

Social Events

Sunday 4th September

Official Opening - Festival is opened at 9.30am by piper. Officially declared open by Galashiels Braw lad and Lass, John and Abbie.

Afternoon Tea - following the end of the first day of walks at the Focus Centre.

Monday 5th September

The Big Walking Festival Quiz at Quins Restaurant, Galashiels (7pm) with Chips and Dips. Lots of great prizes to be won. £4 per head.

Tuesday 6th September

Stow Craft and Chat from 2pm till 4pm - following Stow Walk It.

Tuesday Evening 7pm Focus Centre

Mark Nicol from Discover Scottish Borders talks everything Borders with great in-depth knowledge and a bit of banter thrown in. Followed by a good old game of Bingo. £8

Wednesday 7th September

Stow Afternoon Tea at the Roundhouse Cafe.

Galashiels - time for a chill out... kick off your boots and check out the Great Tapestry of Scotland.

Thursday 8th September

Beer Tasting, Nostalgic Disco and Karaoke - nibbles provided and ladies and gentlemen why not put a stitch in the new Galashiels Tapestry Panel and have your name recorded for prosperity. Galashiels Focus Centre £10 per head

Friday 9th September

Stow - Themed dinner at the New Station House.

Saturday 10th September

Focus Centre Concert - starring the Jockuleles and final farewells and thanks. £10 per head.

Refreshments will be available at the Focus Centre and at the Station House every afternoon except Wednesday. Stalls from local companies, organisations and crafts will be available in Galashiels and Stow all week.

All events at the Focus Centre in Galashiels are open to the public as well as walkers. For booking walks and social events please contact Tracey on 07547 024 592.

Further Info

A big welcome back to walkers that have previously joined us for our walking festivals and we look forward to seeing some new faces on our 2022 Scottish Borders Walking Festival week this year hosted by Galashiels and the Village of Stow.

Walks will be led by enthusiastic local walk leaders, with lots of walking experience and with a wealth of local knowledge.

How do I buy a ticket?

Go to www.galawalk.co.uk

Tickets are available through Eventbrite.

On the '2022 Walks' page you will see what walks we are leading, under each walk is a link that will take you to the page where tickets are available from. At time of booking Eventbrite will request **your** telephone number, this is taken so that we can contact you before (or even during) the event. Eventbrite will also request an emergency contact number, this number **should not be your number**, it should be someone we can contact on the day of the event.

Registration

Please arrive at the walk registration centre or the specific walk start location for your walk at the time given.

Many walks, including all with transport provided, start at The Focus Centre Galashiels TD1 1DQ. However to reduce travel costs etc this year some walks start and finish at other locations including Stow station for Stow walks. Please check locations and allow time to get to your walk.

What to wear and bring for walks

For the longer walks it is essential that walkers come equipped with suitable footwear clothing and equipment. This may include a fleece, waterproof jacket, walking boots, hat, gloves, bottle of water, high energy food, walking pole, sunglasses, mobile phone. Bring food/warm drink if desired.

Safety Information

We are committed to running the festival safely and appreciate your cooperation with this.

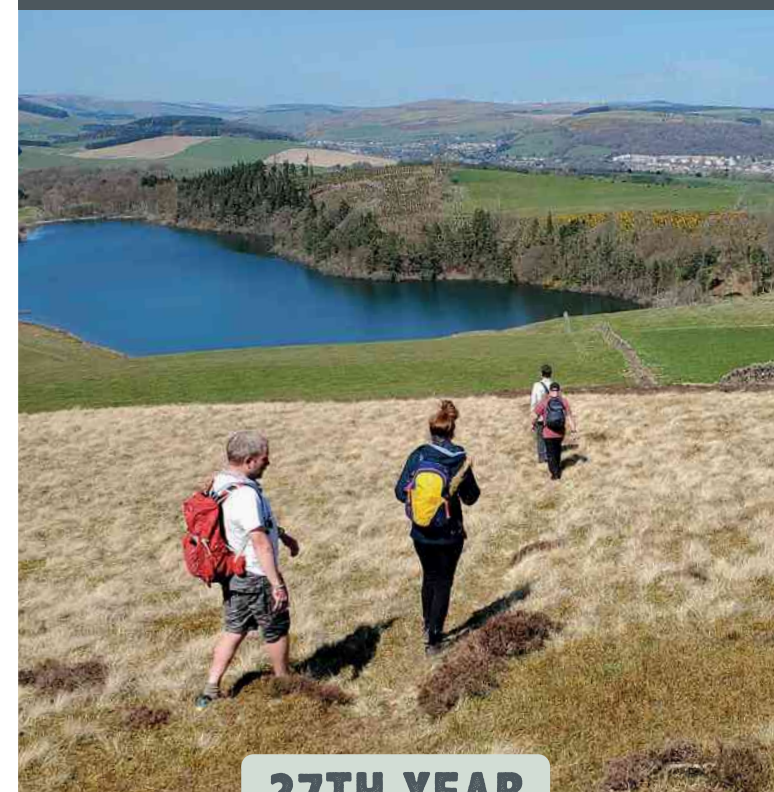
However participants take part in walks at their own risk and we cannot accept responsibility for any accident.

