



TRIP: Border Patrol
ACCOMMODATION: Lodge, B&B
TECHNICAL GRADING: 3
ENDURANCE GRADING: 3

Borders backcountry meets Tweed Valley enduro! This week-long Border Patrol mountain bike tour straddles mile-upon-mile of interconnecting valleys, hills and glens that make up the Tweed Valley and its neighbouring glens.

Enduro, all-mountain, backcountry – whatever you like to call it - this trip has a healthy slice of everything that is your beloved mountain biking in one of Scotland’s most popular mountain bike destinations.

PLEASE READ THE NOTES BELOW TO ENSURE YOU KNOW WHAT TO EXPECT AND TO BRING.

MEETING POINT AND RENTAL BIKE (& GLENTRESS TRAIL-HEAD) LOCATION

Your meeting point on Saturday is [Glentress Peel Cafe](#) at 13.00 hrs where you will meet your awesome guides and the rest of the crew over a coffee. We’ll give you a run-down of all the fun riding we’ve got planned for the rest of the week.

Be ready to ride with bike and full kit on. You will be heading out for an afternoon spin to kick off the start of your trip!

Any hire bikes can be picked up at Alpine Bikes which is next door to Glentress Peel Cafe. Come a little earlier to get set up on your bike so you are ready to ride for the afternoon.

Glentress Peel Cafe/ Alpine Bikes
Glentress
Glentress Forest
Eshiels
Peebles, EH45 8NB

[Location](#)

Glentress Peel cafe contact: 01721 724 571
Alpine Bikes contact: +44 (0) 1721 724 522

Go-Where Scotland

Old Staging House, Millbank Road, Clovenfords, Selkirkshire, TD1 3LZ, Scotland, UK
T: +44 (0)1896 850361 | M: +44 (0)7713152855 / 1773 | E: info@go-where.co.uk

SAMPLE ITINERARY

(please use the [hyperlinks](#) for maps/directions)

Saturday

Today we welcome you to the Tweed Valley!

We'll be riding right from the cafe so after coffee we'll be hitting the trails and giving you a taste of what we love to ride in this area. You'll catch a glimpse of why this area has become recognised as one of the UK's best mountain biking destinations – on this trip you'll be sampling the trail delights beyond (and hidden within) the awesome trail centre network.

After your ride you will head over to your accommodation which is only a two minute drive from Glentress Forest in Eshiels. Details of how to get there are provided below.

Sunday

Saddle up for a 'three sandwich' kind of day – the variety of riding here is huge, and today you'll earn your fill with an epic backcountry mission including some big climbs and equally long descents guaranteed to keep you on your toes. You'll get the best views across the valley!

We'll finish off with a well-deserved beer back at the Trail House.

Monday

Good morning!

Today we'll be using a little less leg power than yesterday to access those tasty descents in Innerleithen – our friends at Adrenalin Uplift will be stepping in to shuttle everyone to the top of mountain bike heaven.

This means lots of descending ALL DAY with a coffee and cake stop in between uplifts. Innerleithen has the best mountain bike friendly cafes in the Valley!

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Tuesday

Five minutes out the door of your fantastic accommodation, you'll be picking up your fourth taste of what's on offer in the Tweed Valley.

Today you'll be in the 'whoop!' zone discovering some of the Tweed Valley's best hidden gems. A combination of built versus natural trails, with a good amount of natural roots and rocks to keep things interesting. After making it down the first trail, you'll be pedalling back up for more!

Wednesday

We've been riding here forever and the mountain biking never gets stale because there's so much to choose from. After a full hearty breakfast, we take a short trip out of the Tweed Valley to one of our favourites – including a loam-rich rollercoaster you'll probably want to do again and again.

There is so much more to offer beyond the Tweed Valley we want you experience it all.

Thursday

With so much riding on our doorstep, we've plenty of time for another dose of fun flowy singletrack goodness to keep your head spinning for weeks...long forgotten tracks we've uncovered over the years of exploring this maze of mountain biking fun.

You'll have definitely found your flow by now so it's time to up it a level and show you some more of the best riding in the Valley.

Friday

Just as you're getting into the groove, you realise it's our very last day...but don't despair! Adrenalin Uplift are on hand again to finish the trip on one more high.

If your appetite for new adventures still isn't satisfied then you'll be relieved to hear we still have some treats in store for you before we say our reluctant goodbyes.

