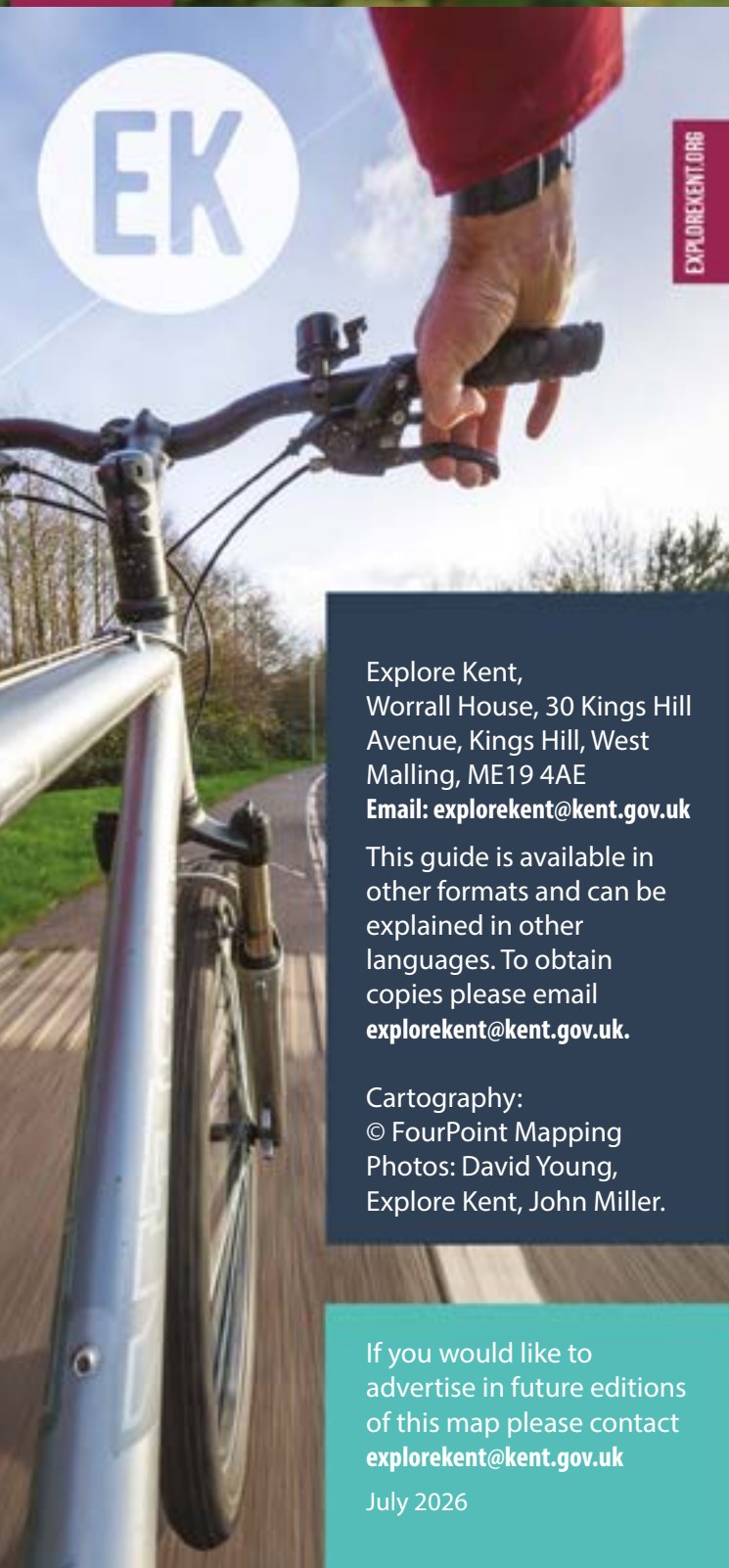
