

# Welcome...

Nestled between Canterbury and Folkestone, the Elham Valley is in the Kent Downs Area of Outstanding Natural Beauty.

There can be few places as tranquil as Kent's Elham Valley which is so easy to reach and offers such a range of activities. Enjoy a walk in the unspoiled countryside followed by a pub lunch at one of the many charming village pubs. Breathe in the fresh air, drink in the views and feel yourself relax.



Stay longer and learn a traditional craft. Hire a bike, play a round of golf or treat yourself to a chauffeur driven tour. Return home with goodies from the farmers' market and with body and soul refreshed.

There's accommodation to suit every budget from a simple B&B to self catering or luxury rooms and many great places to eat.

A place to nurture mind, body and soul.

# Getting Here



By Car access is easy from the M20 and A2

By Rail to Sandling or Folkestone for the southern end of the Valley, to Canterbury for the northern end. For train times see [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

By Bus on the following regular local bus routes:  
Route 558 – Hythe - Canterbury  
Route 17 – Folkestone - Canterbury  
Route 16 & 16a – Canterbury -Saltwood  
Timetables can be found at [www.stagecoachbus.com/timetables](http://www.stagecoachbus.com/timetables).

## Visitor Information

[www.kentselhamvalley.co.uk](http://www.kentselhamvalley.co.uk)

[www.canterbury.co.uk](http://www.canterbury.co.uk)



[www.discoverfolkestone.co.uk](http://www.discoverfolkestone.co.uk)



[www.visitkent.co.uk](http://www.visitkent.co.uk)

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KENT'S  
**Elham  
Valley**

*Escape, Discover, Unwind*



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# Highlights...

# Days out in the Elham Valley



## Broadening your horizons

The Elham Valley is well known for its range of fun activities and experiences for visitors of all ages. Learn bushcraft and survival skills in the forest, how to throw a pot or to spin and weave. Other popular activities include sculpture and ceramics painting, felt making, beekeeping for beginners, drum and even soap making.

## Recharging your batteries

Just spending time in the Elham Valley is a great way to unwind and relax. The valley has a growing reputation as a centre for 'health and wellbeing' and you will find yoga, meditation and sound therapy workshops, massage, reflexology, beauty treatments and much more. Check the website for details.

## Enjoying the great outdoors

There are many ways to enjoy the jewel of the Elham valley – the countryside. Walk along the Elham Valley Way, cycle along the 'Coast to Cathedral' route or explore the valley on horseback.

For something a little slower-paced, explore the Valley's nature reserves, historic parklands, vineyards and ancient woodlands.



Let the Elham Valley work  
its magic on you...

KENT'S  
**Elham  
Valley**

# Places to Stay, Eat and Visit...



## B&B bishopsbourne

stylish, luxury accommodation at the crown of the Elham Valley, less than 5 miles from the city of Canterbury.

Tel: 01227 832283  
www.beachborough.com

Grid ref:  
**E8**



## Little Shuttlesfield Barn

High quality, full facility, self-catering accommodation. Country location on recreational routes. Stabling available.

Tel: 01303 862729  
www.shuttlesfieldbarn.co.uk

Grid ref:  
**P7**



## Boyke Manor Cottages

History, quality and a very warm welcome

Tel: 01303 862173 or 07860 452640  
www.boykemanorcottages.co.uk

Grid ref:  
**O6**



## Rose & Crown, Elham

At the Rose & Crown we pride ourselves on the quality of our locally sourced food and selection of locally produced beers, available all day everyday. Also newly refurbished, our large on-site rooms offer a very comfortable stay. Claim a 10% discount on production of this advert.

Open Everyday 12pm - 11pm  
High Street, Elham, CT4 6TD  
Tel: 01303 840226  
www.roseandcrown.elham.co.uk

Grid ref:  
**M7**



## The New Inn

Fine Cuisine - the best little foodhouse this side of the English Channel. Etchinghill, CT18 8DE