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LUGGAGE / BIKE TRANSPORTATION

- For all trips, there is allowance for one large holdall plus riding backpack per person
 - Regrettably, we do not have provision to store/carry bike bags and boxes during trips but we're happy to assist with arrangements
 - Bikes are securely carried (fully-assembled) and attached to our custom [Burtech](#) trailer
 - We always recommend guest bikes are fully insured
-

ACCOMMODATION

We use the best accommodation available to suit the trip. This is detailed on the trip web pages. Your base for the week is the wonderful [Trail House, Glentress](#)

Trail House
4 Eshiels Steading, Eshiels
Peebles, EH45 8NA

Here you will find excellent biker friendly facilities including laundry, drying room, secure bike garage and bike wash.

For those requesting single or private accommodation – in some instances, where this is available – an additional supplement may be chargeable.

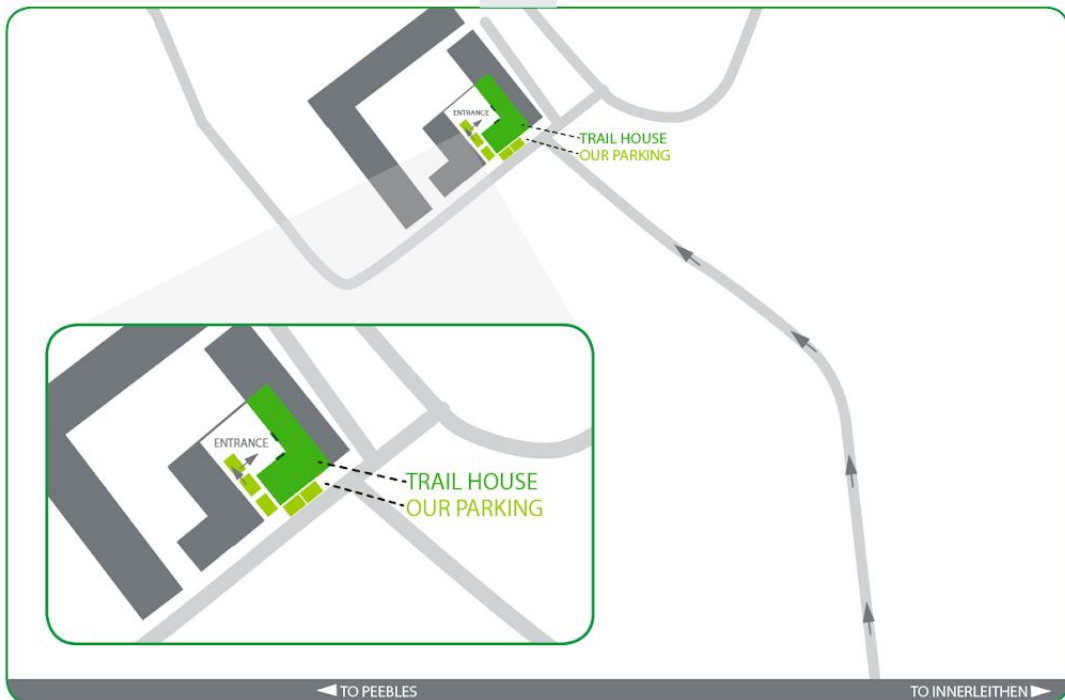
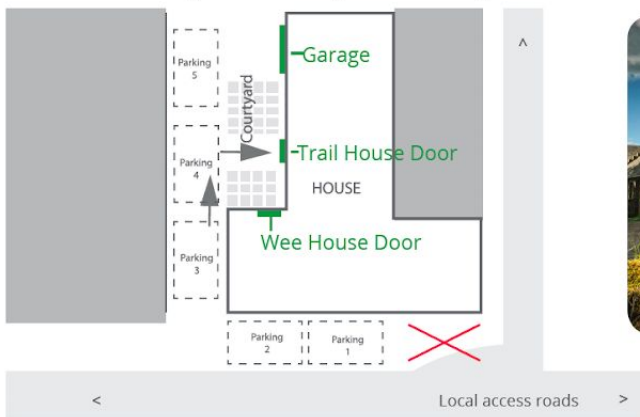
Trail House Parking

ARRIVAL ACCESS/PARKING

When you arrive at the House you'll see a sign. The **entrance is to the left** of this. In the gap between two buildings. This will bring you into the courtyard. The door for the Trail House is up 2 steps. The Wee House front door is in the corner on your right.

Parking is in the allocated spaces below (1-5). Please don't park in any other places as these are private to the neighbours homes. It is important you also park close to the side of the Trail House, leaving access in all directions.

