

TWEED VALLEY FRINGE

4-13 Aug 2023

ride | play | eat | learn | explore



#POWEROFTHEBIKE



World-class riding and more!

The Scottish Borders has a long-established reputation for hosting some of Scotland's most celebrated events, from the Borders Book Festival and Melrose Sevens to the Jim Clark Rally and the Tour of Britain.

And here in the Tweed Valley, we could not be more honoured to continue this tradition as a host venue for the 2023 UCI Cycling World Championships – the biggest cycling event ever to take place anywhere in the world.

From 6 to 12 August, all eyes will be on Glentress Forest as the world's finest riders compete in the Mountain Bike Cross-Country events, with a total of five rainbow jerseys up for grabs.

It's a perfect fit. After all, Glentress Forest is one of Scotland's most celebrated mountain biking venues, while the Tweed Valley has a proud history of producing some of the country's most talented riders.

But this is a special place both on and off the bike. So, as well as enjoying the action at Glentress, we invite you to discover what makes our year-round activity destination so unique – guided by our Fringe Programme of events.

Take a dip in the river or discover iron age forts in the hills; enjoy themed rides and talks; view community art projects; feast on local food & drink; catch an evening show, live music or even some rugby; try your hand at axe throwing or craft your own gin; put something back for the local trails; or just relax and watch the Tweed Valley world go by.

And best of all, with the Tweed Valley's major hubs all connected by a network of off-road, multi-use paths, you can ditch the car and get around on foot and by bike instead.

We've got a VERY big week coming up – we'd love you to be part of it!



#POWEROFTHEBIKE

Front Cover image:
Southern Upland Way signage above Traquair © Ian Linton Photography

Daily Outdoor Activities at Peebles Hydro Hotel

**All day every day - see website for
time slots**

**Peebles Hydro Hotel, Peebles -
main grounds (Venue no. 8)**

Fancy something other than biking? Come along to Peebles Hydro and take part in one of our outdoor activities including: Mini Land Rovers (3-14 years), Archery (6+), Air Rifles (8+), Axe Throwing (12+) or EZ Raiders (14+, minimum 45kg). Our activities are made for everyone so whether you have never done them before or just need a refresher you are bound to have a good time with our instructors.

Please book online through our website to find out more information and to ensure you don't miss out on the fun we have to offer.

**£ - all sessions have a charge
ranging from £10-£35 and have a
max number for health and safety**
peebleshydro.co.uk/activities/





Fri 4 – Sun 6 Aug **Peebles Rugby Club Festival of** **Rugby, part of the Kings of** **the Sevens**

4th – 6pm to 8.30pm, 5th – 9.30 am
to 1.30pm for Women's and 1pm to
7.45pm for Mens and 6th – 1pm to
5.30pm

The Gytes Leisure Centre, Walker's
Haugh, Peebles, EH45 8GL (Venue no.
7)

The Borders Sevens Circuit is a series of rugby Sevens tournaments held annually in the Scottish Borders and is the oldest Sevens circuit in the world. The circuit is now known as the Kings of the Sevens which Peebles Rugby Club are proud to be part of. Peebles Festival of Rugby features the best of Sevens teams from the Borders and beyond.

The event opens on the evening of 4 August with the U16's, the morning of Saturday has a Women's tournament and the Men's event is in the afternoon. The U18's event is the afternoon of Sunday 6 August.

£ - admission prices are applicable to
each day. Friday 4th - £2, Saturday
5th - £15 and
Sunday 6th - £5
Peeblesrhc.org and
sevens@peeblesrhc.org

Sun 6 Aug **The Peebles Summer Makers** **Markets**

The Drill Hall, Peebles, EH45 8AU

The Peebles Summer Makers Market will have over 30 different stall holders attending. The stall holders are all local small businesses from Peebles and

surrounding areas. The event will also include face painting for the kids and a charity Tombola. All Tombola earnings will be going towards the local group "Cycling Without Age"

Sun 6 Aug to Sun 13 Aug **Summer Cycling** **FREE Bike Hire**

Hike & Bike Hub,
47 Channel Street, Galashiels, TD1
1BJ (Venue no. 15)

There has never been a better time to get back into cycling! Come and hire one of our bikes or e-bikes for a day and see how easy it is to use a cycle for your short journeys around town. If you feel like exploring a little further, we have information about easy routes that you might wish to try. Hire costs are fully covered by the Scottish Borders Council's Community Cycling Fund – all you have to do is turn up (ID required). Helmet, high-vis vest and basic support pack all provided, and all FREE. Bike hire also available Thurs and Sat until 1 October (excl week of 19-26 Aug).

