

Local Activities

There are many things to do in the Scottish Borders and a stay with us will be the perfect base to begin your adventures.

Fishing

The Scottish Borders has everything for the angler. From the internationally famous salmon fishing on the River Tweed itself, to the excellent sea trout fishing on its tributaries; from the rainbow trout in the local lochs to the wilder brown trout in the rivers; and from the coarse fishing of the lower Tweed

Golfing

To escape from the pressures of modern day life, golf in the Borders is the answer. The only stress will be choosing which of the 21 [golf courses](#) to play as the visiting golfer is definitely spoilt for choice.

An area previously recognised for its holiday 9 holes has flourished and now boasts a host of outstanding 18 hole golf courses.

Horse Riding

Scottish Borders history is strongly linked with horses; Border Reivers, Common Ridings and point to point races. The Borders is renowned for having some of the best horse riding country in Britain.

Equestrian events are well represented in the region; with racing - point-to-point as well as national hunt at Kelso Races; Horse trials - the big 3-day event at Thirlestane, as well as many unaffiliated one-day events; Show-jumping/showing - at the Border Union Show.

Ian Stark Equestrian Centre

Walking

The Borders is a land of contrasts - one of Europe's most beautiful unspoilt regions. For the walker, it offers space to breathe clean air. There are rolling hills, extensive mature forests, superb river valleys and interesting towns and villages.

Walking links: A list of local walks from the hotel can be found [here](#) or other routes in the borders include [St Cuthberts Way](#).

Cycling

Surrounded by some of Scotland's most beautiful countryside, the towns and villages of the Scottish Borders make an ideal starting point for some of the region's shorter cycle trails.

Whether it's a five mile route that takes in one of the best places in the Borders to see otters, an eight mile tour of the stunning Berwickshire coast, or a more

challenging 53 mile route passing by three of the region's most beautiful stretches of water, the Scottish Borders has trails to suit all levels of leisure cyclist.

We have a secure bicycle store available for all cyclists staying at the hotel.

For the more adventurous the Tweed Valley Forests of Glentress and Innerleithen coupled with Newcastleton offer some of the best Mountain Biking in the UK and are all part of the 7stanes centres of mountain biking excellence.

Details of Cycle hire are available at the link below:

[Cycle Hire](#)

4 Abbeys route – [click here](#) for details/map

TweedValley route – [click here](#) for details/map

Kelso Races

With fourteen fixtures in the season, [Kelso Races](#) is the home of National Hunt racing in the Scottish Borders. The racecourse is steeped in history, tradition, and utter respect for the sport.

The course itself (much the same as Cheltenham, only smaller) has large, solid steeple chase fences and a long, punishing, uphill run-in. Consequently, many trainers use the January and February meetings as a trial for the Cheltenham Festival and Aintree, bringing top-grade jumpers to the Borders' premier racecourse.