

OLD MELROSE ESTATE

Retreat to Nature



WALKS & ACTIVITIES

MAP

MONKS' TRAIL & RIVERSIDE WALK

Visit our website for
more information about
Old Melrose Estate



Old Melrose Estate @oldmelroseestate

www.oldmelrose.co.uk

Old Melrose Estate, Melrose
Scottish Borders TD6 9DF

Our History

The site of Old Melrose is steeped in history. It has been inhabited for over 3,000 years with archaeological evidence indicating bronze age occupation. The Romans arrived in the area around 80AD, building the Trimontium camp on the nearby Eildon hills and racing their horses across the Estate. St Aidan of Lindisfarne established a Celtic Monastery here in 640AD. Its most famous inhabitant was St Cuthbert who was born in 634 within a few miles of Old Melrose. After his death he became one of the most revered Medieval Saints with pilgrims coming from all over England and Europe to visit the sites and shrines associated with him.



Trails & View Points

The Monk's Trail is a 25 minute or 40 minute circular woodland and riverside walk that starts at the tearooms and enables visitors to the tearooms to follow in the footsteps of the monks who lived here 1,300 years ago. The main route follows the path that would have been taken by the monks walking from the Old Melrose Monastery to Dryburgh Abbey in the distant past. The path no longer crosses the River Tweed at the aptly named Monks' Ford as the monks would have done on their way to Dryburgh Abbey. Instead it weaves its way back to the tearooms through the woods.



Follow in the
footsteps of
the monks
who lived here
1,300 years ago.



Sensory Trail

Our Sensory Trail has been designed to allow both adults and children to explore the woodlands and immerse themselves in its nature using all their senses. The trail consists of 27 challenges which have been set to help open visitors' eyes to the shapes, textures and colours of nature whilst exploring the sounds and smells that surround them. Challenges include 'Try and mimic the birdsong you hear', 'Go barefoot and find something wet or soft to stand on' and 'Hug the bark of three different trees and describe how they feel'.

Fun for all ages!



While you
walk...
why not try
some of our
suggested
activities
along the
way.



Interpretation Panels

Our six interpretation panels which have been placed along the Monks' Trail have been designed to provide visitors with information on different aspects of the nature at Old Melrose and include details of the roles played by Pollinators, Minibeasts and Trees and the challenges facing them. The panels also look at the importance of conservation within the countryside and how the different habitats found at Old Melrose work together to provide the biodiversity needed for a balanced ecosystem.



What you will see

Old Melrose is home to a wide array of wildlife as well as an abundance of flora and fauna. Along the riverside you can find kingfishers, herons and otters whilst salmon and trout can be spotted below the surface. The woodland habitat is ideal for badgers, barn owls, woodpeckers and roe deer and the pond provides a home for frogs, dragonflies and duck. The Estate's peaceful and secluded landscape is key to its appeal. There are trees which are over 300 years old and our conservation work is focused on habitat improvement and protecting biodiversity and wildlife through an active programme of nature conservation.



Visit the Tearooms

The Courtyard Tearooms are set in a converted farm steading. The tearooms itself was a cottage lived in up until 1940 by the two dairy maids who looked after the Estate's Jersey cows and processed their milk into butter, cream and cheese. The buildings and cobbled courtyard provide a wonderful setting for a cup of tea or coffee followed by a stroll along the Monks' Trail and down to the river. A range of toasties and soup is served for lunch and delicious cakes and scones throughout the day. The neighbouring Furniture Studio and Bookshop offer a range of antiques and antiques, vintage and collectables as well as gifts and second-hand books.



