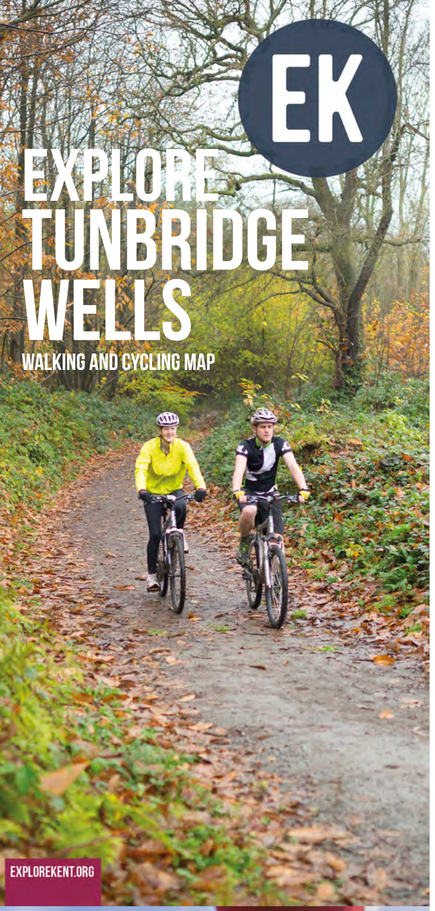


EXPLORE TUNBRIDGE WELLS

WALKING AND CYCLING MAP

EXPLOREKENT.ORG

DISCOVER TUNBRIDGE WELLS

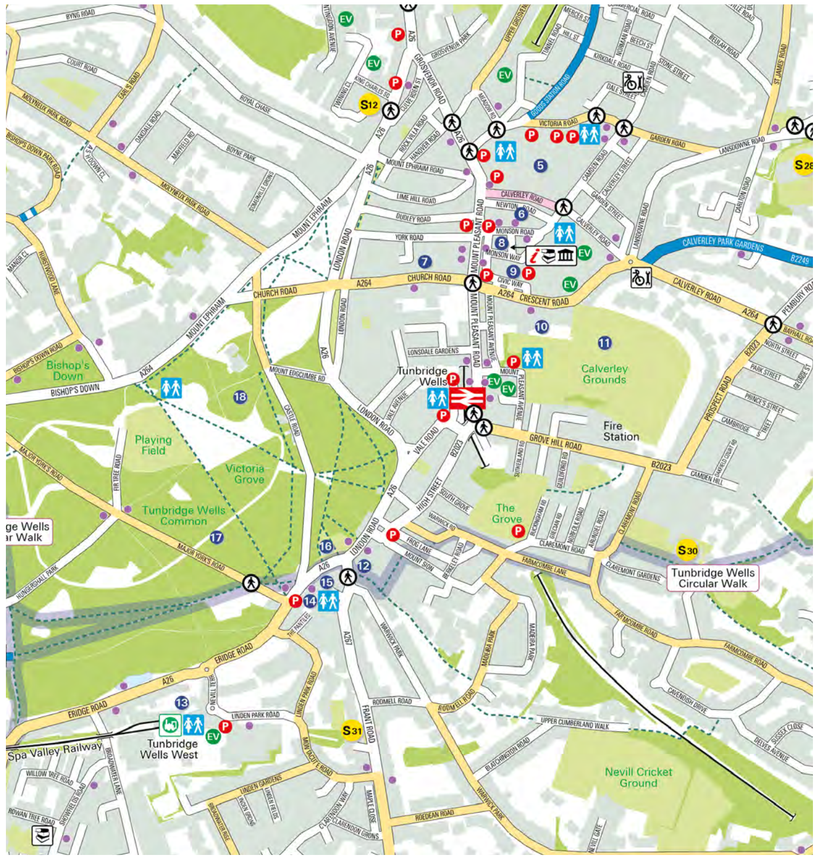
Royal Tunbridge Wells is a historic spa town in the heart of the High Weald Natural Landscape, surrounded by rolling hills, ancient woodland and open heaths. The town itself blends Georgian and Victorian architecture with leafy parks.

At its heart sits The Pantiles, a Georgian colonnaded walkway, and the Chalybeate Spring, a natural spring and the source of Tunbridge Wells' origin as a fashionable spa report. Nearby, visitors can discover a mix of historic architecture, independent shops, cafes and cultural attractions, while green spaces such as Dunorlan Park offer peaceful surroundings within walking distance of the town centre.

Beyond the town, a network of quiet lanes, bridleways and walking trails wind through hop gardens, orchards and vineyards. Historic houses, castles and gardens are scattered around, providing opportunities to combine active travel with visits to some of Kent's beautiful heritage attractions.