If you have a health condition that you think is relevant please make the leaders aware of this prior to your walk.

SCOTTISH BORDERS WALKING FESTIVAL

GALASHIELS & STOW

4TH - 10TH SEPTEMBER 2022



27TH YEAR

WWW.GALAWALK.CO.UK





WALKING FESTIVAL SCHEDULE

Further information on all walks can be found at www.galawalk.co.uk



Walk Grades
Festival walks are graded to help you choose which ones are suitable to your own ability. Wet weather can result in muddy areas in all grades of walk. Please note that some walks are also labelled as LONG.

- Easy (Yellow)**
Suitable for all ages.
- Moderate (Green)**
Suitable for most people of average fitness.
- Strenuous (Orange)**
Suitable for those with a good level of experience, fitness and stamina.
- Very Strenuous (Red)**
Aimed at experienced hill walkers with a high level of fitness and stamina.

SUN 4TH SEPT

WALK 1.1 Lindean Kirk, Cauldsheils Loch and Fort, Abbotsford	WALK 1.2 Two Towers	WALK 1.3 William Law Circular	WALK 1.4 Melrose to Bowden and back	WALK 1.5 Galashiels Town Trail
This walk will fascinate you with ancient tales of the Galashiels area. The walk will include Lindean Kirk Borders Abbey Way to Cauldsheils Hill Fort and Abbotsford House – home to Sir Walter Scott – and then back to Galashiels.	Walk to Torwoodlee Tower. Cross the Gala Water to Buckholm Tower. A wonderful opportunity to walk through Torwoodlee and Buckholm Estates, one of the oldest landholdings in the Galashiels area.	Starting with a steady climb out of town, this circular walk crosses farmland to Dobies Grave. We then continue over moorland to the reach the summit Trig Point and Huge Bells Cairn. Views over the Gala Water Valley on the return route by Ladhope.	From Melrose follow the Tweed to Newstead and the foothills of the Eildons to Eildon Hall wood and Bowden return on St Cuthberts Way.	A stroll around the Galashiels Town Trail. Hear about the towns history and historic buildings including The Reiver, Gala Aisle and Tea Street.
16 Miles / 9hrs / £11	9 Miles / 5hrs 30mins / £8	9 Miles / 6hrs / £8	8 Miles / 5hrs / £8	3 Miles / 2hrs / £8

MON 5TH SEPT

WALK 2.1 Southern Upland Way - Traquair to Galashiels	WALK 2.2 Windlestraw Law including Seathope Law and Maiden Law	WALK 2.3 Loch Eddy and the Glen	WALK 2.4 Rhymers Glen from Tweedbank	WALK 2.5 Lauder Common	WALK 2.6 Tweedbank, Walkerburn Walk It Monday
A scenic linear ridge walks up through the Tweed Valley Forest Park, along the Minch Moor past the Three Brethren cairns, then down through Yair Hill forest to meet the Tweed and up to a lower level walk through woods and fields.	Starting outside the Henry Ballantyne Memorial Club we will walk along the A72 to the entrance to Caberton Forest. This walk will take in Seathope Law, Maiden Law, Redscar Law and Windlestraw Law.	Walk past Glen House, Far Shepherd at Glenshiel Banks, path to Loch Eddy and return by Quair Water. Roads and field paths.	Walk at an easy pace in woodland, moor, farm and riverside paths. From Tweedbank the route goes to historic Darnick village and ascends by Rhymers Glen to Bowden Moor and to Cauldsheils Loch. Descend past Faldonside Loch and return by the river Tweed and Tweedbank park to return.	An undulating circular loop around Lauder Common, the upland grazing land between Stow and lauder. The elevation gives great views over the surrounding countryside. The route will take in some historical locations spanning from the Bronze age to WWII with a sprinkling of folklore! Terrain grass tracks, rough in places.	Join Tweedbank, Walkerburn or other Walk It walks on Monday Contact details on Walk It web page www.scotborders.gov.uk/WalkIt
13 Miles / 7hrs 30mins / £13	10 Miles / 6hrs 30mins / £13	10 Miles / 5hrs / £13	7 Miles / 4hrs / £8	5 Miles / 3hrs 30mins / £8	2-3 Miles / 1-2hrs / Free

