



THE MILL
@
LEWINSHOPE

THE HANDBOOK

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Welcome

A very warm welcome to The Mill at Lewinshope. Nestled in the heart of the Scottish Borders, The Mill lies in over a hundred acres of grounds at Lewinshope, amongst the hills, streams and fields of the Yarrow Valley.

The Mill is ideally situated for walking, cycling, mountain biking, fishing, painting holidays and much more. It's all on the doorstep.

The Yarrow Valley, otherwise known as the 'Valley of the Silent Loch' lies amongst the unspoilt countryside of the Scottish Borders. Here, in the heart of southern Scotland - an area steeped in history - you will find beautiful scenery, tranquility, and a rich heritage. William Wallace, Robert the Bruce, Mary, Queen of Scots, Sir Walter Scott and Johnny Armstrong all contributed to the character and history of the Scottish Borders.

Your holiday can be tailor made, with many activities to choose from or try for the first time. Tennis lessons, outdoor sports, art & craft lessons, nature walks, cookery demonstrations, beauty treatments and more can be pre-arranged for you.

If there is anything we can do to make your stay more enjoyable just ask.

We look forward to seeing you.

Johnny & Lulu, Emily, Annabel & Harry Watson

Around Lewinshope

Code Entry

You will have been given your code before you arrive, if you have forgotten it please just ring.

Parking

Parking is directly in front of the entrance to The Mill. There is sufficient space for seven or eight tidily parked cars. There is ample parking further afield.

Outside Area

There is a private outside area attached to The Mill featuring a barbeque and seating, situated directly outside the main sitting room doors. Outside lights can be switched on to illuminate the paved area. The switch is located in the sitting room behind the left curtain! The area is fenced off, but please keep an eye on your children. Be aware of the drop at the mill wheel housing.

Mill Pond

IMPORTANT IF YOU HAVE CHILDREN

The mill pond is close by. It can get boggy around the edges so please don't leave children, especially younger children unattended. The pond is home to frogs, ducks, oyster catchers, wee fish and more if you look carefully. Great for pond dipping.

Tennis Court

The tennis court is an all year round astroturf court. Access is free but by appointment. Rackets and balls can be provided. PLEASE KEEP THE GATES AROUND THE FARM AND TENNIS COURT CLOSED AT ALL TIMES.

Our Pets

We do have pets at Lewinshope. Our two lurcher dogs & three Farm Cats are all particularly friendly! If you don't like them – just shoo them away.

Open Fire

The Mill has an open fire. Firelighters and kindling are to the right of the fire, and firewood is to the left. More firewood is in the bin located between the back door and the French windows. Should you run out of firewood, please contact Johnny or Lulu.

Kitchen

The kitchen is fitted out to a very high standard. You should find everything you need. However, if there are any items you require that aren't there then just let us know and we'll try to help. Cleaning products have been provided (drying / J cloths, fairy liquid, dishwasher / clothes washer tablets, toilet cleaning materials).

Heating

The Mill has under-floor heating, with a thermostat in each room. (The temperature can be adjusted as you wish). Heat recovery ventilation keeps the air fresh throughout the house.

Appliances

There is Rangemaster cooker, large fridge-freezer, two dishwashers, microwave, toaster, kettle, food-processor, hand-whisk and more. You will find the instruction manuals in the drawer to the left of the cooker.

Laundry Room

Your own laundry room contains a large washing machine and tumble dryer as well as a rack to hang wet clothes. The vacuum unit is located in the cupboard at the bottom of the stairs – there is a hose that you attach at wall sockets positioned around the The Mill. There's also a hand held mini-vacuum cleaner for smaller tasks.

Energy Efficiency

We have worked hard to ensure The Mill is as energy efficient and eco-friendly. The majority of lights are low-energy. We would ask you to switch off any lights when they are not in use, especially overnight. HRV & Woodchip Boiler.

Rubbish & Recycling

BE GREEN!

Please put paper, cans, plastic products and empty bottles in the recycling bin under the sink and the rest of the general waste into the silver bin. !! PLEASE put general waste and recycling in the relevant bins at the bottom of the MAIN drive on Monday mornings. Thank you.

Bathroom Plumbing

IMPORTANT

Waste from the Mill passes through our private septic tank. We would ask ladies to dispose of sanitary wear into the provided bags and then into the general rubbish. Bins are provided in all WC's. It is IMPORTANT that nothing is disposed of directly into the system other than toilet tissue.

Sauna & Steam Room

The Sauna & Steam rooms are provided for your enjoyment and can be used at any time. Please do be careful to adhere to the instructions provided in order to prevent accident or injury. Instructions are located in each adjoining WC.

Internet & TV

Wireless internet access is freely available throughout The Mill. No passkey is required. Network points are also provided throughout. TV's and DVD / Blu-ray players are situated in the main living area and Mezzanine. Remote controls should be left next to the appropriate device.

