

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 which includes details on attractions in the area, accommodation, where to eat and drink, and other information.



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.

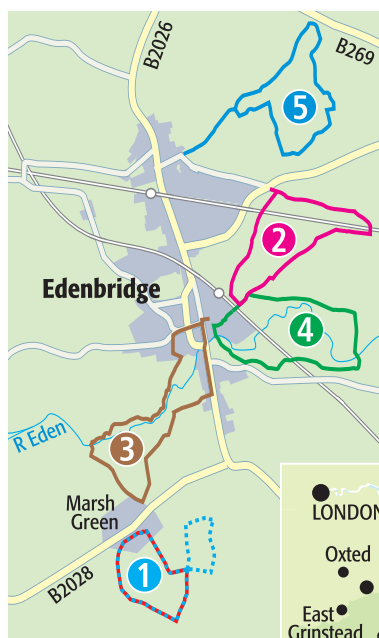
Exploring beyond the Kentish villages you will discover this is superb walking country, with fine views, miles of footpaths and, for the more adventurous, several long distance routes which cross the area.

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



Explore Edenbridge



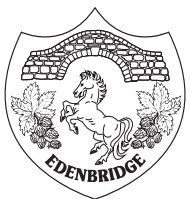
By car: Edenbridge is situated on the B2026, south of the M25 (at junction 6). From the A25 at Oxted, follow the B269 then the B2026 to Edenbridge. There is free parking in the town.



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



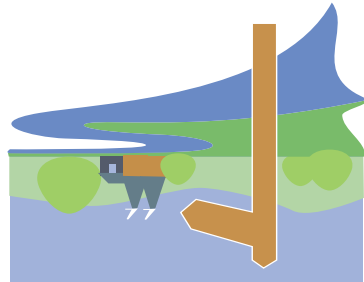
Edenbridge Town Council,
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- Be safe, plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals and take your litter home.
- Keep dogs under control.
- Consider other people.

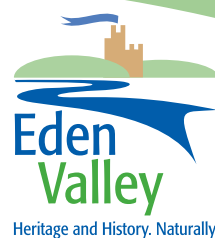
For more details, see www.countrysideaccess.gov.uk

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. Starting in the centre of Edenbridge with its shops, pubs, a variety of places in which to eat, historic buildings (including the Parish Church of St Peter and St Paul and the Eden Valley Museum) and the convenient Edenbridge Town station, this walk follows the attractive River Eden. It goes past Devil's Den and out to the village of Marsh Green, with its pub, before returning to the town centre. It is about 3.2 miles (5.1 km) and takes about 2 hours. As the river can flood, it is sometimes muddy and there are 2 (or 4, depending on route) stiles.

WALK 3



Mont St Aignan Way – Marsh Green – Mill Hill

2 HOURS • 3.2 miles (5.1 km)
Easy terrain but river banks can sometimes flood





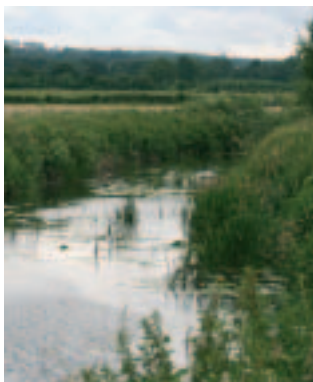
1 From High Street go down Lingfield Road (over Mont St Aignan Way) until Coomb Field. Turn left and head for Recreation Ground. From car park go left past bottom of flood embankment and along edge of playing fields (SR614), keeping dense hedge on left. Also on left is remnant of the Mill Leat. This supplied water from the river to the Tannery and then back to the river via the former water mill, Honours Mill, in High Street.



2 In far corner, cross metal footbridge over Kent Brook and continue straight on. Path passes near ruins of old weir and sluice – pool below sluice was for many years a natural swimming pool. In front is a World War II pillbox, with a small wooden bridge to its left. Cross this and turn left, continuing along river bank. Follow bank path until reaching a copse. The more established block on right, surrounded by an overgrown moat, is Devil's Den. Its origins are uncertain, but records date it about the 14th century or earlier. Pass between two old ash trees (do not turn left over scaffold bridge). This field is a favourite haunt of lapwings in early autumn.



3 Follow path round left side and through gap in corner into next field. Views to north of Skeynes House and Lodge. In next corner, cross stream via sleeper bridge. In front is another pillbox. Keep to right and aim for marker post by river bank. (This route is part of the Eden Valley Walk.)



WALK 3

Mont St Aignan Way – Marsh Green – Mill Hill

This walk is about 3.2 miles (5.1 km), takes about 2 hours and uses SR614, 637 and 617. Part of the route lies along the river bank and can flood, or at least be very muddy at times. Parking is available in town car parks. 2 (or 4) stiles.



4 Follow bank path which bears round to right. Near end of field, in midst of clump of trees, is opening on left which leads to bridge over river. Cross bridge, turn sharp left on to SR637 and follow path towards farm track. Continue on track. Cross third stile on right (when path eventually bears left) aiming for large oak across field on outskirts of Marsh Green. At oak continue along hedge towards Church, cross stile, through Church field, down side of Church and come out onto old road in Marsh Green. School, adjacent to Church, closed several years ago and is now a private residence. There is an opportunity to rest on the bench on the green.



5 Turn left down old road, to first main bend and signpost for SR617 on left, and through kissing gate. Path crosses middle of field to north and through two more kissing gates close together on either side of farm track. Continue heading north across field, picking up fence of field on right and walking alongside to kissing gate on right of farm gate. Continue with fence on right through kissing gate beside old oak tree. Cross corner of copse to another kissing gate, and then diagonally across next field to large oak.



6 Over stile behind oak and, with fence on left, head diagonally across field towards trees in corner and cross stile. (Alternatively, go through kissing gate on left of field gate and follow path with fence on right.) Having crossed stile, turn right and immediately go through kissing gate, continuing through canopy of trees and past pond and hospital on right, until emerging into Mill Hill (an old Roman road along which Edenbridge has developed). Turn left along main road to return to town centre.



Visitor Information	Bank	Petrol Station	Library
Fire Station	Post Office	Car Park-free	Museum
Hospital	Place of Worship	Toilet	Market