

**Walking can**

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

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

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

**General guidance**

Start gently and build up at your own pace.

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

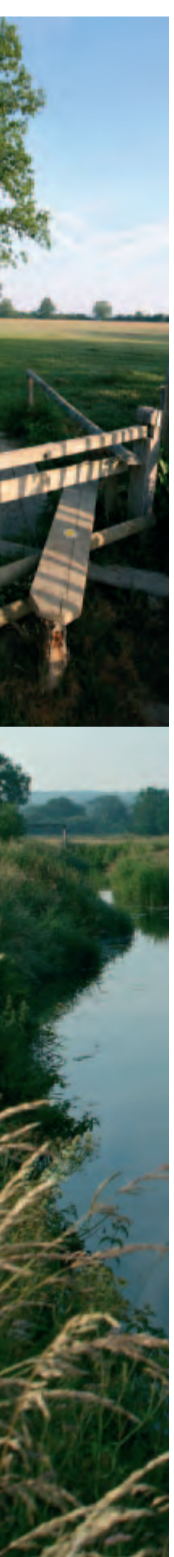
Wear clothing suitable for the weather conditions. Loose fitting clothing allows you to move more freely – thin layers are better than thick chunky clothing.

Let someone know where you are walking, and what time you are likely to return.

Do not walk if you are unwell or in pain.

It's a good idea to take a bottle of water with you.

If you are looking for a taste of history, local culture, fine eating and drinking, or simply to enjoy the countryside, you'll find yourself at home in Kent's Eden Valley. Discover more about the Eden Valley on [www.edenvalleykent.org](http://www.edenvalleykent.org) which includes details on attractions in the area, accommodation, where to eat and drink, and other information.



- Be safe, plan ahead and follow any signs.
  - Leave gates and property as you find them.
  - Protect plants and animals and take your litter home.
  - Keep dogs under control.
  - Consider other people.
- For more details, see [www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)



His leaflet describes and illustrates one of ten walks produced by Edenbridge Town Council, with the support of the Hidden Britain Project. The project is an initiative to encourage tourism, and to highlight lesser known areas of the countryside.

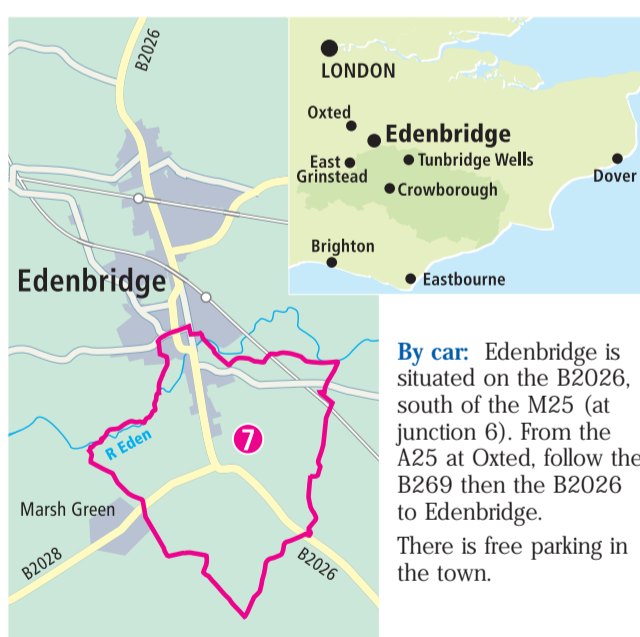
Walk 7 was created to celebrate the centenary of Edenbridge Town Council's Footpaths Committee in 2004, and is accessible from both Edenbridge Town station and Ednbridge station (a mile to the north of the town).

Starting in the centre of Edenbridge with its shops, pubs, variety of places in which to eat and historic buildings, it goes east to Delaware, then heads south amidst beautiful countryside to Cobhambury Farm, before returning through Marsh Green (with the Wheatstheat Inn) back to the river and then the town centre.

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

# WALK 7

## Explore Edenbridge

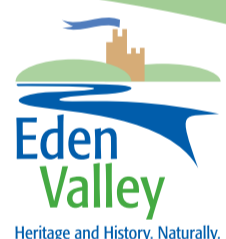


**By car:** Edenbridge is situated on the B2026, south of the M25 (at junction 6). From the A25 at Oxted, follow the B269 then the B2026 to Edenbridge. There is free parking in the town.