Please don't park past the Trail House sign as this blocks the road for larger vehicles and delivery vans accessing the small bridge.



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FOOD & DRINK

Mountain biking in Scotland means you will be hungry (very hungry!) and there are plenty of opportunities to enjoy great fresh Scottish fayre and of course a dram or two and a fine ale!

- **Breakfasts** Breakfasts are included and are provided on a help yourself basis to set you up for the day e.g fruits, yogurts, muesli, cereals, porridge, juices, breads etc (dietary requirements are taken into account from your booking).
- **Lunches** There will be opportunities for you to buy packed lunch provisions to carry on the rides, or, depending on routes we may enjoy a great cafe stop (your guides will let you know the plan each day).
- **Evening Meals** Some meals are enjoyed in locally selected inns and bistros, and for the rest, provisions will be purchased on your behalf by ourselves to enjoy preparing meals at the beautiful accommodation facilities (your guides will let you know the plan each day).
- **Budget** Overall, we estimate a budget of £20 to £35 per person per day is adequate for lunches and evening meals with refreshments.

Saturday Evening Meal

Our first meal with refreshments is at Trail House - this is our welcome to you (no cost).

Note on Meals

There will be the opportunity to eat out on some nights, use the local takeaways, or if you like cooking, meals can be prepared at the Trail House. The way it usually works is that we all chip in a tenner each to cover the cost of the evening meal and beverages.

Guests are also welcome to use the full kitchen facilities available at Trail House.

Buying Provisions

There are supermarkets nearby in Peebles and Innerleithen where you can buy lunch, snack and alcohol supplies.

DAILY SCHEDULE

Over a beer in the bar, after dinner or breakfast we'll discuss what's in store for the day ahead.

Because the weather plays such a big part in which routes we ride, and for how long we'll be out riding in the mountains, sometimes we have to modify the itinerary. For

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this reason, we do not provide fixed itineraries as we need a degree of flexibility built in. This allows our guides to select the best rides for the prevailing conditions, weather, trail conditions, group fatigue etc and because ascent/descent/distance figures are largely meaningless for the terrain you will encounter.

Your guides are experts in these areas, and have extensive experience; and from the feedback provided by our clientele - providing you with hard and fast trail statistics can be misleading. For that reason, please refer to our own trip gradings for guidance.

Daily ride time vary from 4 - 8 hours, with climbing/descending ranging from 300 - 1000+ metres per day depending on the rides picked by your guides.

TRIP GRADING

Please read the following guidelines carefully to ensure the mountain bike holiday is suited to your skill and fitness. If you are unsure if the trip is right for you, please [contact us](#).

Please note, we use '+' to designate when a trip is at the top of a grading e.g 2+ is just below grading 3 and '++' when a trip grading subsumes all other higher gradings e.g. 3++ would be suitable for 3+ riders as well as grading 4 and 5 riders.

TECHNICAL RATINGS

The Border Patrol trip is recommended for riders at Level 3 (and above).

The goal of the Technical Rating is to understand the ability of the rider as it pertains to obstacles, conditions and trail design. This means it has nothing to do with your physical endurance, but is instead strictly a measure of your technical ability.

Rating: 3

You are a confident mountain biker and have been riding technical terrain for at least 2 years including exposed singletrack and rough landrover track, on uneven, loose and frequent steep gradients, with frequent variation in trail surfaces from rocks to roots. You are comfortable riding on trails approximately 12 inches wide that vary greatly in their stability and may be unpredictable including loose rock. You are comfortable regularly traversing unavoidable obstacles such as roots, rocks, logs and drop offs up to 15 inches tall, and some obstacles encountered may exceed that.

Rating: 4

You are an expert mountain biker and have been riding expert level trails for at least 5 years. You think of yourself as a 'mountain biker' and you already know that the more

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competent a bike handler you are beforehand, the more you'll get from the trip; you're confident riding unpredictable terrain and using bunny hopping and front/rear wheel lifting techniques and relish unpredictable, varied natural ungraded trail surfaces including a mix of flowy and loose rocky or rooty singletrack, landrover tracks, steep technical climbs (including hike-a-bike sections) and descents, frequent rocks, slabs and water bar drainage features.

You are comfortable riding on trails of any width that are highly unstable and are completely unpredictable including loose rock. You are comfortable regularly traversing unavoidable obstacles such as roots, rocks, logs and drop offs well over 15 inches tall, and many obstacles encountered will exceed that. You are comfortable riding any technical trail features that may be present on the trail.

