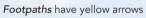
Find your way

Follow the acorn symbol for the North Downs Way National Trail. For other rights of way use the arrows on waymarkers to pick your route.

















Bridleways have blue arrows









Restricted byways have burgundy arrows







Byways have red arrows



Take the lead

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo - any public bin will do!

Your Countryside Code RESPECT, PROTECT, ENJOY.

Respect other people

Leave gates and property as you find them Keep to the paths unless on Open Access Land Slow down for horses, walkers and livestock when cycling

Protect the natural environment

Take your litter home Keep dogs under effective control Don't damage or pick wildflowers

Enjoy the outdoors

Plan ahead and be prepared If cycling, take a puncture repair kit and pump Follow advice and local signs

Getting around

The North Downs Way is one of, if not the most, accessible National Trail by the rail network with over 30 train stations on or near the Trail linking small towns and villages with larger populations.

HS1 high speed services connect London to Rochester, Ashford, Folkestone, Dover and Canterbury. Journey times from central London are around 1 hour to 90 minutes.

You can find up-to-date information on bus services at www.traveline.info

For detailed rail information please see www.nationalrail.co.uk or www.thetrainline.com

Experience the Trail

Whether you're on a short walk or a long hike there's so much to experience along the trail. Taste the trail; visit the vineyards, sample the wine, take a brewery tour or visit a micro pub or traditional country inn; discover locally produced artisan food and drink

Get creative on the trail, why not visit an art gallery or one of the installations and sculptures along the way and share your adventures with us on social media

Find us at



@northdownsway



@northdownswaynationaltrail



northdownsway_nt

www.nationaltrail.co.uk



Escape the hustle and bustle of urban living to discover inspirational landscapes and peaceful walks along the **North Downs Way**.

Whether you are looking for a short stroll with spectacular downland views or aiming to tackle the full 153 miles (245km) from Farnham to Dover, the **North Downs Way** is the perfect way to recharge your batteries.



Wye Church

The North Downs Way is one of 15 National Trails located in England and Wales - all of which provide superb walking (and sometimes cycling and equestrian) experiences amongst the finest landscapes in the country. The England Coast Path, which is being opened in sections and meets the North Downs Way at Dover, will be the longest coastal path in the world.

Heritage

The Downs have long formed a defensive line for London with many castles and forts to visit along the route. Additionally, located close to the trail, are a wealth of places of historic interest including cathedrals, palaces, stately homes and gardens.

In the footsteps of pilgrims

In many places the North Downs Way follows the same route as the Pilgrim's Way. Modern pilgrims wishing to follow in the footsteps of their medieval predecessors can combine the North Downs Way route to Canterbury with the St Swithun's Way (a 24 mile trail from Winchester to Farnham) to recreate this historic route from Winchester to Canterbury.



Devil's Kneading Trough, Wye Downs

For those looking to walk further afield, The Via Francigena Pilgrimage route follows the North Downs Way from Canterbury to Dover, before heading across the English Channel to France and onwards to Rome. As one of the Cultural Routes of the Council of Europe the route shares the same designation as the Camino de Santiago and follows in the footsteps of Archbishop Sigeric who made this trip in 990AD.

To find out more visit www.viefrancigene.org

Inspirational landscape

The dramatic landscapes of the North Downs have long inspired artists, poets and writers ranging from J.M.W. Turner to Jane Austen and Charles Dickens. Charles Darwin and Winston Churchill lived close to the Downs and were also moved by the landscape.



Chevenino

A walk along chalk downs

Beginning at Farnham, the North Downs
Way passes through the heavily wooded
chalk landscape of the Surrey Hills Area of
Outstanding Natural Beauty. This rare, ancient
woodland is an important habitat for wildlife.

Across the border, into the Kent Downs Area of Outstanding Natural Beauty, the landscape opens up into rich grassland slopes which are alive with orchids and butterflies in summer. The trail divides near Ashford and offers the chance to explore two different landscapes. The northern route passes through orchards and farmland via Canterbury to Dover. The southern route continues along the Downs and ends with a dramatic coastal walk above the magnificent White Cliffs of Dover.

