

**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**

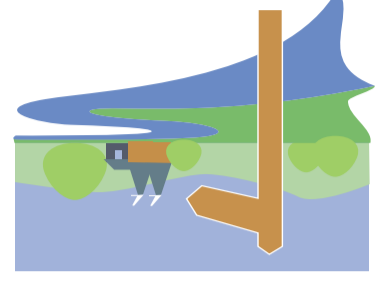
Start gently and build up at your own pace. Wear comfortable shoes or boots, according to the description of the walk and time of year. Wear clothing suitable for the weather conditions. Loose fitting clothing allows you to move more freely – thin layers are better than thick chunky clothing. Let someone 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.



- For more details, see [www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)
- 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.

**The Countryside Code**



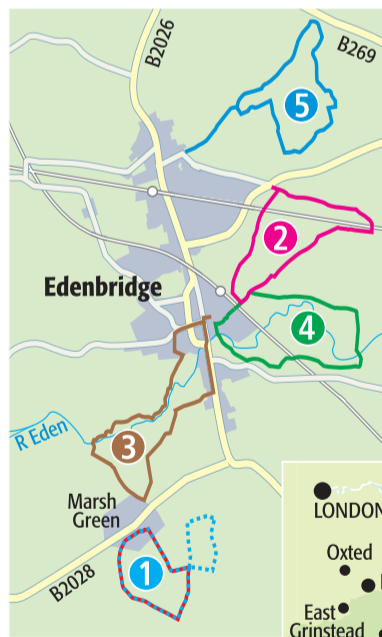
This leaflet describes and illustrates one of five walks produced by Edenbridge Town Council, with the support of the Hidden Britain Project. The project is an initiative to encourage tourism, and to highlight lesser known areas of the countryside.

**Walk 2** begins in a car park beside playing fields at Mowhurst in the north of the town, and goes past ponds and through undulating farmland. It provides the opportunity to visit the Parish Church of St Peter and St Paul in Edenbridge.

It is a circular walk of about 3 miles (4.8 km) and takes about 1½ hours. Although mainly on heavy clay soil, the route is generally pretty dry and worth walking even in winter. There are 13 stiles.

**WALK 2**

**Explore Edenbridge**



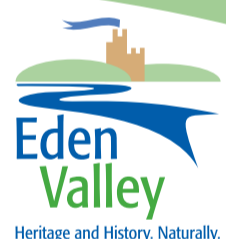
**By car:** Edenbridge is situated on the B2026, south of the M25 (at junction 6). From the A25 at Oxted, follow the B269 then the B2026 to Edenbridge. There is free parking in the town.



**By train:** Edenbridge Town station is on the London to Uckfield line; while Edenbridge station (about 1 mile from 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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**Mowhurst – Skinners Farm – Mowhurst**

1½ HOURS • Three miles (4.8km)  
Easy terrain



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 2 Mowhurst – Skinners Farm – Mowhurst

A circular walk of about 3 miles (4.8 km), which starts and finishes in car park at Mowhurst, Four Elms Road.

Uses SR620, 622, 604 and 603 and takes about 1½ hours. Although mainly on heavy clay soil, route is generally pretty dry and worth walking even in the winter.

13 stiles.



**3** Turn right along lane and cross railway. Turn sharp right onto SR604 and cross stile, then ahead to next stile and a small footbridge. Follow hedge and wire fence parallel to railway line until pond and group of trees become visible downhill to left. Cross field diagonally left to group of trees by pond. Go left of pond to stile.



**4** Continue along edge of field, keeping waterworks building on right. Cross stile on right, go down path, keeping hedge on left and buildings still on right -

there is good bird watching here. At next stile keep buildings on right and farm house on left. Continue ahead to Skinners Lane through kissing gate. Turn right and continue straight ahead along road for 50 yards. Cross stile on left into field (SR604).



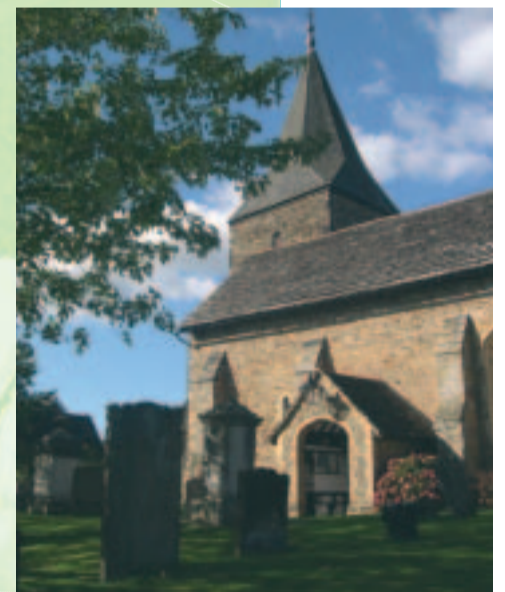
**5** Continue to opposite corner to gap in hedge. Keep line of trees on right and fence on left, follow path towards allotments and bear right, through gap in hedge to kissing gate. Allotments on left. Follow road uphill, heading towards Edenbridge Church. Before reaching railway bridge turn right down SR603 (or stay on SR604 to visit Edenbridge Church, then retrace steps).



**1** From car park, go through gate in hedge, on to SR620. Bear left to an open field gate beside an old oak. (There is an open field on left, parallel to Four Elms Road). Path follows a line of mixed trees - oak, field maple, thorns, holly, etc, with wild rose and bramble. Follow path through gap by ash tree into second field, in which is planted the Edenbridge Millennium Wood. Keep to left hand surfaced path, turn left at pond and walk straight ahead through bluebell copse.



**2** Cross stile into field, keeping hedge on left and parallel to distant railway line, to Prettymans pond. Go right before pond. Cross field to two oak trees fairly close together on opposite side, keeping bank to left. Cross stile on right of oaks and keeping hedge on left, aim for stile in middle of opposite fence. Butterflies (Meadow Brown and Small Heath) are plentiful throughout this walk during summer months. Cross stile and next field diagonally right, then over two stiles to Prettymans Lane (SR622).



**6** Opposite last house, go through kissing gate. Do not turn sharp left, but enter thicket ahead. Bear right through thicket then, on emerging, keep left and go straight ahead with hedge on left. Silver birch trees are fenced to left. Continue to pond on left, past more silver birch trees, and two kissing gates opposite, back to Skinners Lane.



**7** Immediately opposite, through kissing gate into field (SR603). Keeping hedge on right, continue over next two open fields to stile, up steps to railway line. Cross line, over stile and into field, keeping hedge on left. In top left corner of field follow track (with bungalow on right) leading to Four Elms Road. Turn right to car park.

