

# TWEED VALLEY TUNNEL TRAIL RUN

Race director Neil Dalgleish guides you along a 20km offroad run in the Scottish Borders

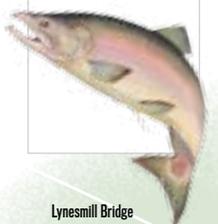
‘The race came about after we’d already been organising bike events in the area for several years,’ says Dalgleish. ‘Some local running stalwarts told us how they’d get up early and run our longer mountain bike courses before the riders arrived, so it made sense to make the most of our fabulous natural assets and create a new trail-running event. I’d previously worked on arts and culture events and liked the idea of adding something unexpected into outdoors events. So we came up with the idea of lighting the old railway tunnel outside Peebles. The idea was to combine the beauty of the autumn colours in the Tweed valley and the stunning vistas from the trails on local hills with an underground, more arts-based lighting experience to run through as the finale.’

\* The 2018 race is on October 20. Visit [tunneltrailrun.com](http://tunneltrailrun.com)

**START**  
Runners gather in Hay Lodge Park, 23 miles south of Edinburgh. Immediately after the start you’re running through a steep valley beside the river Tweed, which is one of the world’s top locations for salmon fishing.



**1KM**  
Glowering down from a rocky cliff high above the Tweed is the 14th-century Neidpath Castle. Mary Queen of Scots once stayed here. It is also said the castle is haunted by the Maid of Neidpath, the ghost of Jean Douglas, a young woman who died of a broken heart.



**5KM**  
The route is flat as you head west and cross a footbridge over the river at the tiny hamlet of Lyne Station, before turning back towards Peebles. Look out for kingfishers, herons and otters along the riverbank.



**18KM**  
You descend into the 600m-long Neidpath Tunnel, which will be illuminated with coloured lights and will also feature stage effects. Built in 1864, it was an operational train tunnel until 1954.

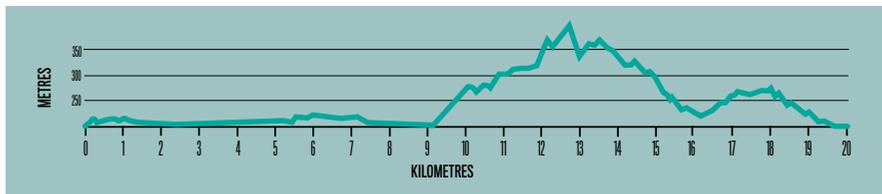
French crêpes will be served at the finish by two chefs, who will create up to 150 of these tasty postrun bites in an hour. Sweet or savoury?



**10KM**  
Head steeply through a small forest of Scots pines known as Spoons Woods. You will follow a section of the John Buchan Way, a trail named after the author, who had strong links with the area. He wrote *The 39 Steps*, which later became a classic Hitchcock movie.



**12KM**  
A tough climb will take you to the crest of Caedmuir Hill. It offers great views over the hills and Peebles, which boomed in the 19th and 20th century as a wool-manufacturing town.



**FINISH**  
After you leave the tunnel, you are into the final stretch, which follows the route of the old railway line. Once over the Tweed for a final time, you re-enter Hay Lodge Park before crossing the finishing line.