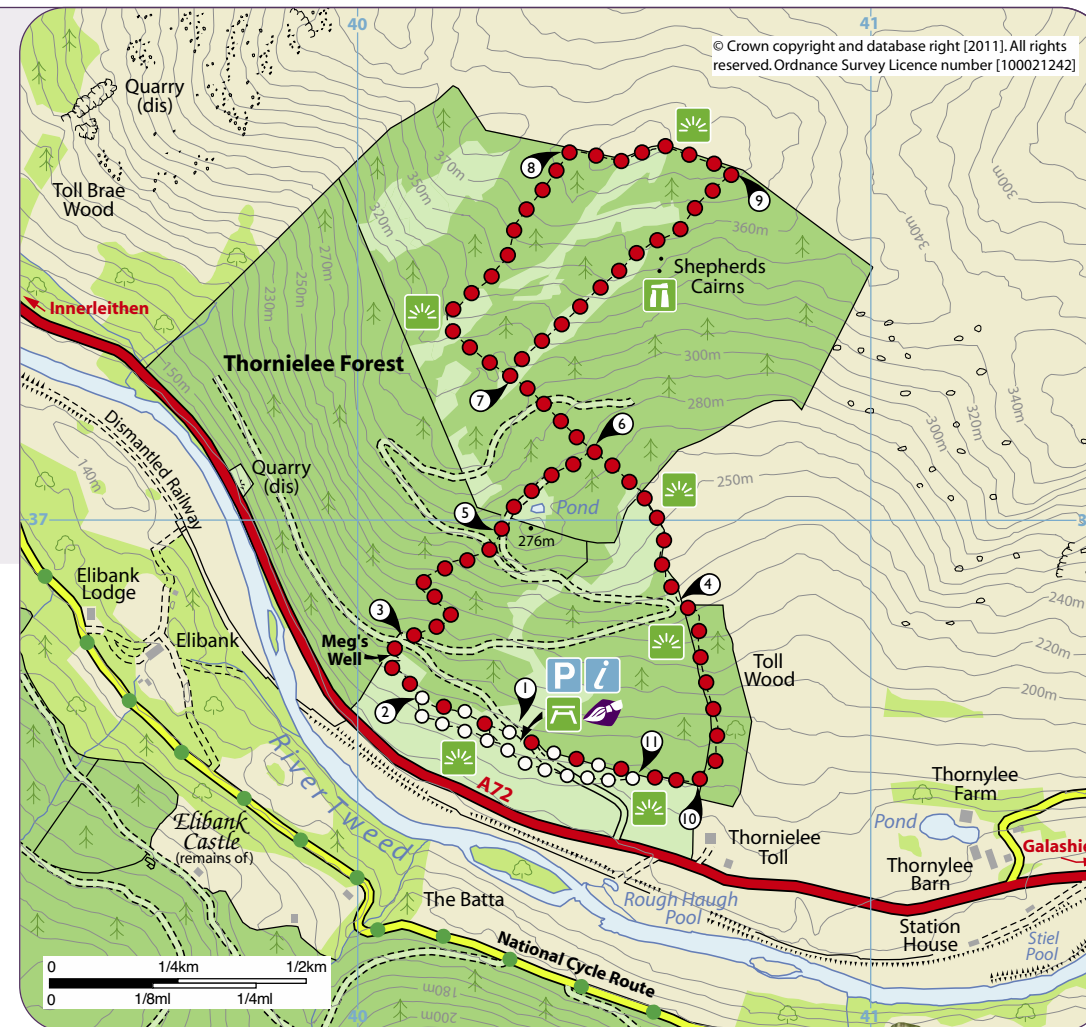
### Cairns Trail

A long climb to the top of Thornielee Forest is rewarded with magnificent views. Pass the mysterious Shepherds Cairns.

**Rough earth and grass paths with exposed tree roots and several muddy sections. Long steep slopes for up to 500m.**



2 ½ miles / 4.1 km  
Allow 1 ½ hours



Muckle Mouth Meg Small Copper butterfly

## Yair

An ancient woodland

Map 6

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

### Glenkinnon Biodiversity Trail

Starting by the 500-year old Glenkinnon Oak, explore an ancient woodland of ash, alder and oak.

**Largely uneven earthy and grassy surface. Narrow paths with a number of bridges. Some steep slopes on uneven ground.**



1 mile / 1.6 km  
Allow ¾ hours



Bridge over the River Tweed in winter © VisitScotland



The Three Brethren Cairns © Stuart Ruffell

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.

