

SCOTLAND – BIKE THE BORDERS

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DETAILED ITINERARY

Day 1 Thursday, July 16

Bike fitting, Warm-up loop ride

Distance - 15 or 20 miles

Park Hotel, www.parkhotelpeebles.co.uk , 011-44-1721-720-451

We'll meet at the Park Hotel at 11:00 am to get acquainted over morning tea and to fit our bikes. Once comfortable on our bikes we'll set out for the countryside around Peebles and have lunch at the Traquair House, known far and wide for its ale! Back in Peebles, you'll have time to explore and shop before dinner. The walk along the banks of the River Tweed to the 14th century Neidpath Castle is a must – of course Mary, Queen of Scots slept here! We'll visit several other places during the week where Mary slept!



Day 2 Friday, July 17

Peebles to Melrose

Distance - 20 (shuttle), 30 (shuttle), 40 (shuttle) or 55 miles

Burts Hotel, www.burtshotel.co.uk , 011-44-1896-822285



You have the option of doing a half-century today, but only if you chose. The support van and shuttle bus will be with us the entire way. Our biking takes us along the Tweed Valley to St. Mary's Loch. Scotland the Best calls this "some of the most starkly beautiful landscapes in Scotland." We'll first stop at The Crook Inn where Robert Burns recited his poems. We'll have lunch at a Tibbie Shiels Inn, where the 19th century literati Sir Walter Scott and James Hogg often dined. A visit to Bowhill House and Country Estate completes our day before we're whisked away by bus to Melrose and the award-winning Burts Hotel - our home for the night.

Day 3 Saturday, July 18

Melrose to Bonchester Bridge

Distance – 30 miles

Billerwell Farm B&B, www.billerwellfarm.co.uk, 011-44-1450-860656

Horse and Hound Inn, www.horseandhoundbonchesterbridge.co.uk, 011-44-1450-860645

In the morning we bike to Hawick (15 miles) and then to Bonchester Bridge (15 miles) in the afternoon. Today is a very special day for Allen Turnbull. The Hawick Heritage Center will be the scene of the unveiling of the new Turnbull Monument about 12 noon. Robert Bruce, King of Scotland, proclaimed William Rule Sir Turn-e-bull and gave him and his clan land along the River Teviot after he protected the King by turning away a



charging bull while they were hunting. Turnbills from around the globe will gather to dedicate this life-sized statue depicting Robert turning the bull. The celebration that evening will be complete with music, dancing, and great food – all in an outdoor setting on the banks of the River Teviot. The biking routes today are of course incredibly scenic and we'll stop at the Standhill Cheesery to sample some of their award winning cheese. Our homes for the next two evenings are Billerwell Farm and the nearby Horse and Hound Inn in picturesque Bonchester Bridge. This is Scottish country living at its best.

Day 4 Sunday, July 19

Bonchester Bridge Layover Day

Distance – 25 miles

Billerwell Farm B&B, www.billerwellfarm.co.uk, 011-44-1450-860656

Horse and Hound Inn, www.horseandhoundbonchesterbridge.co.uk, 011-44-1450-860645

Sunday is a layover day as we leisurely explore the quiet backroads of the Teviot and Rule river valleys. We'll visit Jedburgh www.jedburgh.org.uk, Monteviot House Gardens, country churchyards, and the Turnbull Tower ruins, Fatlips Castle. Sunday night is pub night as we enjoy the good food and hospitality of the Horse and Hound Inn. Anyone for darts or billiards?



Day 5 Monday, July 20

Bonchester Bridge to Kelso

Distance – 6 mile hike option; 23 miles bike

Inglestone House, www.inglestonehouse.com, 011-44-1573-228899



We start our day by hiking after breakfast and follow the Four Abbeys Way from Billerwell Farm to Jedburgh. Our hillside vantage point before we descend to Jedburgh Abbey will offer fantastic vistas. In Jedburgh we'll take a short shuttle to Melrose, where we'll start biking. Our route takes us by Roman forts, Sir Walter Scott's favorite view in the Borders, Dryburgh Abbey where Scott is buried, the William Wallace statue, and Smailholm Tower. Scott called Kelso, set on the banks of the River Tweed, the prettiest town in the Borders. Visit Floors Castle, visit Kelso abbey ruins, walk along the River Tweed or simply enjoy a beer or cappuccino overlooking the River Tweed at the Ednam House Hotel.

