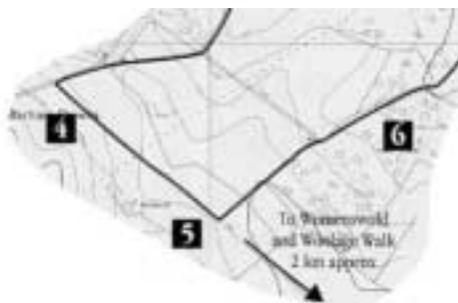
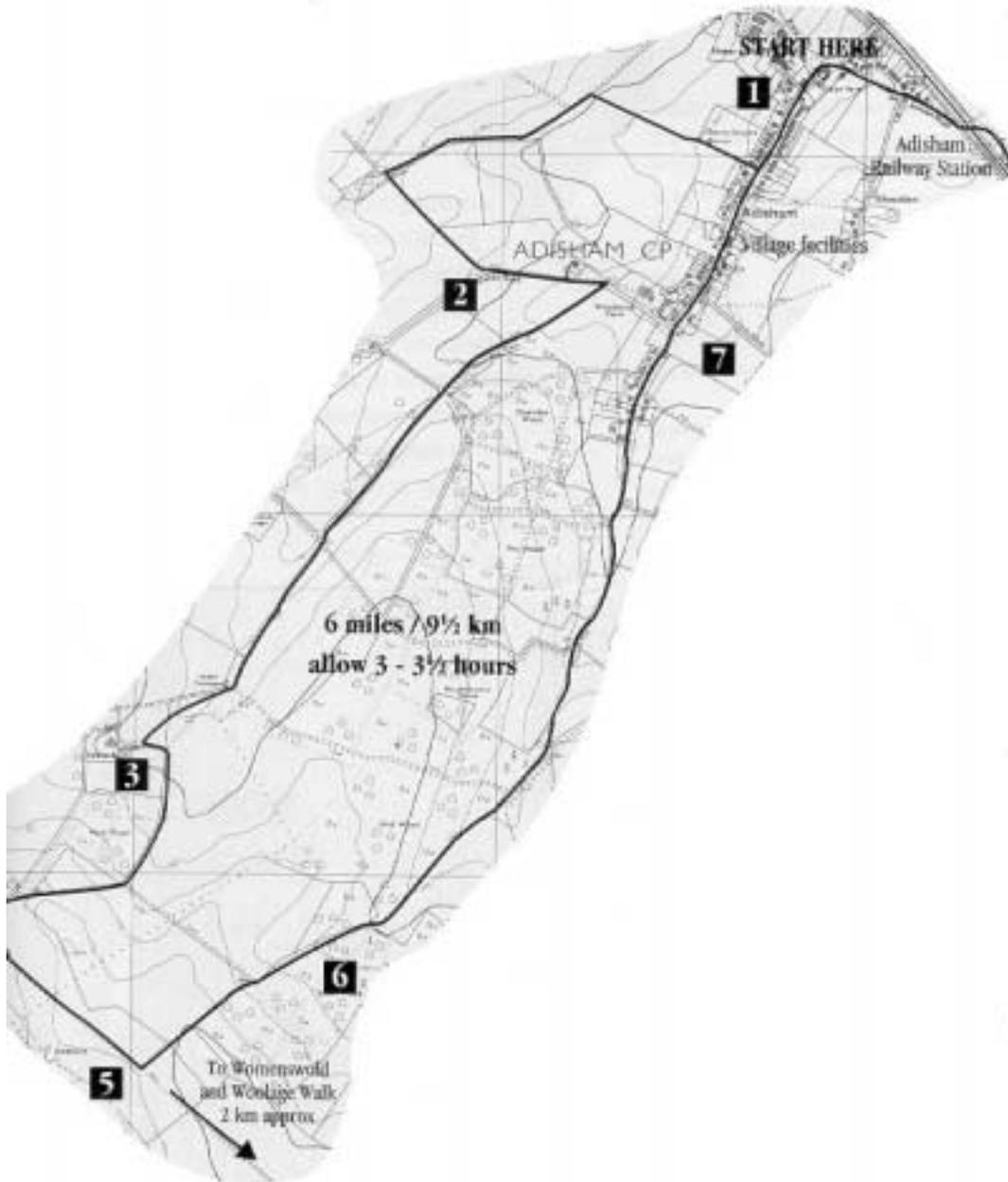


NORTH DOWNS WAY WALKS

Barham Downs and Adisham



This circular walk follows the North Downs Way across Barham Downs and includes a mixture of woodland and open countryside as well as the historic village of Adisham.

The best starting point, unless you are already on the North Downs Way, is at Adisham where there is a railway station on the Canterbury-Dover line. Limited car parking may also be found in Adisham.

It is possible to combine this walk with the Womenswold and Woolage walk in the same series by following the North Downs Way between the two. It is also possible to take a route from Adisham to Snowdown railway station, returning to Adisham by train. For public transport information, telephone 0870 6082 608.

1. *Leave Adisham railway station and walk along Station Road, then turn left into The Street with the church on your right.*

Adisham is an ancient name, appearing as 'Eades Ham' (meaning Eade's settlement) as early as 616. The Church of Holy Innocents dates from the twelfth century, but a great deal of building occurred in later years and it was restored in 1869-70. Inside there is a Norman font and many thirteenth century tiles. Adisham Court, immediately west of the church, is a late seventeenth century house.

Continue along The Street until you reach the footpath on the right near the sports ground. Follow this into the fields, turning left onto a broad track. Turn left again at the corner of some woodland, go through a gate and follow the field edge to Woodlands Road. Turn left, then right onto the bridleway.

2. The route takes the walker through a variety of countryside ranging from open fields to wooded areas. Skylarks are typical birds of the fields and in spring and summer they may be seen and heard performing their song flights, ascending to a great height whilst singing continuously. Lapwings may also be seen, sometimes forming large flocks in winter.

There is a wide range of birdlife in the woodlands, and in the winter months flocks of small birds form feeding parties, species to be seen include blue tit, great tit, marsh tit, nuthatch and treecreeper, with an occasional woodpecker.

At Ileden Cottages follow the waymarked path to join a concrete track.

3. Pronounced 'Isle Den', this name derives from Old English words meaning Gilda's people, and indicates the place where these people were settled in Saxon times.

Follow the track until you reach the North Downs Way signs; turn left.

4. The North Downs Way is a National Trail which runs between Farnham in Surrey and Dover in Kent. You are walking upon part of the Canterbury to Dover section. Here it crosses open downland above the main road, now the A2 but formerly the route of the Roman Road from London to Dover.

5. The downland in this area is mainly ploughed. Between the path and the A2 there is a lychet bank, (a line of ancient earthworks), at the north-west end of which is the site of a late Mediaeval cemetery.

Turn left at right angles to the North Downs Way where a path crosses the field towards woodland. Join the track along the edge of the trees, pass through an area of woodland, then continue with woods on the left.

6. The association with Gilda's people occurs again here. The woods are managed in a variety of ways including coppicing, where trees are cut down almost to ground level ('stools') and are then allowed to regrow as a set of thin trunks. These are cut periodically for use in timber products.

Follow a byway leading to Adisham. On the outskirts of the village join the road and continue northwards.

7. Much of Adisham is built along a single street, which needs no additional name to identify it. There is an interesting mixture of styles among the buildings, ranging from old houses to more recent development. A number of shops and other facilities are available in the village.

Remember to wear appropriate clothing and footwear and please follow the Country Code

This walk can be found on OS Explorer 150 starting at GR 234540