£ - free
Please call [07476 316242](tel:07476316242) or email
info@hikebikegalashiels.co.uk to
book

Sun 6 - Sun 13 Aug
Bosch ePowered Race
Festival @ Riders Retreat
Tweed Valley

8am - 11pm daily
Glentress Hotel, EH45 8NB
(Venue no. 9)

Join us at the foot of Glentress to enjoy great food, drinks, live music and more whilst looking over the iconic Horsburgh Castle. We'll be running our usual great brand of Scottish hospitality with additional tap room and street food tent where you can watch the racing on large TVs. Bike hire is also available if you want to explore the trails whilst here.

£ - free
www.ridersretreatglentress.com

Plus evening entertainment
@ Riders Retreat Tweed Valley

Sun 6 Aug
Bosch ePowered XCM Race
After Party

8am - 11pm

Join us for a great Scottish welcome to the Tweed Valley and CWC 2023. We'll be kicking off with live music, great local beer and iconic views to see in the opening day!

£ - free, but ticketed

Wed 9 Aug
Bosch ePowered E-MTB XC
Race After Party

8am - 11pm

Celebrate the power of Ebikes with Bosch and Loam Club. Enjoy upbeat electronic music, great local beer and iconic views to celebrate the rising dawn of power assisted cycling at elite level.

£ - free, but ticketed

Sat 12 Aug
Bosch ePowered XCO Race
Afterparty

8am - 11pm

Closing the CWC2023 week out in style, join us for the afterparty. Let HeyZeus rock your last night with their unique take on grunge and rock anthems.

£ - free, but ticketed

For all information and booking
for events ridersretreatglentress.com



Riders Retreat -
additional info:

Bike hire is available throughout the championships if you want to explore the trails whilst here.

We will not be taking table bookings during the championships, tables will be allocated on a first come first serve basis. If you have a large group requirement please contact us: **info@glentresshotel.com**

Secure valet bike parking in association with Cube Bikes UK will be available onsite on a first come/first serve basis. Please see our event page for details.

#POWEROFTHETWEEDEBIKE



Mon 7 - Wed 9 Aug Ridelines Kids Champs

Glentress Forest Trails

This 3 day dynamic Mountain Bike course is aimed at kids aged between 7 - 14 providing skills coaching to enhance their riding, confidence and control. Designed to be fun, safe and progressive, we will run this using trails at Glentress, which is one of the venues of the UCI Cycling World Champs.

Age 10 - 14: 10am - 12.30pm
Age 7 - 9: 1.30pm - 4.00pm

£ - £100 per kid for all 3 days. Bikes are not provided
More info and booking – ridelines.co.uk

Mon 7 and Thurs 10 Aug Volunteer Trail Dig Day

9.30am to 2pm
Rendezvous at Leithen Road Car Park, Innerleithen, EH44 6HU
(Venue no. 11)
Driving/Cycling up to the proposed new exit

Get involved building a MTB trail. Working with the Tweed Valley Trails Association (TVTA), you will extend one of the most iconic trails at the Golfie. What's involved? We will be digging in a fresh line, using various hand tools. Be involved in anything from light saw work to heavy digging with a mattock.

Don't worry if you don't have any previous experience, you will be supported by qualified dig leaders. TVTA are a local charitable volunteer organisation with a goal to maintain and improve the trail network across the Tweed Valley. Looking forward to seeing you.

£ - free ticketed event. Volunteers must pre-register to join the dig.

Book for Monday 7 August on eventbrite.co.uk
Book for Thursday 10 August on eventbrite.co.uk

Tues 8 Aug Tales From the Trails

7.30 to 9.30pm
Eastgate Theatre, Peebles
(Venue no. 4)

Inspiring tales of how mountain bike trails are changing places and people both globally and locally.

Developing Mountain Biking in Scotland present an evening of inspiring speakers and films of global and local leaders who will tell stories of how trails are having a positive impact in communities. All profits from the evenings will be put back into our trail network through the Scottish Trail Fund.

£ - as above
eastgatearts.com

Tues 8 – Sat 12 Aug

Scottish Cycling – Ride the Worlds

The Park Hotel, 2 Innerleithen Road,
Peebles, EH45 8BA (Venue no. 6)

Free come and try session with pumptrack. Free access to bikes and experience coaches.

