



## Maidstone Ramblers Programme of walks for April – July 2026 & Newsletter

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### **From the Chairman**

It is brilliant to be looking at the new summer programme of walks for 2026! We are already planning and looking forward to all those adventures into the beautiful Kent countryside which surrounds Maidstone, on those long summer days!

Again, we have been able to offer a full programme of walks, developed and led by our amazing group of walk leaders whose knowledge of the extensive footpath network is unbeatable. We offer a great variety of walks with ones to suit people of differing physical ability, ranging from those who like a more challenging day's walk, to those who want a short easy stroll. We hope to be able to catch up with all our members, both those who have been with us many years and those who are new, for a pleasant walk and chat.

A date for your diary: Following last year's successful cooperation with KSS (Kent Sussex and Surrey) Air ambulance, we have again been asked to assist with their charity walk this September. It was incredible how many of our members gave up their time to assist with signposting and marshalling these walks last year. This year they have asked if we could increase the number of walks and lead the walks, so we will be looking for even more volunteers. If you are able to help, please put the date of the 19th September in your diary! We will be sending out a request for names in due course.

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### **Record of walks completed**

We maintain a fun walks league table that is published twice a year, at the Annual General Meeting and at the Christmas Dinner. It lists the top 100 Maidstone members that have walked with us both by distance and number of walks. If you do not want to be included on this table please email me at [membership@maidstoneramblers.org.uk](mailto:membership@maidstoneramblers.org.uk) and I will take note and confirm your wishes.

Les Holmans

### **Footpath clearance**

The Footpath Clearance Team will commence clearing paths that the Public Rights of Way Department of Kent County Council has given to us, because of overgrown vegetation for the new season April to October, on Monday mornings starting at 10am. Would you like to join

us? You are not committing yourself to attend every week. If you would like to be involved, please email me at [pathclearance@maidstoneramblers.org.uk](mailto:pathclearance@maidstoneramblers.org.uk)

Les Holmans

### **Request for new leaders**

We are very grateful to the team of leaders who offer such a wide and varied programme each time, but there is an ongoing need to develop new leaders. As long-standing leaders step back from leading, we need to replace them with new recruits. So, please speak to one of the committee members, if you feel you would like to train as a leader. We can only continue to offer our splendid programme with regular new leaders joining our team!

Colin Philpott

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### **\_\_\_\_\_ Wednesday 1 April 2026 10:00 \_\_\_\_\_**

Wed 1 Apr 2026 6.5 miles/10.5 Km (Starting at 10:00 Finishes 14:30 approx.)  
[Starting from Detling. The Street near The Cock Horse PH ME14 3JT, TQ793583](#)  
Grade Strenuous. Following North Downs Way to Cat's Mount, down to Whitehall and along to Thurnham Church, returning to Detling via Augustine Camino trail.  
**Text Leader to Book 07932 745125** Assistance Dogs Only. Optional Lunch Stop after walk at The Cock Inn, Detling. Steep ascents and descents, bring walking pole(s) if you have them. Spectacular views and no stiles. Let me know by the Sunday evening before the walk if you are eating at the pub.  
Circular Walk, Pace Moderate  
Contact: Les H 07932 745125 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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### **\_\_\_\_\_ Wednesday 1 April 2026 10:00 \_\_\_\_\_**

Wed 1 Apr 2026 9 miles/14.5 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Ulcombe Church ME17 1DN, TQ846498](#)  
Grade Moderate. Route to be confirmed  
**Booking Not Required** Assistance Dogs Only. Donations to church funds for parking.  
Bring a picnic  
Circular Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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### **\_\_\_\_\_ Sunday 5 April 2026 10:00 \_\_\_\_\_**

Sun 5 Apr 2026 6 miles/9.7 Km (Starting at 10:00 Finishes 13:00 approx.)  
[Starting from Egerton Village Hall CP TN27 9DS, TQ907472](#)  
Grade Moderate. Greensand Way - Boughton Malherbe - Robin Cottage  
**Text Leader to Book 07990 619446** Assistance Dogs Only. No steep hills  
Circular Walk, Pace Moderate  
Contact: Tony 07990 619446 01474 706984 [tony.bushe@btinternet.com](mailto:tony.bushe@btinternet.com)

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**\_\_\_\_\_ Wednesday 8 April 2026 10:00 \_\_\_\_\_**

Wed 8 Apr 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Newington Village Hall ME9 7JJ ME9 7JJ, TQ86154](#)  
Grade Moderate. Upchurch, Saxon Shore Way, Lower Halstow  
**Text Leader to Book 07720 820266** Assistance Dogs Only. Lunch Stop at Three  
Tons, Lower Halstow, Food Available. Parking available  
Circular Walk, Pace Moderate  
Contact: Chris Spicer 07720 820266 [abbagail.spicer@btopenworld.com](mailto:abbagail.spicer@btopenworld.com)

