



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



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.

Enjoying the great outdoors



Highlights...



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.

Recharging your batteries

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, bee keeping for beginners, drum and even soap making.

Broadening your horizons

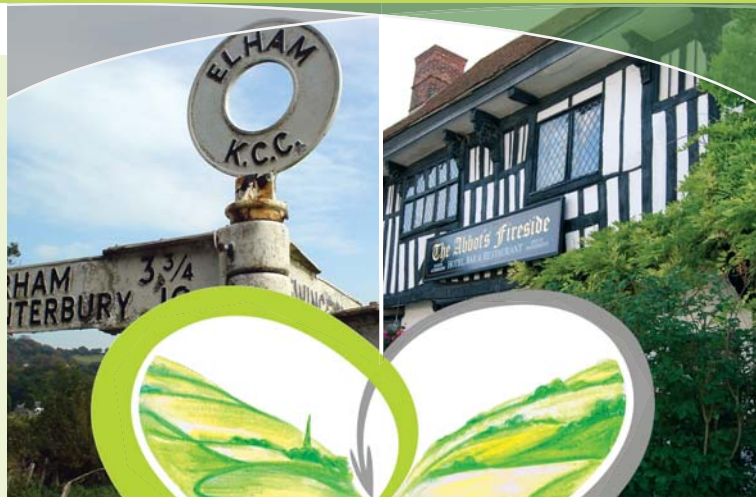
Days out in the Elham Valley

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.

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

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.

Visitor Information

www.kentselhamvalley.co.uk

www.canterbury.co.uk



www.discoverfolkestone.co.uk

www.visitkent.co.uk

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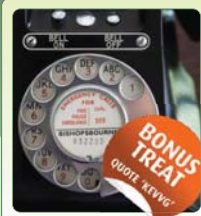


Stay longer and learn a traditional craft. Hire a bike, play a round of golf or treat yourself to a chauffeur driven tour. Return home with goodies from the farmers' market and with body and soul refreshed.

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.

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.beechborough.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 en-suite 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

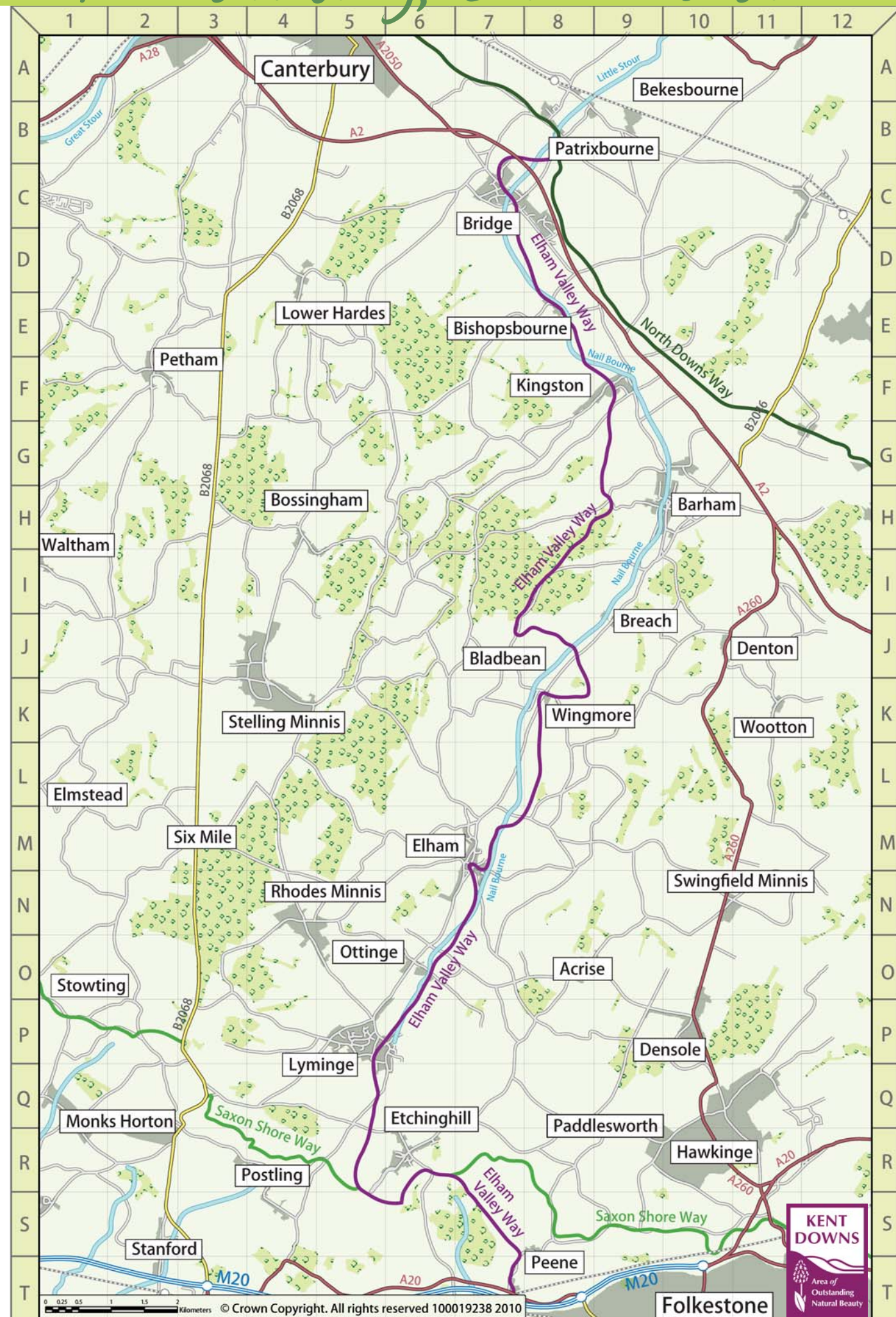


Bridge Cottage B&B
Ottinge, CT4 6XJ
Tel : 01303 862933
www.bridgecottagesimplybandb.co.uk

Grid ref:
O6

Hilltop Spinning & Weaving Centre
Lyminge, CT18 8HD
Tel : 01303 862617
www.handspin.co.uk

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.toursoftherealm.com



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 feed 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