Tunbridge Wells is a popular destination for cycling; the Wealden Cycle Trail links Tunbridge Wells to Ashford while the Avenue Verte route between London and the coast passes through the surrounding villages. For a different way to explore the area, the Spa Valley Railway operates heritage steam and diesel trains to Groombridge and Eridge, linking a number of walking and cycling routes along the way.





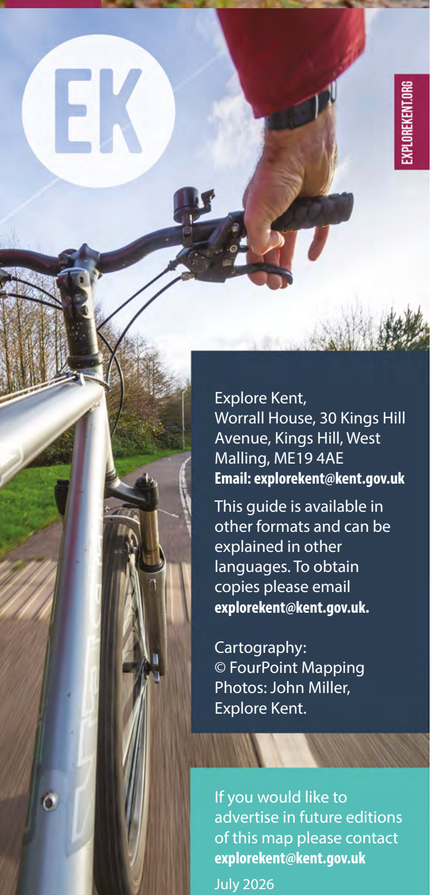
- Signed on-road cycle route
- Unsigned routes – useful to link up your cycle journey
- Pedestrianised roads
- Footpath
- Promoted walking route *

* For more information visit **explorekent.org**

- School Named and numbered
- Place of interest Named and numbered
- Bus stop
- Visitor Information
- Bus station
- Railway with station
- Pelican / Puffin crossing
- Bike shop
- Library
- Electric vehicle charging point
- National Cycle Network route number
- Cycle parking

PLACES OF INTEREST

1. Salomons Estate
2. Knights Park Leisure Park
3. Grosvenor and Hilbert Park
4. Dunorlan Park
5. Royal Victoria Place Shopping Centre
6. The Opera House (Wetherspoons)
7. Trinity Theatre
8. The Amelia Scott: Tourist Information, Museum, Library, Council Services
9. Assembly Hall Theatre
10. Hotel du Vin
11. Calverley Grounds
12. Church of King Charles the Martyr
13. The Spa Valley Railway
14. The Pantiles
15. The Chalybeate Spring
16. The Forum
17. Tunbridge Wells Common
18. Wellington Rocks
19. Rusthall Common
20. High Rocks
21. RSPB Broadwater Warren



EXPLOREKENT.ORG

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July 2026

WALKING ROUTES

DUNORLAN PARK STILE FREE TRAIL

Once a private Victorian garden, Dunorlan Park is now one of Tunbridge Wells' most loved green spaces. This 1.6-mile (2.6km) circular route follows a compact, even surface around the ornamental lake. As a stile-free trail it is suitable for wheelchairs, mobility scooters and pushchairs.

TUNBRIDGE WELLS CIRCULAR WALK

This 27.5-mile (44.3km) Tunbridge Wells Circular explores the wider countryside, passing through Southborough, Pembury, Frant, Groombridge and Speldhurst. The route is divided into four shorter walks, each beginning in the historic town centre, making it easy to enjoy in sections.

HIGH WEALD LANDSCAPE TRAIL

A 90-mile (145km) linear long-distance route that runs through the High Weald Area of Outstanding Natural Beauty. Pass rolling hills, sandstone outcrops, ancient woodland, quaint villages and orchards in the Kent countryside.

THE SCOTNEY CASTLE CIRCLE

Starting from the Vineyard pub in Lamberhurst, this gentle 4-mile (6.4km) circular walk takes you through the picturesque estates surrounding Scotney Castle, offering woodland paths and scenic views.





CYCLE ROUTES

THE WEALDEN CYCLE TRAIL

This 42-mile (67km) route linking Ashford to Tunbridge Wells forms part of National Cycle Route 18, passing hop farms and apple orchards to oast houses, vineyards and picturesque villages. The route includes hills and on-road sections, so it's best suited to confident riders. However, there are traffic-free stretches at Bedgebury National Pinetum and within the Ashford Green Corridor, making these ideal spots for families, beginners and younger cyclists.

