Let someone know where you are likely walking, and what time you are likely Do not walk if you are unwell or in pain.
It's a good idea to take a bottle of water with you.

West clothing suitable for the weather conditions. Loose fitting clothing allows you to move more freely – thin layers are better than thick chunky clothing.

pace.
West comfortable shoes or boots, according to the description of the walk and time of year.

Start gently and build up at your own

General guidance

other forms of physical activity will be enhanced by a balanced diet and not smoking.

If you are free of serious health problems you can start walking more, with confidence.

The health benefits of walking and

- · Help to manage your weight.
 - Reduce blood pressure.
 - Keep your heart 'strong'.
 - Help you reduce stress.
 - Give you more energy.
 - Make you feel good.

Walking can

more about the Eden Valley on www.edenvalleykent.org
which includes details on attractions in the area, accommodation, where to eat and drink, and other information.

countryside, you'll find yourself at home in Kent's Eden Valley. Discover more about the Eden Valley on

If you are looking for a taste of history, local culture, fine eating and drinking, or simply to enjoy the



ying between the Greensand Ridge to the north and the High Weald to the south, Kent's River Eden meanders through Edenbridge and surrounding villages, towards its confluence with the River Medway at Penshurst. On either side of the river lies tranquil farmland, broken by quiet country lanes, whilst the rolling hills and woodland conceal a wealth of historic properties and beautiful gardens.

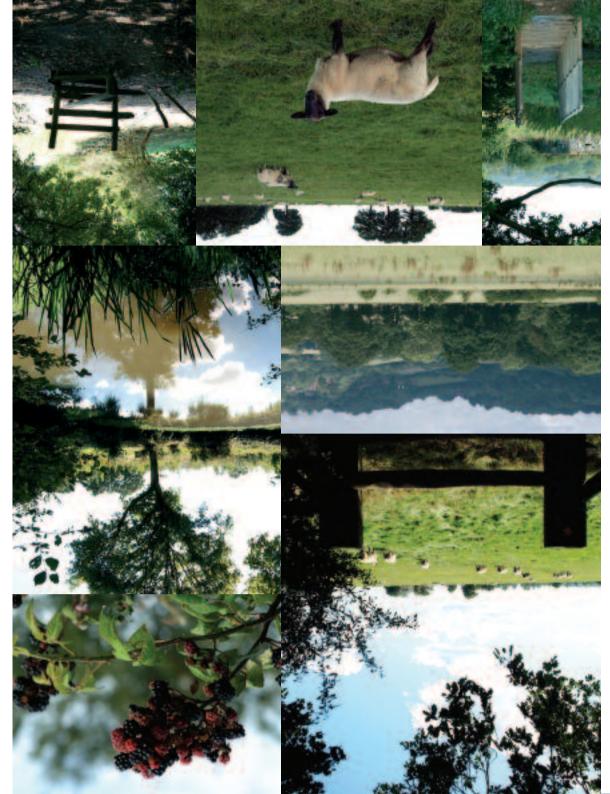
Throughout the valley there are many Kentish towns and villages waiting to be explored – such as Chiddingstone,

Edenbridge, Hever and Penshurst – which are rich in heritage and have many stories to tell. Medieval buildings, coaching inns, courtyards, gardens and historic churches all offer a step back in time.

Exploring beyond the Kentish villages you will discover this is superb walking country, with fine views, miles of footpaths and, for the more adventurous, several long distance routes which cross the area.

The routes used are believed to be public rights of way, unless otherwise stated. However, Edenbridge Town Council accepts no responsibility for any error or subsequent change.

Picture of Edenbridge (above right) © Sevenoaks District Council



www.countrysideaccess.gov.uk

For more details, see

• Consider other people.

Keep dogs under control.

 Protect plants and animals and take your litter home.

Be safe, plan ahead and follow any signs.
 Leave gates and property as you find

The Countryside Code



It is about 6½ miles and can be very muddy in winter.

the town centre.

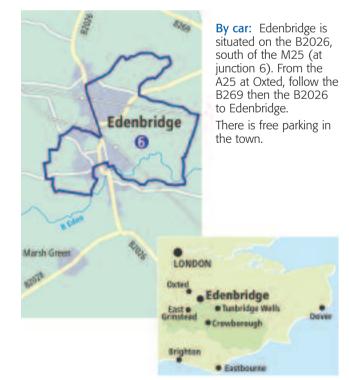
Starting in the centre of Edenbridge with its shops, pubs, variety of places in which to eat and historic buildings, it heads west along the river before going north, passing The Swan pub, to the boundary of Edenbridge at Broxham Manor, and then south past Delaware Farm, back to the river and

Walk 6 was created to celebrate the centenary of Edenbridge Town Council's Footpaths Committee in 2004, and is conveniently accessible from both Edenbridge Station and Edenbridge station.

his leaflet describes and illustrates one of ten walks produced by Edenbridge Town Council, with the support of the an initiative to encourage tourism, and to highlight lesser known areas of the countyside.