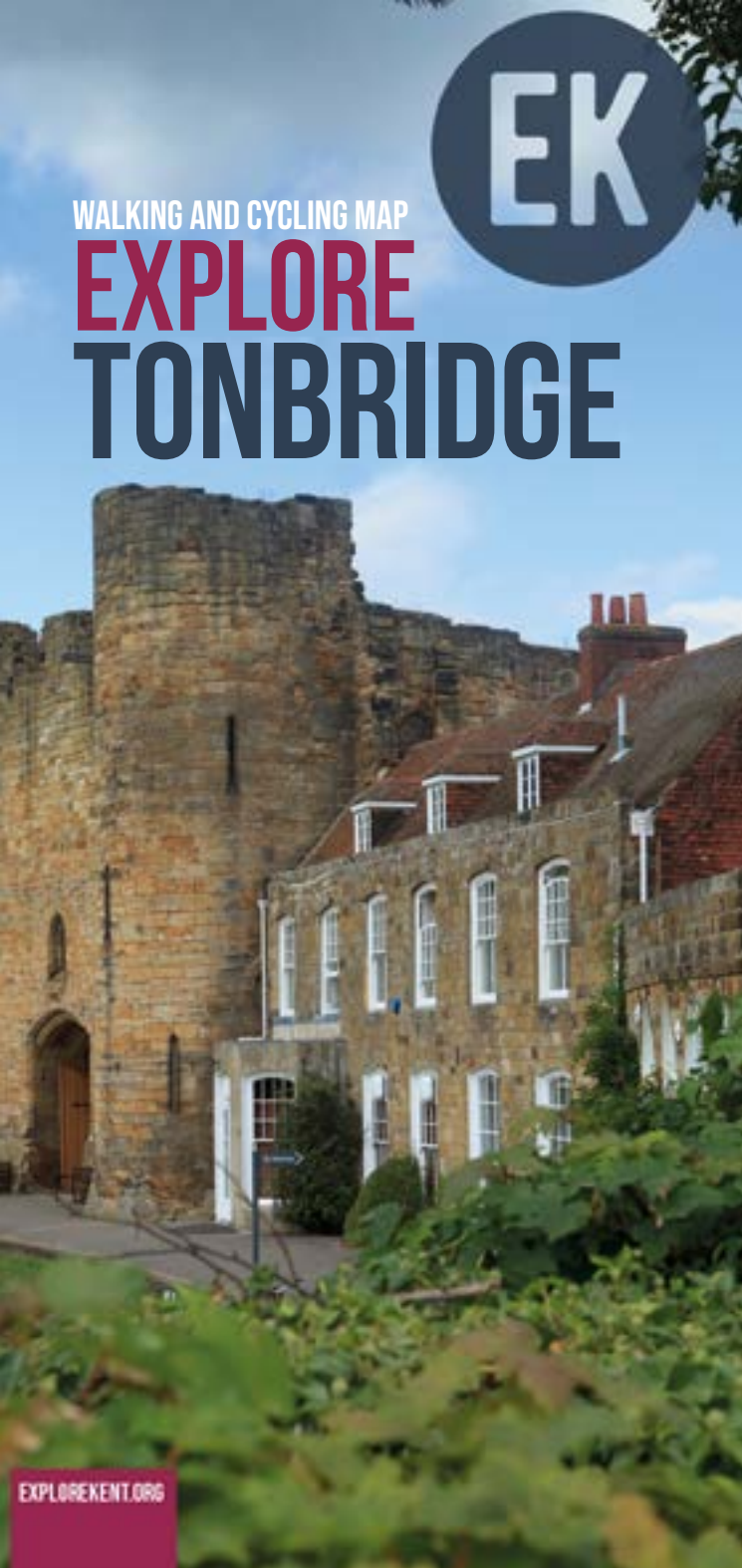




