

## 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.



Footpaths have yellow arrows



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](http://www.traveline.info)**

For detailed rail information please see **[www.nationalrail.co.uk](http://www.nationalrail.co.uk)** or **[www.thetrainline.com](http://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](http://www.nationaltrail.co.uk)**

# NORTH DOWNS WAY

NATIONAL TRAIL

## IN THE FOOTSTEPS OF PILGRIMS

An inspirational 153 mile journey from Farnham to Canterbury and the White Cliffs of Dover.  
A beautiful landscape rich in heritage.



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](http://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.




Chevening

## 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.





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North Downs Way National Trail




10 mile marker





Viewpoint
- 

Rail station




Eurostar Terminal





Eurotunnel Terminal
- 

Place of Pilgrimage



Heritage Site



Food & Drink
- 

Via Francigena European Pilgrim/Cultural Route to Rome

# NORTH DOWNS WAY

NATIONAL TRAIL



## Hills & Viewpoints

- 1 St Martha's Hill
- 2 Newlands Corner
- 3 Colley Hill & Reigate Hill
- 4 Caterham Viewpoint
- 5 Botley Hill
- 6 Kemsing Downs
- 7 Blue Bell Hill
- 8 Detling Hill
- 9 Wye Memorial Crown & Devil's Kneading Trough NNR (1 mile apart)
- 10 Tolsford Hill, Etchinghill
- 11 Folkestone Downs
- 12 White Cliffs of Dover

## Places of Pilgrimage

- 1 St Martha's on the Hill
- 2 St Barnabas Church, Ranmore
- 3 St Peter & St Paul's, Chaldon
- 4 Rochester Cathedral
- 5 Archbishop's Palace, Charing
- 6 All Saints, Boughton Aluph
- 7 St Mary's, Chilham
- 8 St Dunstan's, Canterbury
- 9 Canterbury Cathedral
- 10 St Mary's, Patricxbourne
- 11 St Margaret's, Womenswold
- 12 St Andrew's, Shepherdswell
- 13 St Pancras, Coldred
- 14 Maison Dieu & St Edmund's Chapel

## Heritage Sites

- 1 Farnham Castle Keep
- 2 Watts Chapel and Artists' Village
- 3 Reigate Fort & WWII Memorial
- 4 Coldrum Stones Long Barrow
- 5 Kit's Coty House & White Horse Stone
- 6 Thurnham Castle
- 7 St Mary's Church, Eastwell
- 8 Chilham Castle
- 9 Bigbury Fort
- 10 East Kent Railway, Shepherdswell
- 11 Dover Castle
- 12 Western Heights & Drop Redoubt, Dover
- 13 Sound Mirror, Capel le Ferne
- 14 Battle of Britain Memorial & Wing Visitor Centre
- 15 Caesar's Camp, Folkestone

## Food & Drink

- 1 Hogs Back Brewery
- 2 Greyfriars Vineyard
- 3 Silent Pool Distillery & Albury Organic Vineyard
- 4 Denbies Vineyard & Wine Estate
- 5 Pilgrim Brewery
- 6 Godstone Brewers & Flower Farm Shop
- 7 Botley Hill Farmhouse & Titsey Brewery
- 8 Westerham Brewery & Squerries Vineyard
- 9 Breakwater Brewery