Art

Some of the art on the walls of The Mill has been produced by local artists and is for sale. Please ask us if you are interested in purchasing a piece.

Campfires

If you would like to build a campfire or to pitch a tent in the woods, just let us know. We will then find a suitable spot for you a short walk away from The Mill.

Breakages

If there are any breakages during your stay, please don't panic - just let us know and we will sort it out.

Checking Out

Check out is by 10am on the last day of your stay. This allows us enough time for the cottage to be prepared for the next guests. We would appreciate a timely departure for this reason. We would ask that you please leave The Mill in a clean and tidy condition - as you found it. Wet towels should be left in the showers. If there is anything you are not sure about, please ask.

If you have time, we would love the comment sheet and Visitors book signed and the Pink book would love a few comments. Many thanks again.

Lewinshope Activities

A number of activities can be organized to take place right here at Lewinshope. Each activity can be tailored to your requirements. To ensure availability, they should be arranged in advance.

Active sports

Active Sports offers a variety of activities, many of which can be brought directly to Lewinshope or the Yarrow water.

Archery / Quad Biking / Canoeing / Dirt Biking / Kayaking / 4x4 Driving / Buggies / Windsurfing / Rafting / Clay Pigeon Shooting / Motorbike excursions and more.

Ring 01896 822452 or visit www.activitiesinscotland.com for more information.

Tennis lessons

Tennis lessons are given by Lulu Watson, a qualified and licensed coach. Whether you are just starting out, or wishing to further hone your skills, lessons are available for all ages and a range of abilities.

Beauty Treatments

A range of Health & Beauty treatments and massage can be brought to The Mill.

1hr Aromatherapy massage - £50

1hr Therapeutic massage - £50

1hr Reflexology - £45

1hr Cranio-sacral therapy - £45

1hr Facial - £45

1hr Indian head massage - £45

1/2hr for any of the above £25

There would have to be a minimum of 4 hours booked in order to make worthwhile travelling down from Edinburgh. If only 4hrs booked, one therapist would probably just travel down. For 4-8hrs, 2 therapists would split the work.

tel Geraldine McCullagh on 0131 653 2164 or 07814611847.

email: geraldine.mccullagh1@btinternet.com

Guests can contact Geraldine if they wish to know more about the therapies and which therapies they would like to book.

Cookery Demonstrations / Catering

Cookery demonstrations & workshops provide an opportunity to learn something new and get involved and have fun too. Catering can be provided whether for the freezer or for evening meals.

Liz Kiteley 01835 822314

Jenny Oldfield 01750 52229

Art Lessons

Art Classes can be run from Lewinshope and tailored to your requirements. A number of teachers are available, each with their own area of interest and preferred media. Ring them directly to discuss your requirements. You will need to book well in advance.

Moy Mackay Specialist Wool Painting 01896 850390 or 07950737766

Lynne Henderson Botanical Illustrator 01835 830795

Gareth McCrae Oil Painting 01835 822711 or 07900 492164

Toni Coyle A Variety of Media for all ages 01896 753143 or 07970 127029

Ranger Led Walks

Toni Coyle is an experienced ranger. She would be delighted to provide ranger-led walks, wildlife tours and pond dipping. Ring Toni directly on 01896 753143.

Local Towns

Selkirk

6 MILES

Selkirk is the nearest of the Border towns. A small market town with good shops and services, Selkirk has indelibly stamped itself on Scotland's and the Scottish Borders' ancient past. It was the site of the first Border Abbey - where William Wallace "Braveheart" was declared guardian of Scotland. The diverse names of Bonnie Prince Charlie, The Marquess of Montrose and the Outlaw Murray have all contributed to create a unique historical tapestry.

Galashiels

13 MILES

Located in the centre of the Scottish Borders, Galashiels features many of the bigger stores. Tescos, Asda, Marks and Spencers (simply food) may prove useful during your stay at The Mill. This is also a cinema and a variety of stores. Inis is a FANTASTIC clothes shop on Bank Street, leaflet is in The Mill.

Melrose

13 MILES

Melrose is a picturesque town, full of excellent small shops and very visitor-friendly. Attractions include Melrose Abbey, museums, exhibitions and the Wynd Theatre. Melrose is the oldest continuously inhabited village in Scotland.

Kelso

25 MILES

The cobbled market town of Kelso boasts a thriving community. A centre for agriculture, fishing and shooting, it is a town where there is always something on and something to see. Again, excellent shops.

Hawick

17 MILES

The home of Scottish Cashmere is known world-wide for its expertise in the knitwear trade. Historically, it is a much fought-over border region, home of the border reivers. The Teviotdale leisure facility holds a swimming pool with a flume and the excellent Wilton Park make it well worth a visit for families with younger children.