Day 6 Tuesday, July 21

Kelso Layover Day

Distance – 0, 12, 30 miles

Inglestone House, www.inglestonehouse.com, 011-44-1573-228899

Layover Day to explore Kelso, hike along the River Tweed, or browse the delightful shops. Biking options include a short loop in the countryside or a longer spin to Manderston Manor House to experience Edwardian life depicted in the BBC series *Upstairs, Downstairs*. Dinner tonight on your own

Day 7 Wednesday, July 22

Kelso to Cornhill-on-Tweed

Distance - 35 miles

Tilmouth Park Hotel, www.tilmouthpark.co.uk, 011-44-1890-882255

Today we're off to England as we learn a little history as we bike. First we bike through the picturesque villages of Yetholm and Kirk Yetholm and then on scenic backroads overlooking the spectacular Cheviot Hills, a UK National Park. We bike to the Flodden Battlefield 1513 AD) where Scottish King James IV led the charge and lost his life along with 10,000 Scottish warriors, while the British only lost 1,700 in a resounding victory for the English crown of Henry VIII - the brother-in-law of Scottish King James



IV! We'll visit Etal Castle and Ford Castle and have lunch at the Black Bull, the only thatched roof inn in Northumberland County. Along the way we'll stop at Heatherslaw Mill. Since we're in England, let's have a game of croquet complete with Pimm's Cup when we arrive at our home for the last night, Tilmouth Park. We can walk off a few calories after our celebration dinner by trekking to see the beautiful stone Twizel Bridge over the River Till.

Day 8 **Thursday, July 23**
Cornhill-on-Tweed to Berwick-upon-Tweed
Distance - 25 miles



On our final day we'll bike the gentle contours of the land to the North Sea, Holy Island, Lindisfarne Priory, and Berwick-upon-Tweed. Berwick-upon-Tweed changed hands over a dozen times before it finally settled under English control in 1482. Today over 80% of the residents would rather be under Scottish rule! Politics aside, the biking is easy as coast downhill to the Holy Island causeway that is only open at low tide. The force is with us because on July 23, 2009 tides allow us the option to bike onto the island and visit the Lindisfarne Priory. Then it's off before the seas close in and on to Berwick-upon-Tweed following the UK National Coast and Castles Bike Route 1. We recommend spending Thursday night in Berwick at our B&Bs, but trains run every hour to Edinburgh (travel time one hour), or to London (travel time four hours) if you need to be on your way.

WHAT'S INCLUDED

Tour Price \$ 2,095 per person, double; \$ 2,295 per person, single

Payment Schedule

January 30	\$ 500 deposit per person (or upon reserving a place)
April 30	\$ 1,000 due
June 15	\$ 595

Please make checks payable to: Virginia Odysseys LLC.
Address: 109 Woodmere Dr., Williamsburg, VA 23185

Included in the Tour Price

- 7 nights accommodations, 8 days biking
- 7 breakfasts, 6 dinners, 2 lunches and all snacks and drinks for each day's ride
- Full support along the route
- Maps and Cue sheets
- Entrance fees to all planned activities
- Luggage transfers
- Rental Bike
- Experienced guides

Not Included in the Tour Price

- Airfare or travel to/from starting/ending point
- Lodging before or after the Tour
- Admission to optional activities

Cancellations Full refund if cancellation before July 1 (less \$50). Refunds after July 1 based on amount refundable from hotel and travel support vendors.

WHEN, WHERE, & HOW TO ARRIVE

The Start: The Park Hotel, Innerleithen Rd, Peebles EH45 8BA, Phone in Scotland 01721-720451. We'll meet at 11:00 am on Thursday, July 16.

