



TOWNS/VILLAGES WE UPLIFT FROM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peebles	Galashiels Clovenfords Walkerburn Innerleithen Glenormiston Cardrona	Westruther Greenlaw Gavinton Duns Chirnside Allanton Whitsome Swinton Hill Butterlaw Skaithmuir Coldstream Stitchill Srouston Lennel Kelso Heiton Eckford Crailing	Selkirk Midshiels Hawick Kinninghall Denholm Hassendean Minto Kirkton Lanton Jedburgh Ancrum Gattonside	Lauder Earlston Redpath St Boswells Newtown St Boswells Eildon Village Bowden Melrose Newstead Darnick Tweedbank