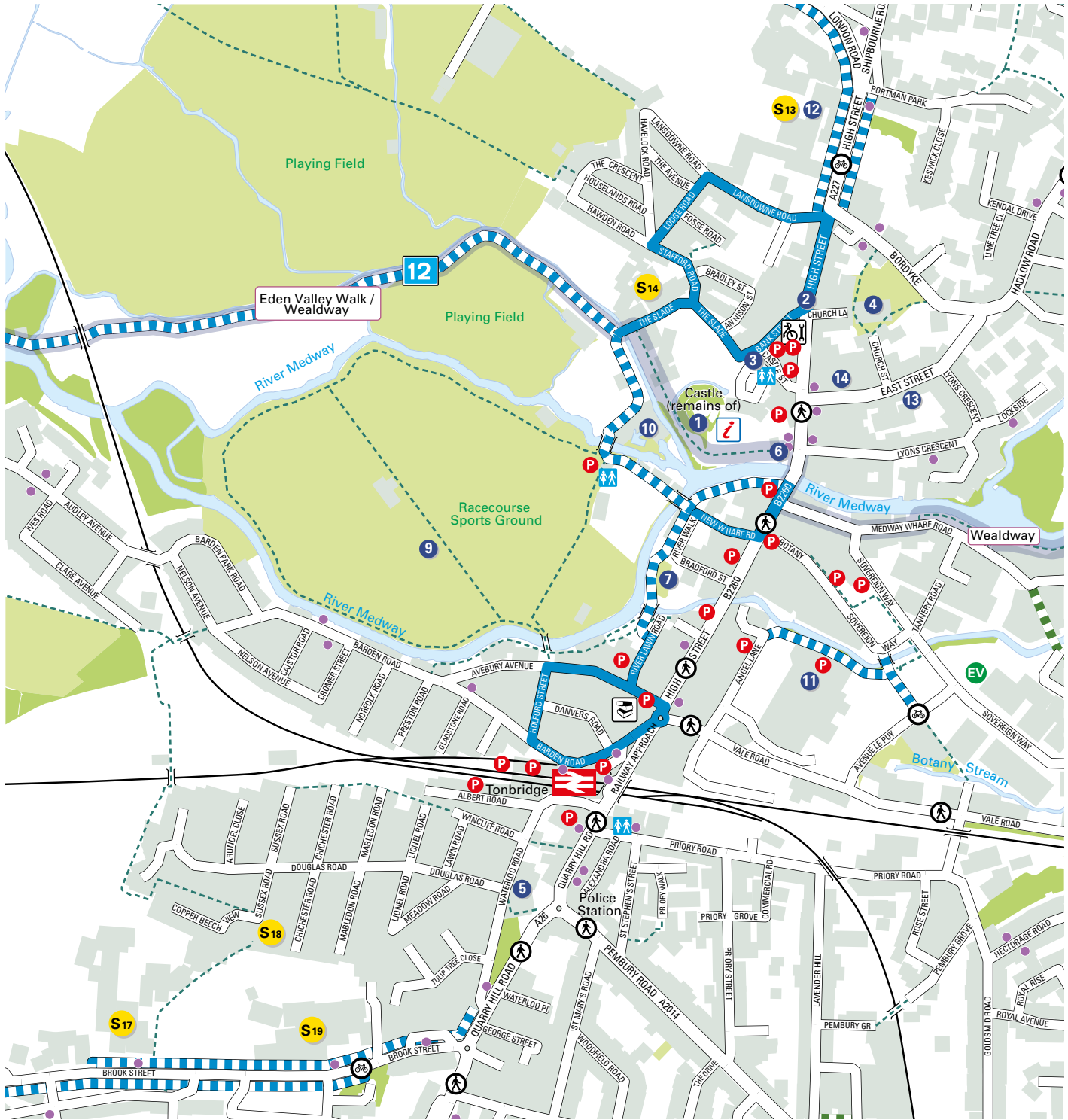
DISCOVER TONBRIDGE

Tonbridge is a medieval market town in the heart of West Kent, known for its riverside setting, historic landmarks and busy high street. Surrounded by countryside and well connected to London by rail, it's an ideal place to explore on foot or by bike.

At the centre stands Tonbridge Castle, one of England's finest motte and bailey castles, with origins dating back to the 11th century. Today, the castle offers a look at over 900 years of history, and its grounds provide a setting for a roster of community events including a monthly artisan market. The town also shares literary connections, with its links to Jane Austen.

The River Medway runs through Tonbridge and Haysden Country Park, providing a picturesque backdrop for scenic river routes. The riverside paths are perfect for walking and cycling, while the water itself plays host to guided boat trips and events such as the annual Dragon Boat Race.