The End: The Walls B&B, 8 Quay Walls, Berwick-upon-Tweed, Northumberland TD15 1HB, Phone in UK 01289-330233. Approximate ending time 4:00 pm.

WHAT TO EXPECT

Accommodations



Lodging will be in hotels, country inns and B&Bs. The accommodations with links to websites are shown in the Overview and Itinerary. All are unique and very comfortable – some are icons in Borders travel such as Burts and Tilmouth Park. Needless to say, we'll sleep very well after our day of adventures both on and off the bike.

Food

We'll also eat well! All meals are included, except for one dinner and several lunches where route and mileage options may prevent the group from all being in the same place at the same time. We'll have a grand Scottish feast on Saturday night to celebrate the dedication of the Turnbull monument. Some meals are four-course dinner with wine in Scottsville, and in Richmond you are free to choose your favorite restaurant. Our breakfasts (Chester B&B shown here) will be ample and supply the needed energy for an active day!



Number of James River Adventurers

The lodging and transportation logistics require that our group size be capped at 14, plus two leaders.

Bikes



Our bikes will be similar to the one shown here. Perth City Bikes (our 2007 bike supplier) will again be providing our bikes. They will be 27- speed with a wide gear range, high pressure tires, and disk brakes. All bikes will be outfitted with water bottle cage, water bottle, map case, lock, and rear rack (not shown). You can bring your own pedals and saddle if desired. Bring a rear bike bag to carry personal items such as your

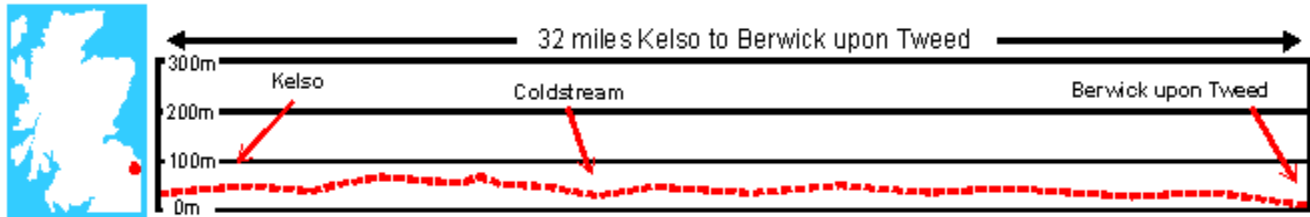
camera, sunglasses, and wallet or purse.

Support Vehicles

Support Vans and trucks will be capable of carrying cyclists and bikes as needed. They will carry luggage, water, snacks, and picnic lunch supplies. The Support Vans will provide shuttle service for some of the shorter mileage options.

Terrain and Miles per Day

The terrain in the Borders is honestly "gently rolling" – we follow the River Tweed as it flows west to east much of the route. Below is a sample elevation profile for Tuesday (from Kelso to Coldstream) and Wednesday (from Coldstream to Berwick-upon-Tweed).



Training and Gear

Train as you normally would, but be sure to test your foul-weather gear beforehand, and be prepared to bike in rain coming off either the Atlantic or the North Sea. We recommend that you bring tights and layers for the weather - even in July. A bright (ex. neon lime green) comfortable rain jacket is recommended.

Climate

Temperatures:	Average High 65° F; Low 50° F
Plenty of Daylight:	Sunrise 5:00 AM - Sunset 10:00 PM
Precipitation:	July average 2.2 inches

BEFORE & AFTER YOUR TOUR

We recommend spending a few days in Edinburgh before or after the tour. Edinburgh is known world-wide as a cultural and historical treasure. You may also want to visit the Scottish Highlands – we'll be glad to offer suggestions based on previous trips to Perthshire, Isle of Mull, Ardnamurchan, the Isle of Skye, and the Summer Isles.

Disclaimer/Responsibility Statement

Virginia Odysseys, LLC acts only as an agent for various independent suppliers that provide accommodations, transportation, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Virginia Odysseys and their respective employees, agents, representatives, and assigns, accept no liability whatsoever for any injury, damage, loss, accident, delay, or other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects, and trip cancellation.