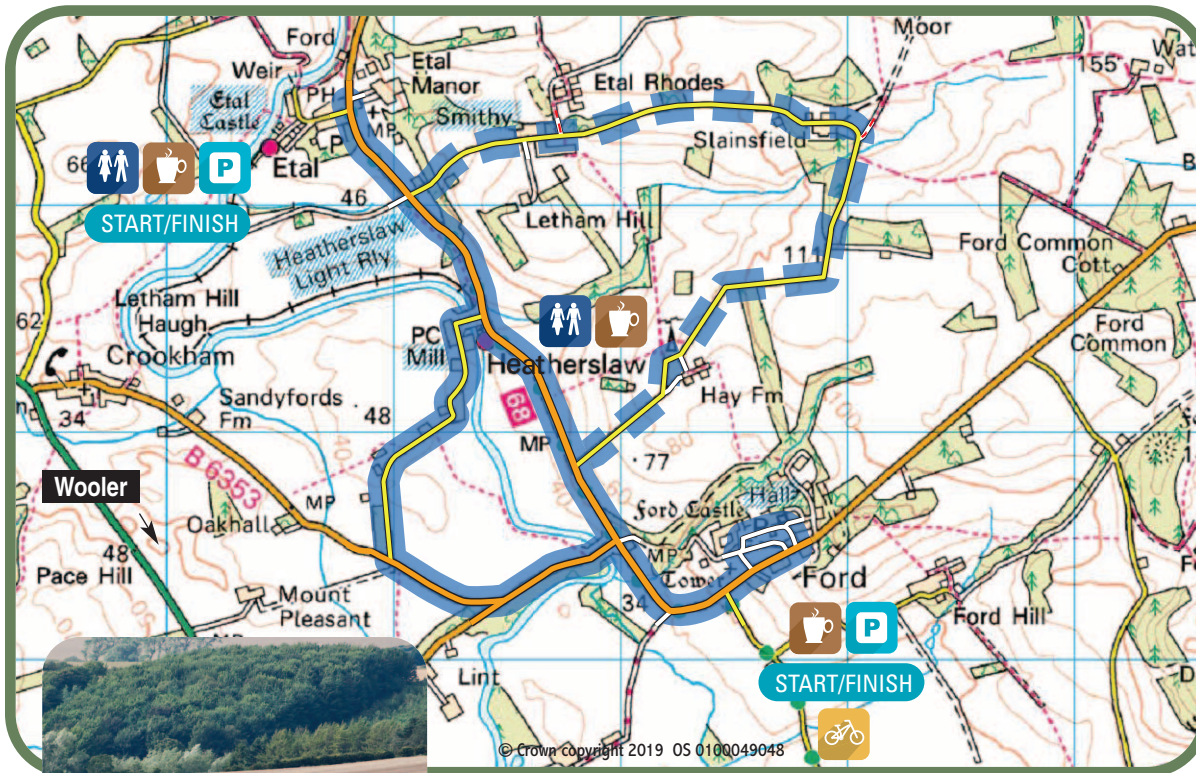
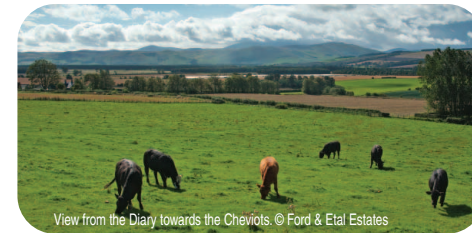


1 A View of the Borders

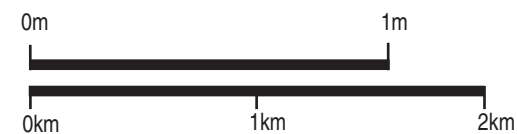
5 miles (8km) to 7 miles (11.3km)

Ford and Etal



An opportunity to ride through the Ford and Etal estate which, from its highest point, offers awe inspiring views of the Scottish Borders and the Cheviot Hills.

- Start/End point car park:** free parking in Ford Village or Etal Village
- Distance:** 5 miles, can be extended to 6.8 miles by adding in Letham Hill
- Bike hire:** yes, in Ford
- Toilets:** in Etal and Heatherslaw
- Where to eat:** pubs and tea rooms across the estate
- Things to look out for:** views over the Scottish border, Light Railway
- Make a day of it:** Etal Castle, Heatherslaw Mill, Heatherslaw Light Railway, Hay Farm Heavy Horse Centre, Flodden Battlefield, Lady Waterford Hall
- Note:** this route has stretches on roads
- More information at:** www.ford-and-etal.co.uk



Cycle advice

- Give way to pedestrians, wheelchair users and horses, smile and say hi!
- Pass slow and wide, to a walking pace or stopping completely if necessary, especially when approaching or passing horse-riders.
- Ride at a speed you are comfortable with so you know you can stop easily in an emergency.
- Watch out for and anticipate others at junctions, bends, entrances onto the path, or any other 'blind spots'.
- Let other trail users know you're coming; a friendly 'Hello', or ringing your bell will let people know you are there.
- If there is a dividing line separating cyclists from pedestrians, try and keep to the appropriate side.
- Put your lights on when it's dull or dark so that people know you're there.
- Always follow the countryside code.

Cycle map: Scale 1:50 000 - 2cm to 1km - 1 1/4 inches to 1 mile based on Ordnance Survey 1:50 000 scale mapping.

Please note: details contained in this publication are based on the latest information available at the time of going to print. Whilst every effort has been made to ensure accuracy of information, it is regretted that no liability arising from omissions or inaccuracies can be accepted.