Tonbridge's town centre brings together independent shops, well-known retailers and a growing art scene. Along the high street and surrounding lanes, you'll find a mix of stores from specialist shops and boutiques to cafes and community event spaces. Food and drink form an important part of Tonbridge's appeal; a diverse range of eateries sit alongside the popular monthly farmers' market, known for its high-quality, fresh local produce.



- Signed on-road cycle route
- Surfaced – Traffic-free, Bridleways, Restricted Byways and Byways Open to All Traffic
- Promoted route – on-road *
- Promoted route off-road – surfaced *
- Footpath
- Promoted walking route *

* For detailed guides visit [explorekent.org](https://www.explorekent.org)

- S1 School Named and numbered
- 1 Place of interest Named and numbered
- Bus stop
- Visitor Information
- Railway with station
- Toucan crossing
- Pelican / Puffin crossing
- Bike shop
- Library
- EV Electric vehicle charging point
- 12 Regional Cycle Network route number
- Toilets
- P Cycle parking



PLACES OF INTEREST

- 1 Tonbridge Castle
- 2 Tonbridge High Street
- 3 Tonbridge Old Fire Station
- 4 St Peter & St Paul's Church
- 5 St Stephen's Church
- 6 Tonbridge River Trips
- 7 Tonbridge Memorial Garden
- 8 Haysden Country Park
- 9 Tonbridge Racecourse Sportsground - Miniature Railway & Crazy Golf
- 10 Tonbridge Swimming Pool
- 11 Angel Centre
- 12 Tonbridge School
- 13 Port Reeve's House (oldest house in Tonbridge)
- 14 The Rose & Crown
- 15 Penshurst Place & Gardens

WALKING ROUTES

JANE AUSTEN AND TONBRIDGE WALK
This 2.4-mile (3.9km) circular walk through the heart of beautiful Tonbridge is something everyone can enjoy with surfaces suitable for wheelchairs and pushchairs. Take yourself on a literary journey and discover the life and family connections of one of England's best loved authors, Jane Austen.

TONBRIDGE WW1 WALKING TRAILS
Tonbridge WW1 Walking Trails comprise of three short routes within Tonbridge, totalling just over 4 miles (6.4km) in length. Following level pathways with regular opportunities to take a rest, you can fully immerse yourself with captivating WW1 memories and landmarks.

TONBRIDGE TO HAYSDEN STILE FREE TRAIL
Leaving the motte and bailey of Tonbridge Castle behind, this 3-mile (4.75km) linear easy access trail follows a tarmac path and hard surface to Haysden Country Park and around Barden Lake, with frequent areas to take a rest.

EDEN VALLEY WALK
This 15-mile (24km) walk follows the banks of the River Eden and the River Medway from Edenbridge to Tonbridge. Pass through parkland, woodland, open fields and alongside some of the county's historic castles and houses, including Hever Castle, Chiddingstone Castle, Penshurst Place and Tonbridge Castle.

MEDWAY VALLEY WALK
This linear long-distance route covers just over 28 miles (45.2km) along the banks of the River Medway. Enjoy the variety of landscapes, from the bustling market towns of Tonbridge and Rochester to picturesque villages and orchards tucked away in an Area of Outstanding Natural Beauty.

WEALDWAY
An 82-mile (132km) route from Gravesend to Eastbourne, crossing the North Downs, South Downs and the Weald, with beautiful views, historic churches and archaeological sites.

CYCLE ROUTES

TUDOR CYCLE TRAIL
A 6-mile (9.6km) route from Tonbridge Castle to Penshurst Place. From the castle, follow regional cycle route 12 west through charming woodland and countryside to Penshurst Place, a fortified manor house that's rich with medieval and Tudor charm. Explore the beautiful gardens or pay a visit to neighbouring Penshurst village for a taste of historic Kent.

For more walking and cycling route guides, visit [ExploreKent.org](https://www.explorekent.org)



Download the Kent Connected app to plan journeys, view walking and cycling routes, and check bus and train times across Kent.





GETTING AROUND

Tonbridge is well connected to the rest of the county, making it easy to reach by train and to explore without a car. Situated a short walk from the town centre, Tonbridge Train Station is only a few steps from Staplehurst, Marden and Headcorn, where you can enjoy the picturesque Kentish Weald which offers peaceful walks and idyllic cycle rides combining woodland, agriculture and wildlife.