£ - free

Tues 8 – Sat 12 Aug

Bespoke Cycles Free Bike Parking

The Park Hotel, 2 Innerleithen Road,
Peebles, EH45 8BA (Venue no. 6)

Come and lock up your bike and head into Peebles for food and drinks or a bit of shopping!

£ - free

Tues 8 – Sat 12 Aug

Police Scotland – End Bike Crime

The Park Hotel, 2 Innerleithen Road,
Peebles, EH45 8BA (Venue no. 6)

Come along and get your bike marked and/or registered and find out about the new Police campaign to tackle bike crime.

£ - free

Wed 9 and Fri 11 Aug

Late Night Shopping! Peebles Business & Retailers Association (Venue no. 3)

Peebles

Peebles has a thriving town centre and High Street, awarded the best in the UK, filled with beautiful & unique independent shops & cafés.

Welcome to Peebles - Wednesday 9 August - Shops open until 9pm. Unwind after a day watching/participating in the racing and come and browse through the local shops & recharge in one of our eateries.

Shopping Festival - Friday 11 August - Shops open until 9pm alongside live street music from local musicians. Kick the weekend off in style with a little retail therapy and enjoy the festival vibe!

£ - free, no tickets required

Thurs 10 Aug

Be Nice, Say Hi

10am – 12noon

Edderston Cross Country & Livery Yard,
1 Edderston Farm Cottage, Peebles,
EH45 9JE (Venue no. 2)

Horse riders and bike riders share a love for getting out into the fantastic Scottish countryside. But do you know how best to share the trails with horses? Join The British Horse Society and DMBinS for a fascinating insight into how horses perceive cyclists and to find out how to approach and pass horses safely. Please note no dogs are allowed at this event.

£ - free, but ticketed
[Book on tickettailor.com](https://www.tickettailor.com)

#POWERONTHETRAIL

Thurs 10 – Sat 12 Aug

Riverside Rest

All day activities from 10am on Thursday and Friday

Tweed Green, Peebles (Venue no. 5)

Based within Tweed Green in Peebles, The Riverside Rest provides a range of activities, workshops and educational experiences, a space to relax and a big screen where the live events of CWC will be shown. The programme of activities starts on the Thursday with a mix of yoga classes, breathwork and workshops.

On Friday 11 August the day will be packed with free and fun activities for all the family. There will be plenty of activity for those that just want to drop by and soak up the festival vibe but some of our activities will require to pre-book a spot. As well as loads of free activities booking will be required for:

- **Balance Buddies** - no bike required but get your pre-peddlers racing around our custom track
- **Book Bugs** - free, friendly, fun sessions of songs, rhymes and stories for babies, toddlers, pre-schooler and their families and carers. Each session lasts around 25 minutes and has been designed to support children's development while having fun. Come along and join in the fun
- **Trash Free Trails. Trash Mob Trikes** - a session aimed at riders of trikes and their families or carers. The Trash Mob Academy combines environmental action, stewardship and nature connection with outdoor physical activity in an effort to improve self-esteem, confidence and overall wellbeing of young people. A guided 1 hour ride will set off from Tweed Green at 12.30pm

- **Trash Free Trails. Trash Mob** - a led ride session aimed at young independent riders. A guided 1 hour ride will set off from Tweed Green at 2pm
- **Cycle Skools** - invited riders from the Live Borders Cycle Skools programme can take part in Cycle Ball, a led ride and jumps coaching. All riders will need their own bike and helmet or will need to pre-book access to a bike and helmet.

More info and booking - Borders Bike Fest

No need to book for the following but there will be time slots throughout the day for:

- **Go Ride bike coaching** - 30 minute skills sessions happening every hour on the hour
- **Bouncy, Inflatable fun** - drop by and have a shot on Live Borders inflatables
- **Face painting**
- **Treasure Hunt** - set off on an adventure around the park with a treasure hunt sheet from local club KICC. Return your sheet by the deadline and be in with the chance of winning a prize
- **Big Screen TV** - not just your average T.V come done and view the action on a mobile cinema and fan zone
- **Cycle Speedway** - no bike required for introduction to this fun fast sport

On Saturday 12 August, there are no activities on offer but the big screen will be broadcasting the live races from CWC so come along and watch the action.

