



Glentress

Tweed Valley Forest Park

Facilities



Parking



Toilets



Accessible facilities



Mountain biking



Café

There is a charge to park at some of our sites please refer to our website for details.

Location

Nearest postcode: EH45 8NB

How to get here

The turn-off for Glentress is well signposted on the north side of the A72 between Peebles and Innerleithen.

For the latest on Glentress Visitor Hub opening hours please refer to our website.

Trail Information



Multi-user Trail

Discover great views over the Tweed Valley on this accessible path around Glentress. The Multi-user Trail connects the Glentress Gateway to the café, bike shop, skills area, taster trails and the start of all walking and mountain biking routes.

Wide, firm gravel path with gentle slopes and various resting points.

One section of minor road crossing with a fairly steep side slope. Moderate slope for access between Gateway and café/bike shop.



easy

1 ¼ miles /
2.2 km
Allow
¾ hour

More trail
information
and maps
on pages
2 and 3





Trail Information

All trails are accessed by following the shared, Multi-user Trail first. The Multi-user Trail is marked with a brown line on the map and trail distances below include this Multi-user Trail section.

All trails cross or include forest roads, look out for vehicles and other users.



Ponds Trail ○○○

Stroll around the enchanted Glentress ponds, an oasis of ash, birch and pine that is home to herons, bats and red squirrels.

Firm gravel path with regular seats. Short moderate ramps with some loose stones.



easy

**1 ¾ miles /
2.6 km**
Allow
1 hour



Glen Trail ●●●

Discover the charms of Glentress Burn, passing its serene ponds before winding through the magnificent Douglas firs above.

Numerous short steep slopes with some loose gravel. Some narrow and uneven earth sections with exposed tree roots and some narrow openings.



moderate

**2 ½ miles /
4.1 km**
Allow
1 ½ hours



Buzzard's Nest Trail ●●●

Explore the varied plantations of Glentress Forest, including characterful areas of Scots pine, Douglas fir and Norway spruce, and good views across the valley from the slopes of Cardie Hill.

Firm gravel and earth surface with loose and uneven sections. Long steep slopes for 400m. Includes some narrow openings and steps.



strenuous

**4 ¾ miles
/ 7.6 km**
Allow
3 hours

Explore Further

From Glentress Gateway ●●● follow the yellow Buzzard's Nest Trail waymarkers to the start of the following routes.



strenuous

Time Trail (Temporarily closed) ●●●

2 ¼ miles / 3.8 km

Allow 1 ½ hours from Buzzard's Nest.

Add an extra 3 hours if walking from Gateway.

Get a glimpse of our Iron Age past on this delightful high level promenade above the Tweed Valley, with spectacular views over Peebles to the Caddon Hills. Mostly firm gravel surface. Some sections of uneven earth and grass with exposed tree roots. Long moderate slopes with some steeper sections.

Tower Trail ●●●

9 miles / 14.3 km

Allow 6 hours from Buzzard's Nest.

Add an extra 3 hours if walking from Gateway.

Climb to the top of Glentress Forest and pass the Iron Age settlement at Shieldgreen Tower. Magnificent views over Peebles and Soonhope Burn. Rough earth and grass paths, often narrow. Several long and continuous steep slopes for over 500m. Some short muddy sections.

The map for these trails can be found on page 3



Glentress map