Tonbridge Station has ample cycle parking, including a secure cycle hub with covered, CCTV-monitored storage and controlled access. Nearby, the Tudor Cycle Trail follows Regional Cycle Route 12, linking Tonbridge Castle and Haysden Country Park with Penshurst Place.

Frequent bus services connect Tonbridge to Tunbridge Wells, Maidstone and Sevenoaks, making it easy to combine public transport with walking or cycling. Visitors can hire a bike for either half a day or a full day to explore the surrounding countryside.

Walking and cycling aren't just rewarding and fun ways to get around, they are also a simple way to save money, reduce emissions, and build activity into your day. With riverside routes, historic landmarks and easy access to the countryside, Tonbridge offers plenty of opportunities to explore the area at a relaxed pace.



THINGS TO DO

TONBRIDGE FARMERS MARKET
The biggest Farmers Market in Kent can be found in Tonbridge on the second Sunday of every month. Find out more at <https://kfma.org.uk/Tonbridge>

TONBRIDGE CASTLE
An 11th century motte and bailey castle, with grounds overlooking the River Medway. Explore the 125 acres of grounds, including the lake and mazes, and, during the summer, enjoy the jousting events.

HAYSDEN COUNTRY PARK
Set in 64 hectares of beautiful countryside, this country park offers a variety of activities, from nature and historical trails to the children's play area.

PENSHURST PLACE & GARDENS
A fortified manor house rich with medieval and Tudor charm. There is a tearoom, woodland trail, and an adventure playground for the children to explore.

HEVER CASTLE
A 14th century castle, once the childhood home of Anne Boleyn. Explore the 125 acres of grounds, including the lake and mazes, and, during the summer, enjoy the jousting events.

CYCLE TRAINING

Kent County Council offers a variety of cycle training courses designed to boost confidence and improve cycling skills for both adults and children.



- FOR ADULTS**
- **Learn to Ride:** Ideal for beginners or those looking to improve their bike handling skills.
 - **Confident Road Cycling:** Helps cyclists gain the skills needed to ride safely on the road.
 - **Introduction to E-Bikes:** Learn about electrically assisted cycles and try one before buying.
 - **E-Bike Confident Road Riding:** For those who have completed the introductory course and want to ride e-bikes safely on the road.

- FOR CHILDREN**
- **Bikeability Courses:** These are offered at primary and secondary schools for children in Year 5 and above. The courses aim to teach children how to ride safely on the road.

LOCATIONS
Courses are available at various venues across Kent. All venues offer parking and cycle/helmet hire if needed.