Innerleithen

14 MILES

Innerleithen is a small town well known for its first class Ice Cream shop "Caldwells". It is also the home of mountain biking in the Borders playing host to the Innerleithen Downhill trails. Glentress is not far away.

Peebles

21 MILES

The town of Peebles straddles the River Tweed. It is situated in an area of great natural beauty. There are numerous walks within the area. As with all Border towns and villages the majority of shops are independent and there are many to wander around. Peebles has its very own theatre with regular productions by theatre companies from around the United Kingdom. Ice Cream and Jelly and Inis is another 'must' visit.

Edinburgh

53 MILES (1 hour 15 mins)

Edinburgh is Scotland's capital city, which sits in perfect contrast to the peaceful tranquility of the surrounding Lothian's and Borders region. Edinburgh has one of the most beautiful cityscapes in the world, making it well worth a visit. With Scotland's most famous castle dominating the city skyline, there is plenty to see and do with the perfect balance between all things traditional and contemporary.

If you have time, Edinburgh is an hour and 10 minutes away. A great Visitors centre near Waverley Train Station. There is so much to see and particularly in the summer when the famous Fringe happens.

Places to Eat

The following list is by no means exclusive, but should provide a good starting point if you are looking for somewhere to eat out.

Selkirk

The County Hotel (Café)	01750 721233	www.countyhotelselkirk.com
Taste of Spice (Indian)	01750 20210	(also provides a takeaway service)
Happy Gathering (Chinese)	01750 21122	
Smiddy Bar & Restaurant	01750 32242	
Locharron (Wool Mill & Café)	01753 26100	www.locarron.com

Ashkirk

Woll Golf Course Restaurant	01750 32711
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Melrose

Monte Casino (Italian)	01896 820082
Burts Hotel	01896 822285
Chapters Bistro	01896823217
The Town House	01896 822645
The Hoebridge	01896 823082

Kelso

Oscars Wine Bar & Restaurant	01573 224008
Sundial Christian Restaurant & Bookshop (Teas, Coffees & Light Lunches)	01573 225177
Floors Castle Garden Restaurant	01573 223333

Peebles

The Horse Shoe Inn - Eddleston	01721 730225
Kailzie Garden Restaurant	01721 722807
Sunflower Restaurant	01721 722420

Lauder

The Black Bull (Good Bar Meals & Restaurant) 01578 722208

The Flat Cat Gallery (Great for coffee, afternoon tea & light lunches) 01578 722808

Lilliesleaf

Friends have opened this fantastic Coffee shop in the small village of Lilliesleaf. It is the most relaxing place and you can look at local art and buy beautiful gifts and eat Delia's delicious cakes and homemade soups.

01835 870 537

Mob: 07788 785 370

delia@jammycoo.co.uk Open on Sundays. Mondays Closed

St Boswells

Main Street Trading Company

We can HIGHLY recommend this amazing independent Book Shop run by friends of ours Bill and Ros de la Hey. The most amazing food and the best coffee in the Borders! Not only books for sale, but antiques and beautiful presents to buy.

01835824087 or www.mainstreetbooks.co.uk Open on Sundays. Mondays Closed.

Local Activities

The Scottish Borders is full of things to do. Take your time and get that hole-in-one, try something new, go for the jump you weren't sure if you'd make, or take a day out hiking. It's up to you. Most of all – enjoy yourself (please stay in one piece though!).

Golf

The Scottish Borders is fast emerging as a golfer's paradise. Here are some of the courses worth a visit.

Woll (Ashkirk)	18 Holes	01750 32711
Selkirk	9 Holes	01750 20857
Dimpleknowe (Lilliesleaf)	9 Holes	01835 870333
Torwoodlee (Galashiels)	18 Holes	01896 752260
Minto	18 Holes	01450 870220
Melrose	9 Holes	01896 822855
St Boswells	9 Holes	01835 823527
Synton Mains Driving Range (Ashkirk)		01450 373127

Fishing

You can fish the Yarrow, Ettrick and Tweed. The river Tweed offers outstanding salmon fishing in season. Permits can be bought from:

Rogersons Newsagent	6 High Street, Selkirk	01750 20749
Border Angling Centre	97 High Street, Galashiels	01896 751620
Cast Around	20a Northgate, Peebles	01721 729229

There are also lochs and reservoirs available nearby for fishing. The local Selkirk and District Angling Association will advise you on stocked lochs and reservoirs. They can be reached on 01750 20748.

Clerklands (Ashkirk)	07870 289903	(Willie)
St Marys Loch (Yarrow)	01750 42243	

If you would like a personal guided fishing tour or tutor, why not contact Bill Drew on 07962 401770 or visit www.tweedguide.com.

