Guided walks

A Great Way to Discover the Beautiful Kent Countryside
A guided walk is the perfect way to discover the contrasting landscapes, amazing wildlife and fascinating history of this beautiful county. The organisations listed below offer a wide variety of walking opportunities to suit all abilities and interests throughout the year. Use the contact details to find out more about how and when you can explore and enjoy the picturesque countryside of Kent.

Kent Downs Area of Outstanding Natural Beauty (AONB)
Join a farmer-led walk to learn more about the important role farming plays in the Kent Downs AONB. Find hidden corners of this special landscape, sample a delicious variety of local produce and enjoy some unique wildlife. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

www.kentdowns.org.uk
01303 815170
mail@kentdowns.org.uk

Kent High Weald Project (KHWP)
The Kent High Weald Project operates within the High Weald AONB, an historical countryside of rolling hills abundant woods and hedges, scattered farms and sunken lanes. Join a guided walk to see its many orchards, vineyards and hop gardens.

www.khwp.org.uk
01580 715918
info@khwp.org.uk

Kentish Stour Countryside Project (KSCP)
The River Stour runs from Lenham, through the Low Weald and Kent Downs, the centres of Ashford and Canterbury, the wetlands of Westbere and Stodmarsh, and out to the sea at Pegwell Bay. The staff will organise guided walks on request for a small donation to the project. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

www.kentishstour.org.uk
01233 813307
kentishstour@kent.gov.uk

Romney Marsh Countryside Project (RMCP)
The Romney Marsh is a unique and beautiful landscape. Take part in one of the many and varied walks on offer to enjoy and understand the value of this often remote location. The guides have a wealth of expertise on the unique native wildlife and the areas long and fascinating history.

www.rmcp.co.uk
01797 367934
mail@rmcp.co.uk

White Cliffs Countryside Project (WCCP)
The White Cliffs are the most famous and breathtaking coastline covered with ancient chalk grassland. Numerous guided walks offer opportunities to explore new and undiscovered parts of the heritage coastline and hear stories of the landscape. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

www.whitecliffscountryside.org.uk
01304 241806
wccp@whitecliffscountryside.org.uk

The National Pinetum Bedgebury, nr Goudhurst
Bedgebury Pinetum has a stunning collection of conifers interspersed with rare & unusual deciduous trees. Guided walks take place in beautiful parkland of lakes, streams and rolling hills which provide a haven for wildlife. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

01580 211781

Kent Wildlife Trust (KWT)
The Kent Wildlife Trust is the leading conservation organisation covering the whole of Kent. It is dedicated to protecting wildlife for the future, for all to enjoy. Join one of the many guided walks to discover more about the wetlands, shorelines, marshes, woodland, and heritage landscapes and to observe some of the county’s amazing wildlife. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

www.kentwildlife.org.uk
01622 662012
info@kentwildlife.org.uk

Rambler’s Association (RA)
The RA has thirteen local groups across the county each offering the opportunity to take part in a variety of guided walks throughout the year. Non-members are welcomed and may take part in up to three taster walks before joining. Group leaders explore the deep rich countryside and offer a wealth of local knowledge to all that take part.

www.kentramblers.org.uk
info@kentramblers.org.uk

The Blean Initiative, nr Canterbury
The Blean offers a mosaic of villages, ancient woodland and enchanting farms. Discover nightingales, nightjars, roding woodcocks, bats and moths by taking part in one of the dawn or evening walks available in the largest woodland in Kent.

www.theblean.co.uk
01227 700627
The National Trust (NT) offer guided walk opportunities

**National Trust - White Cliffs**  The ‘Gateway to the White Cliffs’ visitor centre has superb views and introduces visitors to five miles of chalk downland along the famous white clifftops. Pre-booked guided walks to South Foreland Lighthouse include the picturesque St Margaret’s Bay as well as the rich flora and fauna.

**National Trust - Sissinghurst Castle Garden** One of the world’s most celebrated gardens, the creation of Vita Sackville-West and her husband Sir Harold Nicolson. Guided walks explore the tranquil grounds which provide overflowing herbaceous and mixed borders, quintessential rose gardens, woodland, lakes and wide variety of birds.

**East Kent HealthWalks** Research shows that walking can dramatically improve your physical and mental health. Guided healthwalks are available for all abilities, provide a free work out, are great fun, and are an opportunity to make new friends. Join a healthwalk free of charge to discover your potential.

**Tourist Information Centres** To find out more about the many guided walks available around towns including Tunbridge Wells, Hythe and Faversham contact the nearest Tourist Information Centre.

**Kent County Council’s Country Parks** KCCs Country Parks cover 1,500 acres in the lush landscape including the Weald, the River Stour, chalk grassland in the Kent Downs and famous sites across the county. Visit one to take part in a variety of events throughout the year. Our organisation tries to cater for the needs of disabled people wherever possible. Please contact us to find out more.

Visit [www.kent.gov.uk/explorekent](http://www.kent.gov.uk/explorekent) the ultimate guide to walking in the Kent countryside.

We hope you enjoy the guided walks. Taking part in any of the activities listed in this leaflet will be at your own risk. KCC accepts no responsibility for the quality of the activities provided, or for any loss, damage or injury caused by errors or omissions in the wording of this leaflet.

This leaflet is available in a text only, large print format - please phone 08458 247 600