TUE 6TH SEPT

WALK 3.1 Philiphaugh to Gala via Three Brethren	WALK 3.2 Borders Abbey Way - Selkirk to Gala	WALK 3.3 Sunderland Hall	WALK 3.4 Melrose and Eildon Hill	WALK 3.5 Gala Policies and Gala Hill	WALK 3.6 Stow, Darnick, Abbotsford Walk It Tuesday
A fine mix of habitats are encountered on this walk, initially passing through the delightful woodlands on Philiphaugh Estate before traversing the open hill on the ascent to the Three Brethren with its stone cairns and fine views. Then descending through Yair Forest and crossing the River Tweed as we follow the Southern Upland Way in to Galashiels.	Starting at Selkirk High School, we walk up to join Borders Abbeys Way. Terrain is varied: minor roads, fields, way-marked paths. We'll pass Cauldsheils and Faldonside lochs. After crossing river Tweed, we turn along Boleside and follow Southern Upland Way to Gala Hill, then down through Scott Park to the Focus Centre.	Follow the River Gala to the Tweed and then go along Boleside as far as Lindean, and walk through Sunderland Hall estate to cross the A707. A short distance on good forest track brings us down to Yair Bridge where we return along the Tweed to the Old Tweed Bridge and confluence of the Tweed and the Ettrick. We continue to follow the river back to Galafoot.	Walk at a gentle pace from Melrose to Rhymers stone and on to North Hill. Views and wildlife to see. Descend to the saddle and return to Melrose steep gradient on Eildon Hill North.	A short afternoon walk with some climb and rough paths. To Gala Policies woodland, Gala Hill and Scott Park.	Join Stow Walk It or Darnick or Abbotsford or other Walk It walks on Tuesday Contact details on Walk It web page www.scotborders.gov.uk/WalkIt
10 Miles / 6hrs / £13	12 Miles / 6hrs 30mins / £13	9 Miles / 6hrs / £8	4 Miles / 2hrs 30mins / £8	3.5 Miles / 1hrs 30mins / £8	2-3 Miles / 1-2hrs / Free

WED 7TH SEPT

WALK 4.1 St Marys Loch, Captains Road and Loch of the Lowes	WALK 4.2 Southern Upland Way - Lauder to Tweedbank	WALK 4.3 Earlston, Leader Water and Leaderfoot	WALK 4.4 Stow, Galashiels, Clovenfords - Walk It	
One of the most spectacular walks in the Scottish Borders this walk will take you on St Mary's Loch, over the ancient Captains Road. From here we walk up Ettrick Valley and back over to the Loch of the Lowes via the Southern Upland Way.	A lovely, slightly challenging long walk on the Southern Upland Way heading South from Lauder. Along track with views of the surrounding countryside and the Eildon Hills, finishing with a stroll along the river Tweed.	Through Speedys wood and other paths maintained by Earlston Paths Group, along the Leader Water to Leaderfoot. Drycrange Bridge at Leaderfoot are superb views up the river Tweed and of the Leaderfoot Viaduct. Pass Trimontium through Newstead and continue to return to Tweedbank station.	Join Stow WalkIt Galashiels or Clovenfords or other Walk It walks on Wednesday Contact details on Walk It web page www.scotborders.gov.uk/WalkIt	
15 Miles / 8hrs 30mins / £13	11 Miles / 5hrs 30mins / £13	7.5 Miles / 5hrs / £13	2-3hrs / 1-2hrs / Free	

THUR 8TH SEPT

WALK 5.1 Melrose Circular	WALK 5.2 Galawater Valley	WALK 5.3 Meigle Hill and Torwoodlee Estate (including tower and broch)	WALK 5.4 Tweedbank and Abbotsford	WALK 5.5 Stow, Earlston Walk It	WALK 5.6 Trimontium Fort Walk
From Melrose we will walk to the Leaderfoot viaduct then on to Eildon Village, then to Bowden village via the Bowden Burn. We will stop to look at Bowden Kirk whose origins date back over 900 years. We will pick up the St Cuthbert's way to go over the saddle of the Eildons and back to Melrose.	An undulating circular walk around the northern Galawater Valley, with fantastic views over Wedale then in the valley for the return leg. We'll walk down through some of the many different land uses around Stow and highlight the work to reduce or improve environmental impact both past and present.	We depart Galashiels and head past Gala Cricket Club before climbing over Meigle Hill to take in the surrounding views. We then walk through Clovenfords and make our way to Torwoodlee estate, home of the Pringle family. We will have the chance to explore the 2000 year old broch on the estate before making a stop at the 400 year old Torwoodlee Tower. From here we make our way back to Galashiels.	From the station cross at the roundabout and head for the start of the Dave Solway wood. Go through the wood, come out and go left to the roundabout, cross and take the path to Abbotsford. Toilets at Abbotsford. Walk Abbotsford paths and come out at bottom gate. Take path under the road and head for the river which will take us back to the station.	Join Stow WalkIt, Earlston or other Walk It walks on Thursday Contact details on Walk It web page www.scotborders.gov.uk/WalkIt	From Trimontium Museum to Trimontium Fort site via the historic Newstead village and return. Find out what life was like at the fort and about the fascinating discoveries made during archaeological digs. Adult booking only. Accompanied children's places are free of charge.
11 Miles / 6hrs / £11	8 Miles / 5hrs / £8	11 Miles / 6hrs / £8	4 Miles / 2hrs 30mins / £8	2-3 Miles / Free	5 Miles / 3hrs 30mins / £7.50