£ - free

#POWEROFTHETRIKE



Thurs 10 – Sun 13 Aug **We are Innerleithen**

2- 8pm

**Old Food Store Warehouses,
Traquair Road, Innerleithen
(Venue no. 12)**

This is a photography project designed to showcase Innerleithen's vibrant community and how an organic love of the outdoors and biking has given rise to one of the best cycling destinations in the UK. We expect to have bike demos, a beer tent and visits from the Cleikum Belle Innerleithen's cycling without age trishaw as well as the town's Silver Band and Pipe Band.

£ - free

**Further details from
The Hub Innerleithen CIC**

Fri 11 Aug **The Foo Birds**

7.30pm

**Eastgate Theatre, Peebles
(Venue no. 4)**

The Foo Birds are a vocal-led 5 piece, playing in-the-pocket, move-your-body, soulful sounds (think Corinne Bailey Rae, Norah Jones & Lake Street Dive). The band has collaborated with a host of great artists including Robin Mullarkey (Jacob Collier, Natalie Williams), Harry Fausing Smith (Tom Misch) and Jonny Murray (Mr Jukes, Bombay Bicycle Club).

£ - £15-£17

Booking - eastgatearts.com

Fri 11 Aug **Bike and Bantz** **Women and Girls MTB ride**

6pm

**Innerleithen Trails Car Park,
Innerleithen (Venue no. 14)**

Join two local MTB groups, the FNY Collective (women's MTB) and MissAdventures (girls MTB) for a Friday evening ride around the trails of Innerleithen. There'll be an easy and an intermediate ride so something for everyone. The rides will last around 2 hours so make sure you're happy on your bike for that long and familiar with riding MTB trails. It's free but you'll need to get a ticket. Bring cash for a bite to eat after for a social at Adrenalin Uplift's Worlds Weekender at the Innerleithen Trails Car Park, Innerleithen.

£ - free, but ticketed

More info -

www.theFNycollective.co.uk

Fri 11 – Sat 12 Aug **Garden BBQ at Coltman's**

Garden open 10.30am - 10pm

(BBQ 6-7pm)

**Coltman's, 71-73 High Street,
Peebles (Venue no. 3)**

We'll be cranking up the BBQ in our garden. The perfect place to chill out and tuck into some tasty scan! Booking essential.

£ - as per menu on the day

More info www.coltmans.co.uk/

Fri 11 – Sun 13 Aug
Adrenalin Uplift's Worlds
Weekender

Innerleithen Trails Car Park
(Venue no. 14)

Uplift running from 10am to 4pm
daily, live music in evenings,
schedule TBC, please check.

Join Adrenalin Uplift from Friday 11th August to Sunday 13th August 2023 down at the Innerleithen Trails Car Park for the ultimate mountain bike festival. Adrenalin Uplift's Worlds Weekender will be action-packed with fun for all the family featuring top brands such as Specialized, Marin and Fox, live music, live streaming of the UCI World Championships, airbag, bike demos, uplift and local food and brewers.

£ - for uplift, event free to enter
More info - adrenalinuplift.co.uk/

Sun 13 Aug
Women MTB Social Ride

10am - 1pm

Starts at the FINDRA HUB in
Innerleithen, EH44 6HD
(Venue no. 13)

This event will take a lovely scenic route from Innerleithen to the Glen Estate, cycling past the house and through the valley until we drop down to the beautiful and very magical Loch Eddy. A stunning little spot, hidden away at the foot of the valley where we can refuel whilst we take in the view. We will then continue through the valley cycling up past Glen House as we head back to FINDRA where you can enjoy a coffee and a well-earned slice of cake at the FINDRA Hub.

This ride is suitable for intermediate riders, a good level of fitness is required. The only technical riding is the section coming down into the foot of the valley at Loch Eddy. This can be walked with your bike.

The terrain is a mix of road, off-road forestry road, and single track.

£ - free, but ticketed
More info and booking -
eventbrite.co.uk



#POWEROF THE BIKE



Sun 13 Aug **Peebles Show**

8 am to 6pm

**Nether Horsburgh Farm, Cardrona,
EH45 8NE (Venue no. 10)**

Peebles Show, a traditional agricultural event that has evolved into a great family day out. There is a huge variety of livestock to see, cattle, sheep, heavy horses and donkeys, and also a large equestrian show, including show jumping. This year entertainment is provided by the "Sheep Show", where you will meet dancing sheep, and the "BMX Show" stunt team. Shopping opportunities include local crafts and foods and a range of catering options from hog roasts to cakes and ice cream.