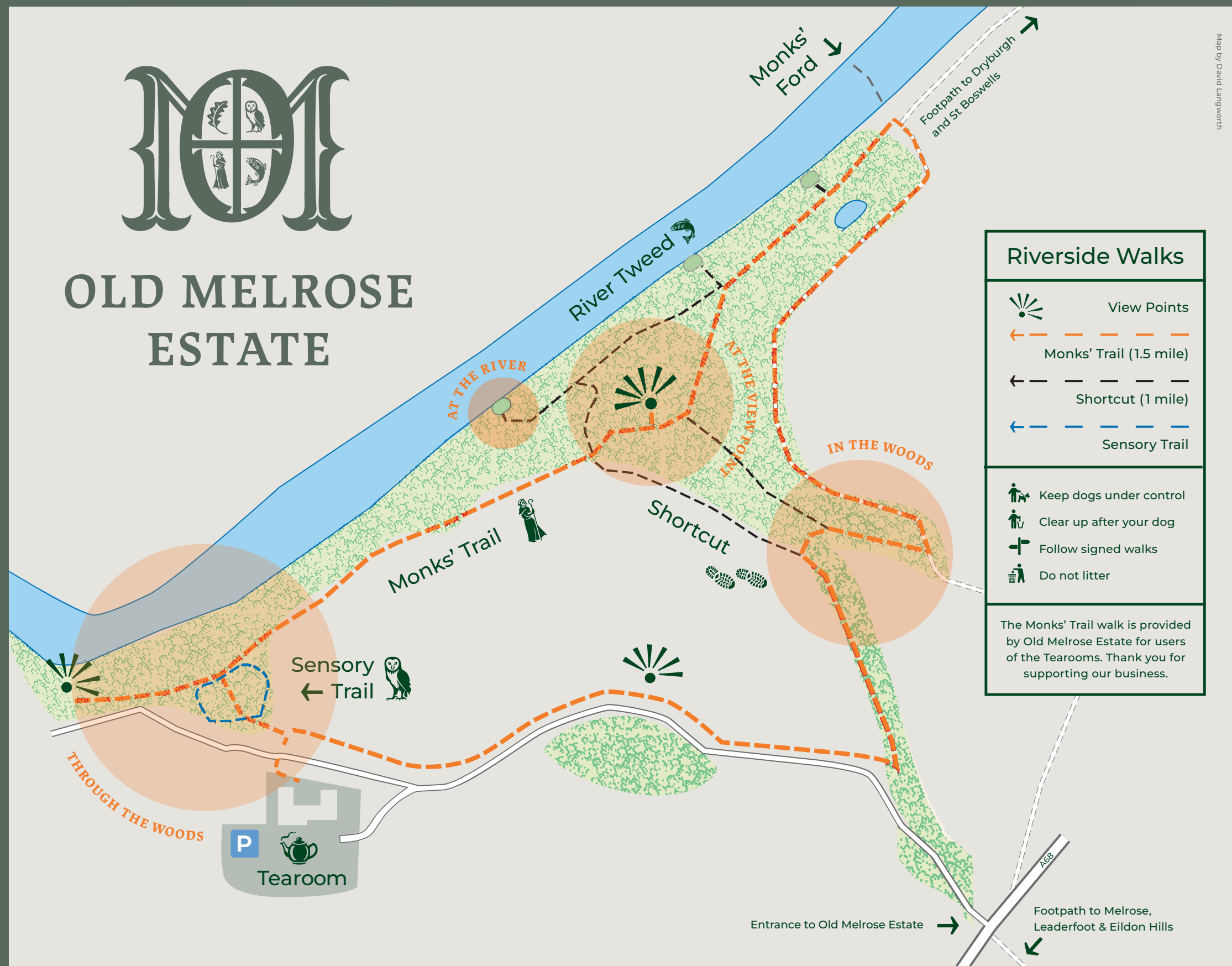
Contact the tearooms:
01835 824597
oldmelrose@yahoo.co.uk

Opening times
Mon: Closed
Tues to Sat:
10am – 4pm
Sun: 11am – 4pm





OLD MELROSE ESTATE



Connect with nature with our games and challenges

SENSORY TRAIL

- 1 Challenge your senses and complete the Sensory Trail.

WHILST WALKING

- 2 Take photos of five items that would fit in a matchbox to remind you of your walk.
- 3 Use the *Google Lens App* to help identify three things whose names you did not know before you started your walk.
- 4 Challenge each other to see who can take the best three nature photos during your walk.
- 5 Find three things in nature that make you smile.

● THROUGH THE WOODS

- 6 Have a mini scavenger hunt. Find the following 10 items: a feather, a flower, something round, something yellow, a piece of rubbish, a seed, a minibeast, an Oak leaf, a fir cone, something square.
- 7 Pick your favourite tree and get to know it. Feel its bark, touch its leaves and look for minibeasts living in it. Why is it so special?
- 8 Find a minibeast. Look under stones and leaves, in the long grass and in the cracks in the tree bark.
- 9 See how many different trees you can identify.

● AT THE RIVER

- 10 Build a sculpture out of the pebbles and stones that you find by the river's edge.
- 11 Skim a stone across the river. How many bounces can you get?
- 12 Look in the river. Can you see any fish or other animals?
- 13 Take your shoes off and paddle in the river.

● AT THE VIEW POINT

- 14 Do the Alphabet Challenge and see if you can find something in Nature for each letter of the alphabet.
- 15 Lie on your back. Watch the leaves on the branches as well as the birds and clouds moving in the sky above you.
- 16 Go colour hunting. How many different colours can you spot?
- 17 Play a game of I Spy using only Nature.

● IN THE WOODS

- 18 Create some wild art. Gather anything you can find including leaves, twigs, fir cones and pebbles. Make a picture on the ground.
- 19 Find a favourite stick and take it home with you. Why did you choose it?
- 20 Look for animal tracks in the mud and other signs of wildlife such as feathers, droppings and bark nibblings.
- 21 Go barefoot for part of your walk. What does it feel like?

RETREAT to NATURE

Relax in one of our luxurious holiday cottages and connect with nature on an Estate focused on conservation.

Visit our website for details:

www.oldmelrose.co.uk



East Tweed



West Tweed



The Folly



River Cottage