



Walk Overview

Distance: 6 miles (9.5 km) allow 3 hours

Start/Finish: Adisham Station or village

Stiles: 0

Gates: 3

Terrain: Open fields and woodland Undulating with no big slopes

Views: Some views to the east coast on the return leg

Toilets: None on route

Refreshments: Pub near start/finish

When you're out walking in the countryside, please respect the Countryside Code.

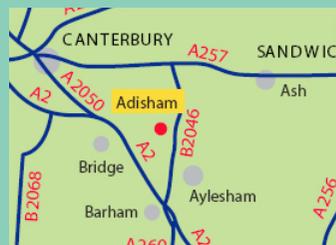
- Be safe – plan ahead and follow any arrows or signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

By Car: Adisham is just off the A2 between Canterbury and Dover

Parking: There is limited free parking in the village near the church

Train: Nearest station Adisham at start of trail. On Canterbury East - Dover line. National Rail Enquiries 08457 484950

Bus: 51 to Wingham and Plucks Gutter 2 journeys Mon - Fri
Traveline 0871 200 2233



Adisham/Barham Downs

This walk begins in the quiet village of Adisham on the edge of the old coal mining area of East Kent. It joins the North Downs Way for a short section by following little used footpaths and bridleways with some interesting woodland sections. Good views open up north-eastwards to the coast as you return to the village. It is a fairly flat walk with no stiles although paths can be muddy in wet weather.