WALK

Explore Edenbridge



By train: Edenbridge Town station is on the London to Uckfield line; while Edenbridge station (about 1 mile north of the town centre) is on the Redhill to Tonbridge line.

National Rail Enquiries: 08457 48 49 50

Visit www.edenvalleykent.org



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Edenbridge Boundary WalkPart 1 (North section)

Circular walk approx 6½ miles (10.8 km)

Can be extremely muddy in winter



Walk 6 continues from the end of Walk 7 Edenbridge **Boundary Walk - Part 2.** Alternatively, start in Edenbridge using the following.





From High Street go down Lingfield Road (over Mont St

Aignan Way) until Coomb Field. Turn left and head for Recreation Ground. From car park go left past bottom of flood embankment and along edge of playing fields (SR614), keeping dense hedge on left. In far corner, cross metal footbridge over Kent Brook and turn right.

WALK 6 Edenbridge Boundary Walk - Part 1

North section of the circular Edenbridge Boundary Walk. Starting in the High Street, a circular walk of approx 61/2 miles. It can be very muddy at times.

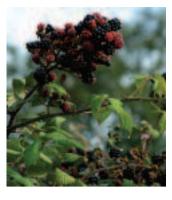
Start Walk 6

Follow Kent Brook on right until SR615, at small bridge. Turn right along track to Lingfield Road.



Turn left along road for 100 yards, then turn right through kissing gate along SR607 and follow hedge on right which eventually becomes an enclosed path. Turn right onto SR606 around fenced field, until stile on left. Cross stile, turn left onto SR605, pass pond, through two kissing gates and enclosed path, until reaching private unmade road (SR600).





Turn right to Crouch House Road, cross and enter SR602 (path goes to left of first house). At parking area and houses, turn left along Cedar Drive. Follow green round until small alleyway on left. Turn through to Park Avenue, cross road and turn left into Hawthorn Close. At end of Close, SR602 follows railway line to Station Road.

Turn left, under bridge, along Station Road until next railway bridge. Pass Edenbridge station on left, continue to Swan Public House and turn right into Swan Lane. After passing Highfields Road, at bend turn left along SR393, pass allotments and continue through

Swan Lane Farm. Through gate, follow fence on left, through next gate, turn right, over small footbridge, stile and bear right along SR595. Butterflies (Meadow

Brown and Small Heath) are plentiful throughout this walk

during summer months. Continue round field, go ahead through gate into small copse, over bridge, then cross next field bearing

slightly right to hole in hedge at other side. Through gap, keep to left of field, through gate in corner and diagonally across next field.





Through gate, go straight ahead, turning right in corner along SR593. Cross stile, then further stile into large field. Proceed along field edge, keeping hedge on left, passing pond on left. Continue on SR593 to far corner of field, cross stile into another field. Straight ahead, towards copse opposite. Through copse, over footbridge and stile into next field. Bear slightly right, heading towards wooded pond. Continue, keeping pond on right, to stile. Cross stile and go diagonally left to kissing gate, down path, cross stile and then join Four Elms Road. Bear left across road into car park.

From car park, go through gate in hedge, on to SR620. Bear left to open field gate. (There is an open field on left, parallel to Four Elms Road). Follow path through gap into next field, in which is Edenbridge Millennium Wood. Keep to



surfaced path on left, turn left at pond and straight ahead through copse. Cross stile into field, hedge on left and parallel to distant railway line, to Prettymans Pond (see inset pictures in map). Bear right before pond towards two oak trees fairly close together on opposite side. Cross stile on right of oaks and aim for stile in middle of opposite fence. Cross stile and next field diagonally right, then over two stiles to Prettymans Lane (SR622).



Turn right along lane, 8 cross railway line, then turn left along unmade road (SR563), running parallel to line. Follow track past pond, then at cottages turn right onto SR559. Pass two cottages, cross stile in hedge on left, and turn right beside hedge (SR559). Continue along path (three stiles and a kissing gate, crossing SR608 and 651). At last field cross to right of derelict barn.





Over stile and cross River Eden, with Delaware Farm to right. Continue along track to concrete road, which bears left alongside pond within boundaries of dwellings, to waymarking pole on left and wide track on right. At this point, either continue with Walk 7 Edenbridge Boundary Walk -Part 2, or return to Edenbridge using the following.

Take wide track (SR612) on right and continue towards gate. To right of gate is line of conifers, with stile partially hidden by trees. Cross field diagonally to another stile. Turn left and keep to left of field, with river on right. When field edge bears left, keep straight ahead to another hedge on. Continue straight through gate to next field, with Church spire in distance. Continue to walk on left of field (with hedge on left), following path through thicket and over railway footbridge. Over stile and across field, heading towards farm buildings. Follow track, keeping left of farm buildings, to kissing gate at bottom on right.

Cross field (heading towards Church spire) and stile. Follow river, cross by second footbridge (iron) on right, into Church Street and turn left towards High Street.