There is plenty to do for the whole family, in the education area, alpaca walks and funfair.

**£ - Adult £12.00,
Youth £8.00,
Adult Concession £8.00,
Family Entry £30.00,
Membership: £20.00**

**Car Parking: £5.00,
Ring Side Parking: £20.00
(strictly limited and weather
dependent)**

More info – peebles-show.co.uk

Sun 13 Aug **Garden Tour – Dawyck Botanic Garden**

2pm

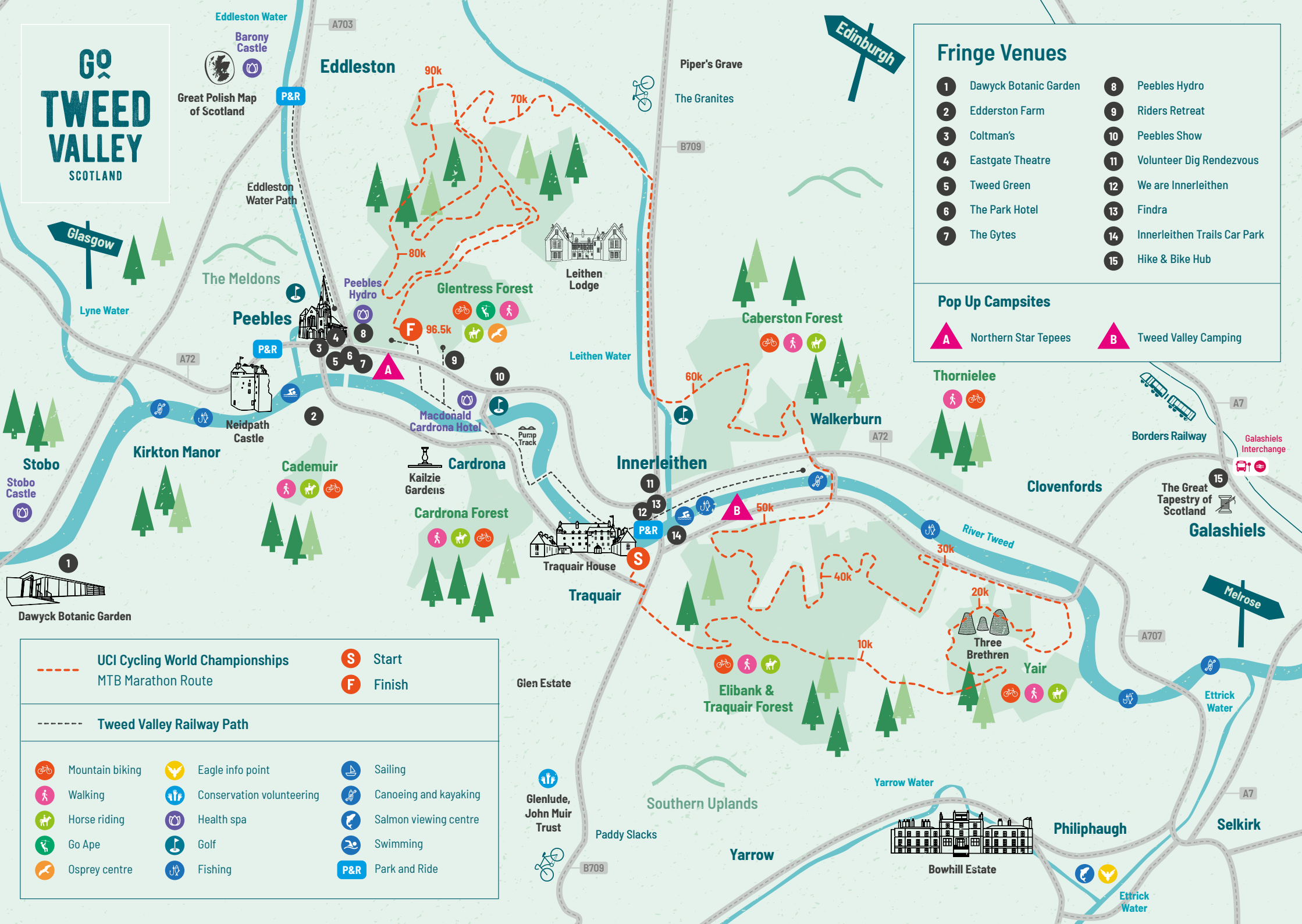
**Dawyck Botanic Garden, Stobo,
near Peebles, EH45 9JU
(Venue no. 1)**

Join a garden guide for a tour of the garden and see seasonal highlights. Nestled in the picturesque Scottish Borders, Dawyck is home to one of Scotland's finest tree collections and to an abundance of plant treasures from Nepal, Chile, China and more.

