Welcome to the Tweed Valley Forest Park

The visitor facilities at Glentress are second to none and provide the ideal base for exploring the wild 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 to take a park or run acrosses as access to Glentress Peel bike? The staff can also offer great advice on the local trails.

And after all your biking or walking excursions, call into Glentress Peel Cafe for a bite to eat and some refreshments.

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.

C C C Ponds Trail

Shuttle around the Glentress ponds, an oasis of calm, lunch and pine that is home to herons, bats and red squirrels.

Firm ground path with regular steps. Short moderate ramps with some loose shotes. Includes a wide looping gate and bridge, and a narrow 0.5km opening.

C C C Glen Trail

Discover the charm of Gleness Burn, passing its seven ponds before venturing through the magnificent Douglas fir 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.

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

Gleness Peel

To explore the varied plantations of Glentress Forest, including characteristic areas of Scots pine, Douglas fir and Norway spruce, and good views across the valley from the slopes of Cardle Hill.

Firm ground 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.

C C C Tower Trail

Climb to the top of Glentress Forest and pass the Iron Age settlement of Shildogyn Tower. Magnificent views over Peebles and Southerope Burn.

Rough earth and grass paths, often narrow. Several long and continuous slopes over 500m. Some short muddy sections.
Here you’ve found the ideal corner of Tweed Valley National 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 butterfly species.

**Tantah’s Trail**
A pleasant stroll through spruce and larch woodslands on an air of the Highlands and few views of Low Pee. Firm gravel path. Long moderate slopes with some short fairly steep sections. Includes two kissing gates, a bridge and narrow openings.

**Pen View Trail**
A beautiful walk through pine and larch woodslands on an air of the Highlands and few views of Low Pee. Firm gravel path. Long moderate slopes with some short fairly steep sections. Includes two kissing gates, a bridge and narrow openings.

**Chairs’ Trail**
A long climb to the top of Thornielee Wood is rewarded with magnificent views. Pass through mysterious Shepherd’s Cains. Rough earth and grass paths with exposed tree roots and several muddy sections. Long steep slopes for up to 500m.

**Bum Trail**
A pleasant shrill through sparse and larch heathlands alongside the gently-rolling Kielder Fern. Firm gravel surfaces with some loose stones. Short sections grassed over. Includes moderate slopes and two bridges 0.8km wide.

**Curmals Trail**
Discover the remains of the Curnals Trail and enjoy beautiful views of the Tweed Valley. Firm gravel path with some short loose stone sections. Includes one kissing gate, a bridge and narrow openings.

**Cairns Trail**
A pleasant woodland walk with many interesting features. Mostly on firm gravel path. Includes two kissing gates, two bridges and a steep section.

**Cairns Trail**
A pleasant walk through the ancient woodland of ash, alder and oak. Includes two kissing gates, a bridge and narrow openings.

**Pilots’ Trail**
Heads down into the forest to discover the remains of Cairns Trail and the Iron Age fort at Castle Knowe, as well as fine views over the Tweed Valley – best walked clockwise. Large firm gravel path with some loose stone sections. Mostly on firm gravel path with a steep section. Includes two kissing gates, a bridge and narrow openings.

**Thornielee Forest**
The Forest Park is a major element in the landscape of this beautiful part of Scotland. Covering 4,400 hectares or 10,000 football pitches, it means there’s plenty of space for everyone to enjoy themselves!

**Information Centre**

Forest and Land 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 the 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 4,400 hectares or 10,000 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.

---

**Yair**
Year, the old Scots word for fish trap, is thought to give this forest its name, as King Malcolm in 1164 granted the monks of Kelso 8 acres of land and the right to build a fish trap here.

---

For a longer walk, follow part of the Southern Upland Way Scotland’s coast to coast routes through the Three Border Cairns. In the 1500s, the laird of Yair, Sallock and Philiphaugh each built a cairn to mark the boundary of their land. Part of this trail follows an ancient path reuse over 10,000 years old drone road.