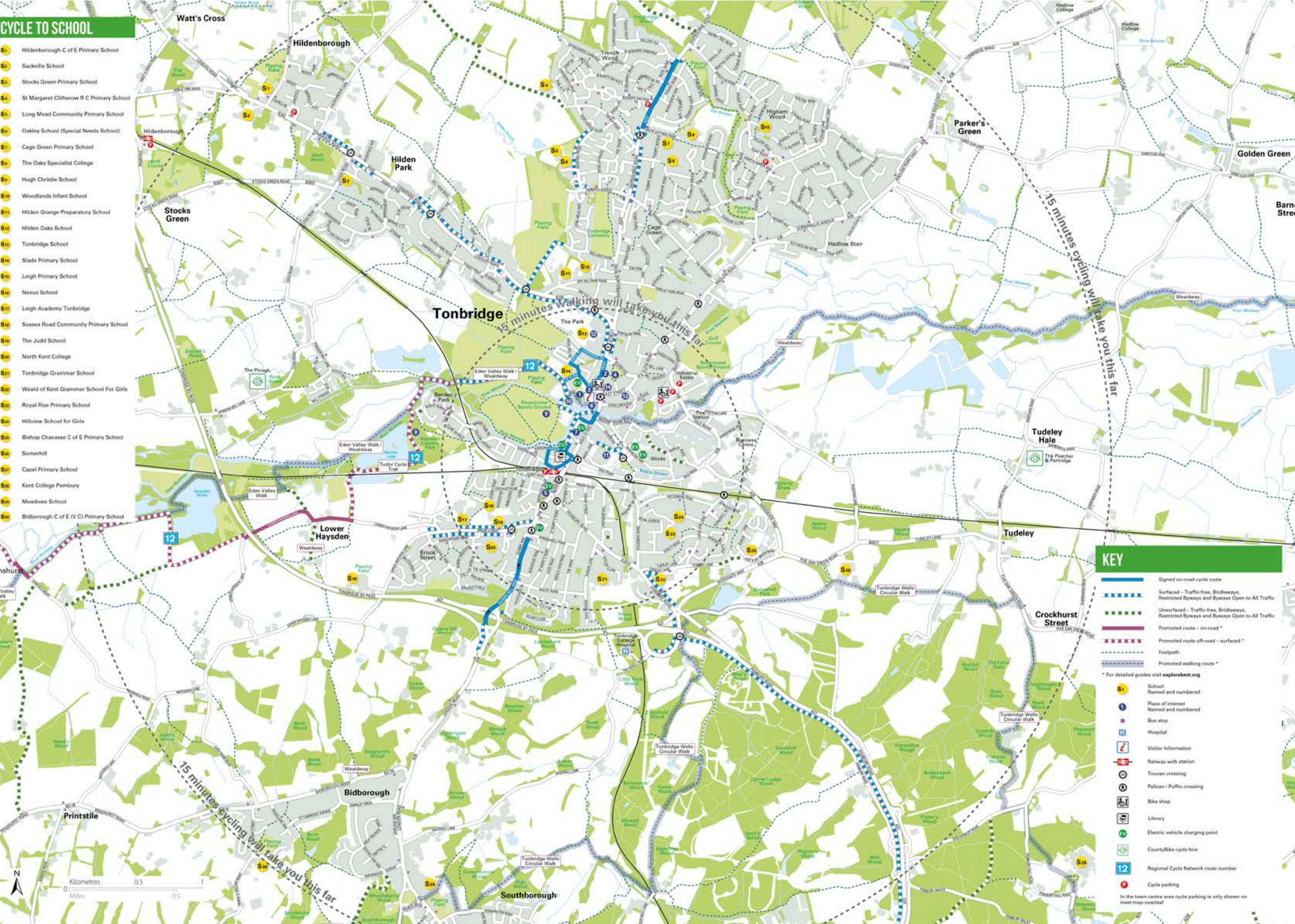
For more details or to book a course, scan the QR code or visit: [explorekent.org/adult-cycle-training](https://www.explorekent.org/adult-cycle-training)

Explore Kent, Worrall House, 30 Kings Hill Avenue, Kings Hill, West Malling, ME19 4AE
Email: explorekent@kent.gov.uk
This guide is available in other formats and can be explained in other languages. To obtain copies please email explorekent@kent.gov.uk.
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If you would like to advertise in future editions of this map please contact explorekent@kent.gov.uk
July 2026

CYCLE TO SCHOOL

- S1 Hildenborough C of E Primary School
- S2 Sackville School
- S3 Stocks Green Primary School
- S4 St Margaret Clitherow R C Primary School
- S5 Long Mead Community Primary School
- S6 Oakley School (Special Needs School)
- S7 Cage Green Primary School
- S8 The Oaks Specialist College
- S9 Hugh Christie School
- S10 Woodlands Infant School
- S11 Hilden Grange Preparatory School
- S12 Hilden Oaks School
- S13 Tonbridge School
- S14 Slade Primary School
- S15 Leigh Primary School
- S16 Nexus School
- S17 Leigh Academy Tonbridge
- S18 Sussex Road Community Primary School
- S19 The Judd School
- S20 North Kent College
- S21 Tonbridge Grammar School
- S22 Weald of Kent Grammar School For Girls
- S23 Royal Rise Primary School
- S24 Hillview School for Girls
- S25 Bishop Chavasse C of E Primary School
- S26 Somerhill
- S27 Capel Primary School
- S28 Kent College Pembury
- S29 Meadows School
- S30 Bidborough C of E (V C) Primary School



KEY

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In the town centre area cycle parking is only shown on inset map overlaid