**£ - free with normal garden
admission (Adult £7.20, Concession
£6.30 and Children 15 and under
free)**

More info - rbge.org.uk/Dawyck

GO TWEED VALLEY SCOTLAND



Fringe Venues

- | | |
|-------------------------|---------------------------------|
| 1 Dawyck Botanic Garden | 8 Peebles Hydro |
| 2 Edderston Farm | 9 Riders Retreat |
| 3 Coltman's | 10 Peebles Show |
| 4 Eastgate Theatre | 11 Volunteer Dig Rendezvous |
| 5 Tweed Green | 12 We are Innerleithen |
| 6 The Park Hotel | 13 Findra |
| 7 The Gytes | 14 Innerleithen Trails Car Park |
| | 15 Hike & Bike Hub |

Pop Up Campsites

- | | |
|-------------------------------|-------------------------------|
| A Northern Star Tepees | B Tweed Valley Camping |
|-------------------------------|-------------------------------|

--- UCI Cycling World Championships
MTB Marathon Route

--- Tweed Valley Railway Path

- | | | |
|-----------------|---------------------------|-----------------------|
| Mountain biking | Eagle info point | Sailing |
| Walking | Conservation volunteering | Canoeing and kayaking |
| Horse riding | Health spa | Salmon viewing centre |
| Go Ape | Golf | Swimming |
| Osprey centre | Fishing | Park and Ride |

S Start

F Finish

EVENT SCHEDULE

#POWEROFTHEBIKE

Fri 4 August	Sat 5 August	Sun 6 August	Mon 7 August	Tues 8 August	Wed 9 August	Thurs 10 August	Fri 11 August	Sat 12 August	Sun 13 August
Peebles Hydro – activities on offer daily									
Peebles Rugby Club Festival of Rugby – King of 7s			Hike & Bike Hub, Gala - Summer Cycling Free Bike Hire						
Riders Retreat – daily activity, plus evening entertainment on Sunday 6th, Wednesday 9th and Saturday 12th									
Ridelines Kids Champs									
Volunteer Trail Dig Day				Volunteer Trail Dig Day					
				Tales from the Trails					
Scottish Cycling – Ride the Worlds									
Bespoke Cycles – free bike parking									
Police Scotland – End Bike Crime									
Welcome to Peebles						Peebles Shopping Festival			
Be Nice, Say Hi									
Riverside Rest, including Borders Bike Fest									
We are Innerleithen									
								The Foo Birds	
								Bike & Bantz	
								Coltman’s Garden BBQ	
Adrenalin Uplift’s Worlds Weekender									
								Findra Women MTB Social Ride	
								Peebles Show	
								Dawyck Garden Tour	



#POWER TO THE PEOPLE

WELCOME TO THE
TWEED VALLEY
SCOTLAND'S
YEAR-ROUND
ACTIVITY
DESTINATION!

GO
TWEED
VALLEY
SCOTLAND

WE INVITE
YOU TO:



Travel slow
(walk, ride,
paddle)

Ask questions -
we're a friendly bunch



Stay
longer



Give back -
see our
voluntourism
opportunities

Use local
guides for
a richer
experience



Use green
accommodation



Be considerate
of our
communities

Leave
no trace



Eat, see
and buy
local



Have fun
... and come back
again soon!

FIND OUT MORE AT:
WWW.GOTWEEDVALLEY.CO.UK




NatureScot
Scotland's Nature Agency
Buidheann Nàdair na h-Alba

Supported by NatureScot, through the
Better Places Green Recovery Fund



Further info

Not sure where to start? Then drop into the Go Tweed Valley Visitor Information Centre on Peebles High Street for a chat, or visit gotweedvalley.co.uk

There is also a host of information about the World Champs and the wider south of Scotland at:

glentress2023.com
scotlandstartshere.com
visitscotland.com

Scottish Borders Council and partners take no responsibility or liability for any errors or omissions in this document. Please check details prior to attending an event.