Route Description

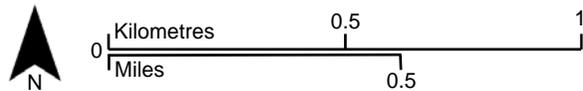
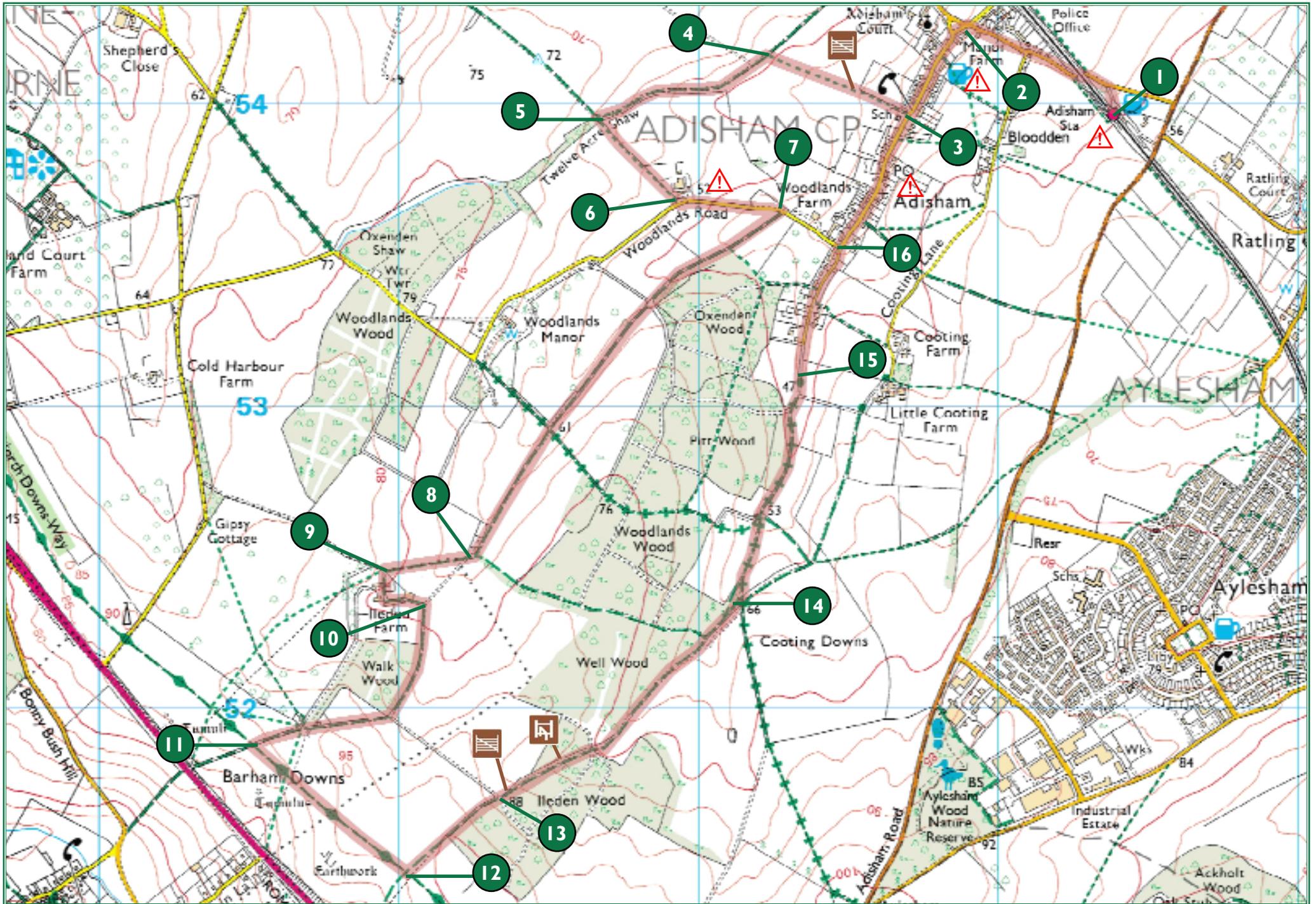
- 1 Leave Adisham Railway Station by turning left along the road. Take care as you walk underneath the railway towards the village.
- 2 Take the second turn left into The Street with the church on your right and enter the village of Adisham..
- 3 Just after the village hall and before the primary school turn right down a footpath and continue through a gate across a field.
- 4 At the end of the path turn left along a broad track..
- 5 Turn left at the corner of some woodland called Twelve Acre Shaw and continue along the path along a field edge.
- 6 By the farm continue ahead along Woodlands Road.
- 7 Turn right onto a bridleway on the right almost turning back on yourself along a ribbon of woodland. Keep along this bridleway in this narrow band of woodland for some time with good views across the grounds of Woodland Manor on your right.
- 8 Just after Ileden Cottages where there is a concrete path ahead, turn half right to cross a field on an uphill path.
- 9 Just before you reach a gate turn left on to a bridleway which skirts around the edge of the farmyard.
- 10 After leaving the farm follow the concrete path round to the right, skirting around Walk Wood, and continue ahead with the noise of the vehicles on the A2 increasing until you reach a point where the North Downs Way crosses the path.
- 11 Turn left on to the North Downs Way and continue across a large open field.
- 12 After a short section on the North Downs Way turn left onto a bridleway at a sharp right angled turn heading to the left of nearby Ileden Wood.
- 13 Where a track crosses turn through the gate and continue on the bridleway on a wide track into Ileden Wood. Pass through another wide gate before passing Well Wood on the left with good views of the Richborough Power Station and the Kent coast ahead.
- 14 At a junction where the track meets a byway turn left along the byway and keep ahead in the same direction ignoring a large track going to the left.
- 15 The byway turns into a road on the outskirts of Adisham village.
- 16 Keep walking through the village and retrace your steps to the Station.

Walk your way to a healthier lifestyle

"Walking for one mile burns virtually the same number of calories as jogging for one mile, it just takes a little longer!"

"Walking is FREE and requires no special equipment or clothing – as long as you are comfortable"

"Regular walking helps reduce the risk of heart disease, strokes, diabetes and high blood pressure"



Also use Ordnance Survey Map: Explorer 138
Barham and Adisham Walk www.nationaltrail.co.uk