FRI 9TH SEPT

WALK 6.1 Gala Alps	WALK 6.2 Glenkinnon Williamhope and Yair	WALK 6.3 Wallace Statue and Tweed	WALK 6.4 Stow Heritage	WALK 6.5 Friday Walk It	WALK 6.6 Melrose Town Walk
By a country mile this is the longest and most demanding walk of the festival. Take in the major hills that surround Galashiels - known to some as 'The Gala Alps'.	A circular walk with lots of wild flowers and birds to see. From Glenkinnon Burn walk uphill on the historic route to Williamhope and on to Broomy Law. Views from the hills then descend to Yair and return to Glenkinnon Burn.	Follow St Cuthberts Way and Borders Abbeys Way to Wallace statue and continue by the Tweed to Mertoun Bridge. Return via the Crystal Well and Mule Gang and St Boswells for a varied walk with history and riverside wildlife en route.	Exploring the medieval heritage of Stow. Learn about the historic sites you visit along the walk, including St Mary's Well. Terrain: pavement, grass paths and fields. Walk will end at Stow Archive, Stow Town Hall.	Join a Walk It walk on Friday Contact details on Walk It web page www.scotborders.gov.uk/WalkIt Friday walk will include a Clovenfords / Galashiels walk.	Walk with Trimontium Trust guides to learn the story of this famous Abbey town, nestling beneath the iconic Eildon Hills. Learn about the town's medieval past, turbulent times, famous residents and visit local landmarks, including the Greenyards - the famous home ground of the Rugby Sevens. Adult booking only. Accompanied children's places are free of charge.
22 Miles / 10hrs / £13	9 Miles / 6hrs / £8	8 Miles / 5hrs / £8	2.5 Miles / 2hrs 30mins / £8	2-3 Miles / 1-2hrs / Free	3Miles / 2hrs £0mins / £5

SAT 10TH SEPT

WALK 7.1 Peebles, the Meldons and Neidpath Castle	WALK 7.2 Newtown Circular	WALK 7.3 Stow to Galashiels	WALK 7.4 River Gala and Langlee Woods	WALK 7.5 Torwoodlee Mains Estate Walk	WALK 7.6 Trimontium Fort Walk
Starting in the car park at Tweed Bridge, on Kingsmeadows Road, Peebles we head through the Old Town of Peebles. Leaving the town we follow the ancient drove road to the Meldon Hills. After climbing both the White and Black Meldon Hills we follow the old railway, passed Neidpath Castle and back to Peebles.	Under the shadow of the Eildon's follow the Borders Abbeys Way to the historic town of Melrose and the magnificent ruins of it's medieval abbey. Following the footsteps of St. Cuthbert's Way the path gains height towards the hill's saddle before descending across border land back to the start point.	Following in the footsteps of the drovers this peaceful route from Stow to Galashiels takes in the sights and sounds of the Borders landscape. Terrain: grass, paths, tarmac and tracks.	We leave Galashiels and follow the River Gala to its confluence with the River Tweed. We then meander through Langlee Woods. Dating from the 18th century, these woods provide the locals a tranquil walk. Leaving the woods behind we will make our way back to Galashiels.	A morning walk. The walk circles Torwoodlee Mains Hill past cairns, forestry, the broch and livestock. This route highlights the farming and estate management of the land as well as lovely views. Using farm tracks, quad bike paths and rough uneven ground in places.	From Trimontium Museum to Trimontium Fort site via the historic Newstead village and return. Find out what life was like at the fort and about the fascinating discoveries made during archaeological digs. Adult booking only. Accompanied children's places are free of charge.
12 Miles / 7hrs / £11	8 Miles / 5hrs / £8	8 Miles / 5hrs 30mins / £8	6 Miles / 4hrs / £8	5 Miles / 3hrs / £8	5 Miles / 3hrs 30mins / £7.50