Rating: 5

Level 5 is reserved for our Level 4 Expert riders who live and breath mountain biking and take every opportunity to manual, nose-wheelie and bunnyhop the trails. You love the biggest, most technically challenging trail features - up or down. Speaking of which, you also know that in order to go down, you must pedal (and carry) up and can handle any trail conditions or obstacles identified in Level 4.

ENDURANCE RATINGS

The Border Patrol trip is recommended for riders at Level 3 (and above). The goal of the Endurance Rating is to understand the ability of the rider as it pertains to overall physical endurance.

Rating: 3

You are an avid mountain biker riding twice a week or more, and the weather isn't a big factor for you. You are at an above-average fitness level, and regularly do other activities that qualify as exercise. You usually find yourself riding for 3 hours on the trails, you'll ride on consecutive days, and you ride at a moderate pace.

Rating: 4

You are a very avid mountain biker, who is considered an 'athlete' by friends and only getting out on the trails twice in the week is a bad week for you. Riding and exercising is a frequent part of your weekly routine: you relish sustained challenging riding including long rides of 4 - 6 hours at a moderate pace for four or more days in a row. The weather is never a factor for you, rain or shine - you are riding.

Rating: 5

You are fit! You devour 6 - 8 + hour rides for five or more days in a row. You are an XC or Enduro racer who probably missed their flight to the World Cup / Enduro World

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Series this year because you were too busy training so you opted to come for a ride with us instead. You train on your mountain bike daily, and you are comfortable riding on trails for distances in excess of 60km per day and climbing vertical in excess of 7000 feet in a day. You ride your bike everywhere, in all weather conditions, and would likely enjoy riding in a hurricane.

SUITABLE BIKES

A fully serviced 3 - 6 inch travel full suspension bike with dropper seatpost and hydraulic disc brakes is recommended.

It's entirely possible to take part in our trips on more modest setups or hardtails but we find that over the course of several consecutive days riding, the added comfort and confidence of a full suspension trail bike is a real asset, and enhances the overall experience.

RENTAL BIKES

If you've hired a bike, for your safety and comfort we always recommend bringing your own helmet and pedals.

ESSENTIAL GEAR

Our recommendations are based on many years experience of riding in Scotland, and regardless of season we recommend that you prepare for a wide range of conditions and temperatures – that way you'll be fully prepared and get the most from your trip.

Please also note that mechanical failures do happen (if you're prone to breakages, please bring spares) - so here are our kit suggestions (please note the list is not exhaustive):

- 16 - 20 litre+ backpack (i.e. sufficiently large for you to carry your gear and foodstuffs, plus any group shared kit that will be divided up e.g. storm shelter, long-range radios) e.g. [EVOG](#) Enduro
- Fully serviced bike in good working order with fresh brake pads
- Cash and credit card (access to cash machines is limited in some locations)
- Cycling glasses / protective eyewear
- Cycling gloves
- Cycling shoes (with cleats) or flat pedal trainers (hire bikes come with flat pedals; if you want to use spd's please bring your pedals with you)
- [Helmet](#) is essential
- Inner tubes (Presta valves x 4 minimum) or spare sealant if running tubeless tyres
- Leggings or long trousers (not cotton) for riding
- Padded cycling shorts

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- Personal first aid and medication you require (the office must be informed of relevant medical history prior to the tour)
- Protective Gear (knee/shin pads): we wear soft knee pads as a precaution
- Pump & shock pump
- Riding socks
- Snacks / energy bars / drinks
- Sufficient base layers including long sleeved tops
- Tools / spares / lubricants specific to your bike (including wet lube, brake pads x
- 2 sets minimum, chain power links, gear cables, replacement gear hangers, puncture repair kit, and tyre boot for repairing torn tyres)
- Tyres: dependable robust all-mountain tyres are a must (not flimsy/lightweight XC tyres); tubeless recommended
- Warm clothes: fleece top, lightweight fleece jacket or gilet, warm fleece hat or buff
- Warm cycling gloves e.g. Sealskinz
- Water bottle or hydration system
- Waterproof [jacket](#)
- Waterproof [socks](#)
- Waterproof trousers / [shorts](#)

DESIRABLE GEAR

- Dropper Seatpost
 - Camera (waterproof case is a good idea)
 - Sun protection
 - Lip balm
 - Insect repellent (we suggest 'Smidge') and midge net (hood)
 - Torch or head torch
 - Waterproof overshoes
 - Earplugs (especially useful in group accommodation)
-