NATIONAL CYCLE ROUTE 18

This long-distance cycle route runs from Canterbury to Groombridge, passing Birchden Vineyards before joining National Cycle Route 21. The route provides mostly on-road cycling using country lanes and crosses through the rolling hills of the High Weald Area of Outstanding Natural Beauty.

GETTING AROUND

Royal Tunbridge Wells is easy to reach, with regular rail services connecting the town to London, Hastings and the wider region. A local bus network also provides links to nearby neighbourhoods, villages and the surrounding countryside.

The town has a network of walking and cycling routes, with green spaces such as Tunbridge Wells Common, Rusthall Common and Dunorlan Park offering a number of attractive, traffic-free walking connections. Quiet streets and rural lanes provide further opportunities to explore, including routes into the High Weald National Landscape.

Cycle parking is available at key locations, including the town centre railway station and The Pantiles making it easy to combine cycling with public transport.

Choosing to walk or cycle is a simple way to save money, reduce emissions and improve your wellbeing. With its parks, commons and historic streets, Tunbridge Wells offers plenty of opportunities to enjoy everyday journeys at a relaxed pace.



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

THINGS TO DO



THE PANTILES MARKET: Runs on selected weekends throughout the year, bringing local produce, artisan food, crafts and plants to the historic colonnaded walkway. It's a lively spot to browse, taste and explore while enjoying the character of The Pantiles.

THE AMELIA SCOTT: A modern cultural hub in central Tunbridge Wells, home to the town's museum, library, galleries and visitor information. Set in a beautifully restored historic building, it offers exhibitions, creative spaces and year-round events, making it an inviting stop for anyone exploring the town.

HIGH ROCKS: A dramatic sandstone landscape and ancient monument featuring towering rock formations, woodland and scenic walking routes just outside the town.

THE SPA VALLEY RAILWAY: A heritage steam and diesel railway running from Tunbridge Wells West to Groombridge, High Rocks and Eridge – perfect for combining a nostalgic train ride with a walk or cycle.

MORE IDEAS AND INSPIRATION

For more ideas on where to visit, check out our Tunbridge Wells itinerary page:

www.theamelia.co.uk
visit_tunbridgewells/
VisitTunbridgeWells
info@tunbridgewells.gov.uk
The Amelia Scott, Mount Pleasant Road, Royal Tunbridge Wells, Kent, TN1 1AW

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.



- **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

KEY

- Signed on-road cycle route
- Surfaced – Traffic-free, Bridleways, Restricted Byways and Byways Open to All Traffic
- Unsurfaced – Traffic-free, Bridleways, Restricted Byways and Byways Open to All Traffic
- Unsigned routes – useful to link up your cycle journey
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- S1 School Named and numbered
- 1 Place of interest Named and numbered
- Bus stop
- H Hospital
- Visitor Information
- Bus station
- Railway with station
- Toucan crossing
- Pelican / Puffin crossing
- Bike shop
- Library
- EV Electric vehicle charging point
- 18 National Cycle Network route number
- P Cycle parking

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

15 minutes cycling will take you this far

15 minutes walking will take you this far

Kilometres 0 0.5 1
Miles 0.5

CYCLE TO SCHOOL

- S1 Langton Green Primary School
- S2 Holmewood House School
- S3 Rusthall St Pauls C of E (V A) Primary School
- S4 Broomhill Bank School
- S5 Speldhurst C of E Primary School
- S6 Bidborough C of E (V C) Primary School
- S7 Meadows School
- S8 Southborough C of E Primary School
- S9 Bennett Memorial Diocesan School
- S10 Bishop's Down Primary School
- S11 Rose Hill School
- S12 The Wells Free School
- S13 The Skinners' School
- S14 Tunbridge Wells Girls Grammar School
- S15 St Gregory's Catholic School
- S16 Tunbridge Wells Grammar School for Boys
- S17 St Augustine's R C Primary School
- S18 St Johns C of E Primary School
- S19 St Matthew's High Brooms C of E (V C) Primary School
- S20 Skinners Kent Primary School
- S21 Kent College Pembury
- S22 Pembury School
- S23 Oakley School
- S24 Skinners Kent Academy
- S25 Temple Grove Academy
- S26 Beechwood Sacred Heart School
- S27 St Barnabas C of E (V A) Primary School
- S28 St James' C of E (V A) Infant School/St James' C of E Junior School
- S29 St Peter's C of E Primary School
- S30 Claremont Primary School
- S31 The Mead School
- S32 Broadwater Down Primary School
- S33 St Mark's C of E Primary School
- S34 Groombridge St Thomas C of E Primary School