**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](http://www.edenvalleykent.org)

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## Edenbridge Boundary Walk Part 2 (South section)

Circular walk • about 3 hrs • approx 6½ miles (10.5 km)  
Can be extremely muddy in winter



Can be combined with Walk 6 to make a complete boundary route

Lying 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

**Walk 7 continues from the end of Walk 6 Edenbridge Boundary Walk – Part 1. Alternatively, start in Edenbridge using the following**

**1** From High Street, go down Church Street to footpath SR612 on right (opposite cemetery) leading to iron footbridge. Follow river to left, over stile and cross field to kissing gate in opposite corner. Turn left up track, keeping right of farm buildings. Cross field to stile, over railway footbridge and follow path through thicket. Keep to right of field (with hedge on right), through gate into next field. When field edge bears right, keep straight ahead to another hedge on right. Continue with river on left and keep to right of field. Cross stile and field diagonally left to stile partially hidden by trees. Cross and go down wide track to concrete road. Turn right onto SR559 at waymarking post for start of Walk 7.



**2** Walk 7 continues along SR559 to Hever Road. Cross road, through gate, turn right along side of hedge, then turn left towards railway and ladder steps over railway line.



Turn left along bottom of embankment, ignoring steps, then right under railway arch. Left along field to gate into Lydens Lane. Turn right along lane (past SR577) for 400 yards, then turn left into SR627.



**3** Go along enclosed footpath and continue straight across field towards Brook Street Farm. At fence, turn right to gate in corner. Go through and join drive, on private property, opening onto main road (B2026). Cross road and enter SR630, along drive towards Little Brook Street. At house bear right through copse, over stile, keep hedge on left, until 5-bar gate. Go through and straight on, with Howlett's Farm on right. Turn right over stile and, with farm on right, follow drive until reaching private road (Roman Road) SR631.



**4** Turn left along Roman Road SR631 until brow of hill, then turn right over stile. Cross field and follow hedge on right until trees (Sherden Wood), turn right over stile onto SR552 and down through trees.

**WALK 7**  
Edenbridge Boundary Walk – Part 2

South section of the circular Edenbridge Boundary Walk. Starting in the High Street, a circular walk of approx 6½ miles. It can be very muddy at times. 14 stiles.



**5** The Wheatsheaf Inn is a short walk to the left. Otherwise, cross main road, keeping left of village green for 100 yards until footpath SR637 on left, beside United Reformed Church.

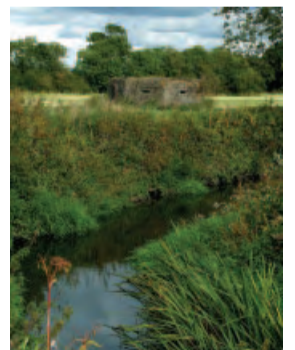


Along enclosed path, over stile and then across open field to hard core track. Bear left along track for 500 yards until it peters out just before River Eden. Follow river until metal footbridge, and cross river.



Turn right on SR614, following river, until concrete World War II pillbox. At this point bear left away from river, crossing wooden planks over ditch. Follow hedge on right and through trees. On left is Devil's Den – its origins are uncertain, but records date it about the 14th century or

earlier. It may have been a farmstead and fishing ground, and the sinister name is one frequently given to earthworks of unknown origin. Path again meets River Eden on right. Follow river bank to wooden bridge by pillbox, cross, walk straight ahead towards metal footbridge over Kent Brook.



Before bridge either turn left and continue with Walk 6 Edenbridge Boundary Walk – Part 1, or return to Edenbridge using the following.

**6** Cross footbridge and go along edge of playing field, keeping dense hedge on right. Follow round left at bottom of flood embankment, then right into Recreation Ground car park. Head straight out through Coomb Field to Lingfield Road, turn right, cross Mont St Aignan Way and return to High Street.

Keep to left of grassy field, cross stile, road and further stile opposite. Head down hill and over stile to concrete road below Ockhams. If pond flooded, keep close to fence on right. At road turn right with lake on left until junction. Keep left on SR632, passing Christmas Place, cross stile and carry straight ahead on SR644. Path bears right through hedge after 100 yards. Turn left and almost immediately right onto SR641 along edge of field, over stile and across next field. At footpath and bridleway crossroads (Big Alley), go straight ahead to Marsh Green.