Shooting

Whether you want to go it alone or with the family, there are plenty of places to shoot, and all close by. There is rough shooting at Buccleuch Estate opposite Lewinshope. This area features many species including woodcock, snipe, duck, pigeon, rabbit, pheasant and partridge.

Mark Rodgers, Head Keeper, Buccleuch Estates. 01848 60028

Clay pigeon shooting provides a fun alternative.

Jim and Joyce Black, Braidwood Sporting Clays, Midlem. 01835 870280
www.braidwoodfc.co.uk

Excellent, well stocked shop with well known brands.

Archery

The ancient skill of archery can be practiced locally, and is a fun activity suitable for all the family.

Eastcote House Archery Centre, Hawick 01450 870008

www.eastcote.net

Riding

The Borders is well known for excellent riding, fuelled by the local festivals or “Common Ridings” There are a number of stables and riding schools nearby offering both lessons, and countryside riding.

Bowhill Estate Riding School (5 mins drive) Laurence & Kim Peters 0175020076

Dryden Riding School, near Ashkirk, Selkirk, offers a wide range of riding opportunities including schooling, lessons and good off road hacking. (BHS Approved) 01750 32208

Kailzie Equestrian Centre, Peebles 01721 729121

Races

If you enjoy the races, then Kelso racecourse provides a great day out.

Kelso Racecourse, Kelso. 01668 280800

Mountain Biking

The Scottish Borders is a mountain bikers dream. From purpose-built single-track and North Shore to barely-ridden trails, the Borders is the place to be. Cross-country / downhill / freeride - it's all there.

Glentress & Innerleithen provide what is probably the best biking in the UK. Bike hire, guides and tuition are all available. For more information visit www.thehubintheforest.co.uk and www.7stanes.gov.uk.

Leisure Centres

There are a number of leisure centres and swimming pools in the Borders including Selkirk, Galashiels & Hawick. For more information visit www.bslt.org.uk.

Attractions

A range of family-friendly and historical attractions make for fun, inspiring and fascinating days out. This list is by no means complete, but should provide a starting point for your explorations.

Traquair House	www.traquair.co.uk
Thirlistane Castle	www.thirlestancastle.co.uk
Bowhill House & Country Park (15 mins)	www.bowhill.org
Floors castle	www.roxburghe.net/floors_castle_grounds_and_gardens/
The Border Abbeys: Melrose / Dryburgh / Jedburgh / Kelso	www.discovertheborders.co.uk
Abbotsford House (15 mins)	www.scottsabbotsford.co.uk
Harestanes Countryside Visitor Centre	01835 830306 Great place & Café in walled gardens opposite.
Jed Forest Deer Park	www.jedforestdeerpark.co.uk
Donkey Sanctuary (20 mins)	www.donkeyheaven.org
Teviot Game Fare Smokery & Water Gardens	www.teviotgamefaresmokery.co.uk

Local Amenities

Cashpoint

The nearest cashpoint is in Selkirk, at either RBS or the Bank of Scotland.

Petrol Station

The nearest petrol station is the Shell Service Station in Selkirk, on the A7 southbound towards Hawick.

Supermarket

The nearest supermarket is in Selkirk (Sainsbury's & COOP). Tesco , Asda and M&S Simply Food are situated in Galashiels. Morrison's is in Hawick.

Butchers

We would thoroughly recommend J A Waters & Sons on the 65 High Street in Selkirk, TD7 4BZ. They provide a wide range of quality meats including barbeque packs. 01750 20242

Health Centre

The nearest Health Centre is in Selkirk. 01750 21674

Church Services

Selkirk Baptist Church 01750 723465 www.selkirkbaptistchurch.org.uk

10:45am at Philiphaugh Community School & 6:30pm at Connections, Back row.

Church of Scotland 01750 82336

10.00am at Yarrow church every 1st & 3rd Sunday of the month and at Ettrick Bridge every 2nd & 4th Sunday.

Selkirk Parish Church 01750 20078

Our Lady & St Josephs Roman Catholic 01750 21779

HOPE Church, Tweedbank 018967 54807

4:00pm at The Carry Wiel, Galashiels TD1 3RR.

Dentist

For emergency dental care the Border Dental Enquiry Line is available. 0845 300 0930.

Hospital

The closest hospital is the Borders General Hospital, Melrose (10 miles). 01896 826 000. NHS 24 may can be contacted on 0845 4242424.

Tourist Board

The Tourist Board is located in Selkirk and Melrose and can be contacted on 0870 608 0404. The Selkirk branch located in the Square, through the close to the left of Halliwells the Butchers.



Emergency Contact Details:

Landline: 01750 76222

Lulu Watson: 07732 653861

Johnny Watson: 07946 644954

*To contact us during your stay, please ring our mobiles or knock at our front door.
Alternatively, leave a message in the metal tin to the left of our front door.*