Tel: 01303 862026  
www.new-inn.info

Grid ref:  
**R6**



## Molehills Bed & Breakfast

Bladbean, CT4 6LU  
Tel: 01303 840051

Grid ref:  
**J7**

## Elmsted Court Farm Bed & Breakfast

Elmsted, TN25 5JN  
Tel: 01233 750269

Grid ref:  
**L1**



## Elmfield Farm Cottages

Six Mile, CT4 6DW  
Tel: 01227 709404

Grid ref:  
**M3**

## The Cat & Custard Pot Public House

Paddlesworth, CT18 8AD  
Tel: 01303 892205

Grid ref:  
**Q8**



## Bridge Cottage B&B

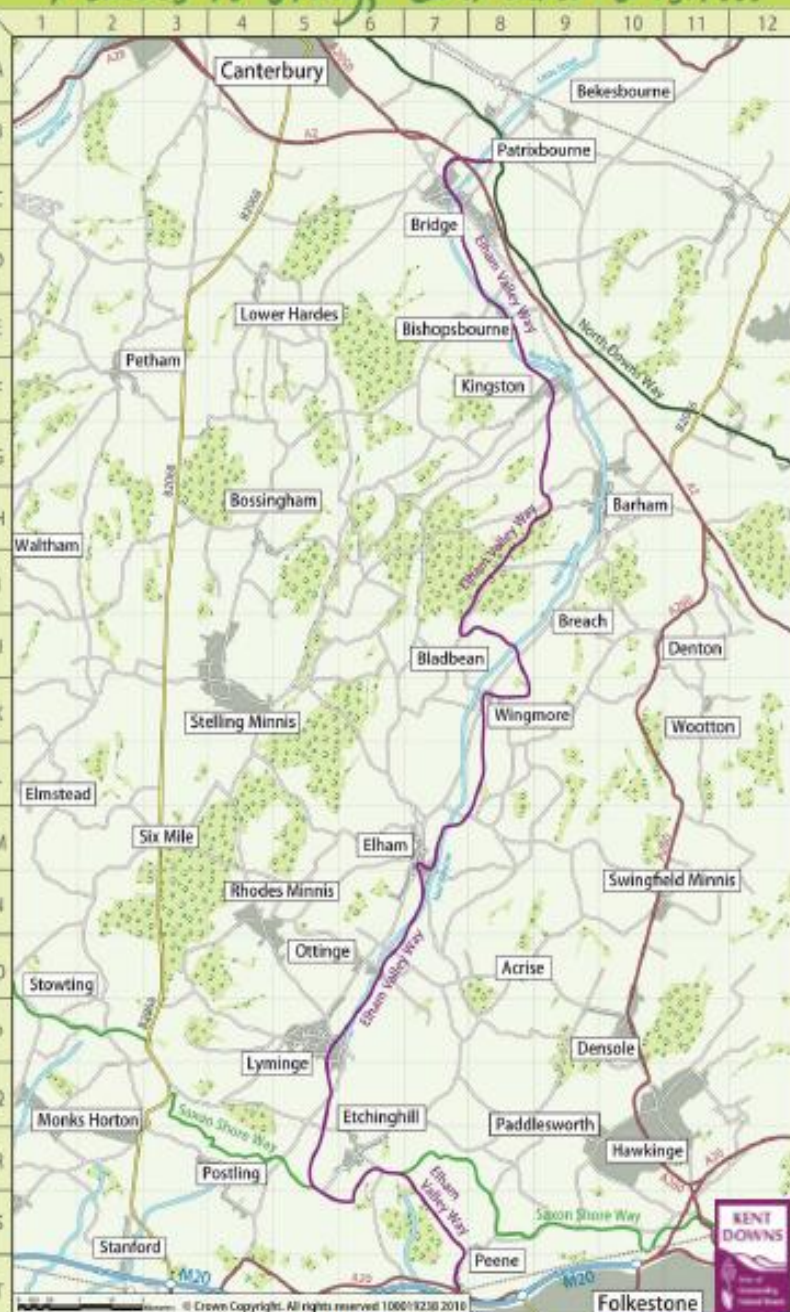
Ottinge, CT4 6XJ  
Tel: 01303 862933

Grid ref:  
**O6**

## Hilltop Spinning & Weaving Centre

Lyminge, CT18 8HD  
Tel: 01303 862617

Grid ref:  
**P5**



## Elham Farmers' Market

2nd and 4th Sundays of each month  
10am-12noon  
Rose & Crown Courtyard,  
Elham CT4 6TD

www.elhamfarmersmarket.co.uk

Grid ref:  
**M7**



## Annie Begley

Animal Paintings and Sculptures  
Creative Pottery and Sculpture  
Workshops. Annie runs creative  
sculpture and pottery classes for people  
of all ages. The workshops are two hours,  
once a week for four weeks allowing  
everyone to create their own fired piece.  
"Tourist Taster Sessions" available for  
visitors.

For more information contact Annie  
Tel: 01303 840665  
Email annie@anniebegley.co.uk

Grid ref:  
**K8**



## Downland Cycles

Cycle Hire, events, courses, repairs and  
retail. Open Mon-Sat 9-5:30  
Malthouse Road, Canterbury, CT2 7JA

Tel: 01227 479643  
www.downlandcycles.co.uk

Grid ref:  
**A5**



## Tours of the Realm

Chauffeured sightseeing tours of rural &  
historic Britain for small groups of 2 to 3  
people.

Tel: 01303 863869 or 07595 769615  
www.toursoftherrealm.com

Grid ref:  
**J5**



## Charlton Park Foundation

An elegant venue offering: outdoor  
theatre & concerts, tennis, squash,  
swimming, classes, weddings,  
conferences & meetings.

Tel: 01227 831355  
www.charlton-park.org

Grid ref:  
**E8**



## Roundwood Hall Golf Club

A picturesque 9 hole Pay and Play Golf  
Course. No booking required  
ideal for new players.

Stone Street, Lyminge, CT18 8DJ  
Tel: 01303 862260  
www.roundwoodhall.co.uk

Grid ref:  
**P3**



## Court Farm Animals Ltd

Animal & pet food delivery service, luxury  
purpose built cattery, alpaca sales and  
stud service. Serving East Kent

Tel: 07817 454411 or 07772 307577  
www.courtfarmanimals.co.uk

Grid ref:  
**M2**

## Barham Downs Churches

Tel: 01227 831340

Grid ref:  
**G10**

## St. Oswald's Church

Paddlesworth, CT8 8AD

Tel: 01303 862173

Grid ref:  
**Q8**