

Easy to find

Located in the South East, close to London and continental Europe, all sections of the North Downs Way are easy to reach by public transport. Many railway stations are conveniently located so that day walks can be planned without taking the car. To help plan your visit please contact Traveline www.travelinesoutheast.org.uk
Telephone 0871 200 2233

Guide Books

North Downs Way – a National Trail Guide by Neil Curtis and Jim Walker published by Aurum Press 2007 ISBN 1 84513 2726
Trail is fully mapped at 1:25000 scale

Maps

Ordnance Survey

www.ordnancesurvey.co.uk

Explore Map series (1:25000 scale)

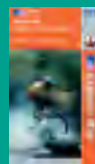
137 (Ashford); 138 (Dover, Folkestone and Hythe) 145 (Guildford and Farnham); 146 (Dorking, Box Hill and Reigate); 147 (Sevenoaks and Tonbridge); 148 (Maidstone and the Medway Towns); 149 (Sittingbourne and Faversham); 150 (Canterbury and the Isle of Thanet).

Landranger Map series (1:50000 scale)

178 (The Thames Estuary); 179 (Canterbury and East Kent); 186 (Aldershot and Guildford); 187 (Dorking and Reigate); 188 (Maidstone and The Weald); 189 (Ashford and Romney Marsh).

Harvey Waterproof Map series

www.harveymaps.co.uk
North Downs Way West
Farnham to Medway
North Downs Way East
Dover to Medway.



National Trails in England and Wales



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North Downs Way

NATIONAL TRAIL



In the footsteps of pilgrims

Photographs by John Miller, Natural England, Kent Tourism,
Zac Macaulay, Will Moreno

Introduction

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.

Newcomers as well as regular visitors and locals can appreciate the stunning scenery and follow the trail with confidence guided by the familiar 'acorn' waymarkers – the symbol for all National Trails.

The North Downs Way is one of 15 National Trails located in England and Wales – all of which provide superb walking experiences amongst the finest landscapes in the country.



Downs near Dorking

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.

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.

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 with stretches of grassland and heathland, is an important habitat for wildlife.



Box Hill from Ranmore Common

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.



Lenham Cross

In the footsteps of pilgrims

In many places the North Downs Way follows the same route as the legendary Pilgrim's Way. Modern pilgrims wishing to follow in the footsteps of their medieval predecessors can combine the North Downs Way with



Canterbury Cathedral

St Swithun's Way (a 24 mile trail from Winchester to Farnham) to create the ideal pilgrimage route from Winchester to Canterbury.

For those looking to walk further afield, the recently established 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.



Eat, drink and stay longer

Why not extend your visit see some of the attractions on offer in Surrey and Kent? There is a huge range of places to stay close to the trail – from cosy farmhouses and historic inns to Youth Hostels and camping barns.

The North Downs Way passes close to a number of attractive country pubs and restaurants many of which specialise in quality local produce.

For more ideas please visit www.visitkent.co.uk or www.visitsoutheastengland.co.uk

North Downs Way NATIONAL TRAIL



St Martha's Church near Guildford



Dorking from the downs

An inspirational landscape



Downs near Kemsing



Sunken lane in Surrey



Chevening



Downs near Thurnham



Picnic at Leeds Castle



Walking the downs

Try one of our circular walks



Chilham for tea



Patricbourne



Refresh your senses



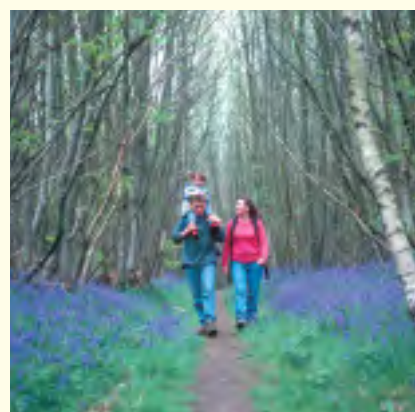
Stepping stones River Mole



Poppies near Charing



Wintry downs



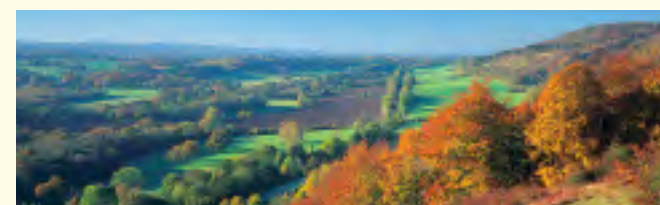
Walking through bluebells



Bee Orchid near Otford



Surrey downland



Autumn colour near Dorking

A Trail for all seasons



On the coast near Folkestone

For further information please visit www.nationaltrail.co.uk/northdowns