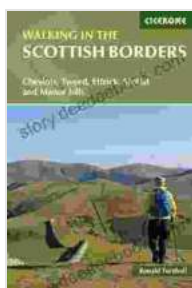


Walking in the Scottish Borders: A Comprehensive Guide to the Region's Best Trails and Walks

The Scottish Borders is a walker's paradise, with a vast network of trails and walks to explore. From gentle strolls along tranquil rivers to challenging hikes amidst towering hills, there's something for every walker to enjoy.



Walking in the Scottish Borders: Cheviots, Tweed, Ettrick, Moffat and Manor hills (British Walking)

by Ronald Turnbull

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages



Getting started

Before you set off on your walk, be sure to check the weather forecast and pack appropriate clothing and footwear. The Scottish Borders can experience all four seasons in one day, so it's always best to be prepared for anything.

It's also a good idea to let someone know where you're going and when you expect to be back. And, of course, be sure to leave no trace of your

visit by taking all your litter home with you.

The best trails and walks in the Scottish Borders

There are hundreds of trails and walks to choose from in the Scottish Borders, but here are a few of our favourites:

St Cuthbert's Way



St Cuthbert's Way is a 100-mile (160-km) long-distance footpath that follows the route of St Cuthbert, a 7th-century saint who lived in the Scottish Borders. The trail starts in Melrose and ends in Lindisfarne, on the coast of Northumberland.

St Cuthbert's Way is a challenging walk, but it's also incredibly rewarding. The trail takes you through some of the most beautiful scenery in the Scottish Borders, including the Cheviot Hills, the Tweed Valley, and the Northumberland coast.

Southern Upland Way



The Southern Upland Way is a 212-mile (340-km) long-distance footpath that runs from Portpatrick on the west coast of Scotland to Cockburnspath on the east coast. The trail follows the line of the Southern Uplands, a chain of hills that run through the south of Scotland.

The Southern Upland Way is a challenging walk, but it's also one of the most rewarding. The trail takes you through some of the most remote and unspoilt scenery in the Scottish Borders, including the Moffat Hills, the Ettrick Forest, and the Lammermuir Hills.

Tweed Valley Way



The Tweed Valley Way is a 55-mile (88-km) long-distance footpath that follows the River Tweed from its source in the Tweedsmuir Hills to its mouth in the North Sea. The trail takes you through some of the most beautiful and historic scenery in the Scottish Borders, including the Tweed Valley, the Scottish Borders Abbeys Way, and the Berwickshire Coastal Path.

The Tweed Valley Way is a gentle walk, making it ideal for families and walkers of all abilities. The trail is also well-signposted and easy to follow.

Lauderdale Way



The Lauderdale Way is a 30-mile (48-km) long-distance footpath that runs from Lauder to Galashiels. The trail follows the River Leader through the beautiful Lauderdale Valley.

The Lauderdale Way is a challenging walk, but it's also incredibly rewarding. The trail takes you through some of the most unspoilt scenery in the Scottish Borders, including the Lauderdale Hills, the Eildon Hills, and the Melrose Abbey.

Planning your walk

Once you've chosen your trail, it's time to start planning your walk. Here are a few things to consider:

- How long do you want to walk each day?
- Where will you stay overnight?
- What food and supplies do you need to take with you?
- What equipment do you need to bring?

Once you've answered these questions, you're ready to hit the trail and start exploring the beautiful Scottish Borders on foot.

Accommodation

There are a variety of accommodation options available in the Scottish Borders, from campsites and hostels to bed and breakfasts and hotels. Here are a few of our recommendations:

- St Cuthbert's Way Camping and Caravanning Site, Melrose
- The YHA St Boswells Hostel
- The Old Schoolhouse Bed and Breakfast, Peebles
- The Three Horseshoes Hotel, Ettrickbridge

Food and supplies

There are a number of shops and supermarkets in the Scottish Borders where you can buy food and supplies. Here are a few of our recommendations:

- The Co-op, Melrose
- Tesco, Galashiels

- Sainsbury's, Peebles
- Waitrose, Lauder

Equipment

The essential equipment you need for walking in the Scottish Borders includes:

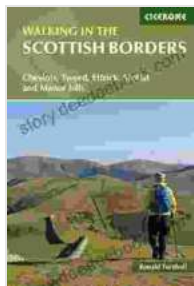
- Comfortable walking boots
- Waterproof jacket and trousers
- Hat and gloves
- Rucksack
- Water bottle
- Food and snacks
- First aid kit
- Map and compass

You may also want to consider bringing the following items:

- Walking poles
- Camera
- Binoculars
- Guidebook

Safety

The Scottish Borders is a generally safe place to walk,

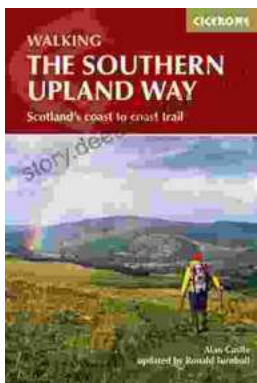


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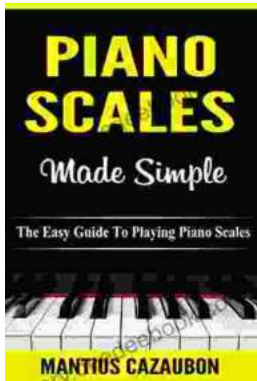
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