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**\_\_\_\_\_ Wednesday 8 April 2026 10:00 \_\_\_\_\_**

Wed 8 Apr 2026 5 miles/8 Km (Starting at 10:00 Finishes 12:30 approx.)  
[Starting from The Moat Pavilion car park, Charing TN27 0JJ, TQ955492](#)  
Grade Moderate. Route to be confirmed  
**Booking Not Required** Assistance Dogs Only. One steep hill.  
Fig of 8 Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Thursday 9 April 2026 10:30 \_\_\_\_\_**

Thu 9 Apr 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)  
[Starting from King and Queen ,East Malling ME19 6DD, TQ 703573](#)  
Grade Easy .Research Station, Barming, Allington  
**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at King  
and Queen, East Malling Park in public car park, not the pub car park.  
Circular Walk, Pace Slow  
Contact: Joan Jenner 07530 948372 01622 764637

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**\_\_\_\_\_ Sunday 12 April 2026 10:00 \_\_\_\_\_**

Sun 12 Apr 2026 11 miles/17.7 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Meopham Village Green DA13 0PZ, TQ641652](#)  
Grade Moderate. Dunstan Wood, Luddesdown, Cobham Woods, Foxenden  
**Booking Not Required** Well Behaved Dogs Only. Lunch Stop at Darnley Arm,  
Cobham, Food Available. Hilly Walk  
Circular Walk, Pace Moderate  
Contact: Gerald Carr 0793 1781960 01474 329140 [thecarrs270@btinternet.com](mailto:thecarrs270@btinternet.com)

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**\_\_\_\_\_ Sunday 12 April 2026 10:00 \_\_\_\_\_**

Sun 12 Apr 2026 5.5 miles/8.7 Km (Starting at 10:00 Finishes 13:00 approx.)  
[Starting from The Wishful Thinker pub overflow car park, Lenham Heath Road, Lenham Heath ME17 2HY, TQ889509](#)  
Grade Moderate. Route to be confirmed. Bluebell walk  
**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk  
Circular Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Wednesday 15 April 2026 10:00 \_\_\_\_\_**

Wed 15 Apr 2026 11 miles/17.7 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Dene Park car park TN11 6RJ, TQ606510](#)  
Grade Moderate. Coldharbour, Rooks Hill, Shipbourne  
**Email Leader to Book** [vahughes227@gmail.com](mailto:vahughes227@gmail.com)  
Assistance Dogs Only. Lunch Stop at White Rock Inn, Underriver , Food Available.  
Email leader by 9pm on 13/4 if pub lunch required  
Circular Walk, Pace Moderate  
Contact: Anne Hughes 07473 909692 [vahughes227@gmail.com](mailto:vahughes227@gmail.com)

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**\_\_\_\_\_ Wednesday 15 April 2026 10:00 \_\_\_\_\_**

Wed 15 Apr 2026 5.1 miles/8.2 Km (Starting at 10:00 Finishes 12:45 approx.)  
[Starting from Matfield Village Green. TN12 7JT, TQ658419](#)  
Grade Leisurely .High Weald Landscape Trail - Brenchley - The Crook - Matfield  
**Text Leader to Book** 07704 437737 Assistance Dogs Only. Optional Lunch Stop  
after walk at The Halfway House, BRENCHLEY. Park on the far side of the green  
from the B2160 road. If dining at the pub, notify leader 48 hours prior to walk.  
Circular Walk, Pace Leisurely  
Contact: Denis M. 07704 437737 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Thursday 16 April 2026 10:00 \_\_\_\_\_**

Thu 16 Apr 2026 5 miles/8 Km (Starting at 10:00 Finishes 12:30 approx.)  
[Starting from Kings Wood, White Hill, Challock TN25 4AR, TR023500](#)  
Grade Moderate. Bluebell Walk  
**Booking Not Required** Assistance Dogs Only.  
Circular Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Sunday 19 April 2026 10:00**

Sun 19 Apr 2026 3 miles/4.6 Km (Starting at 10:00 Finishes 12:00 approx.)

Starting from Hook and Hatchet pub ME17 1QT, TQ 838582

Grade Easy. Hucking Woodland Trust

**Text Leader to Book 07729 584260** Well Behaved Dogs Only. Optional Lunch Stop after walk at Hook and Hatchet .Hope to see bluebells in wood. Dogs on lead as often sheep in area. Will require 48 hour notice, if eating at pub

Circular Walk, Pace Leisurely

Contact: Des Relf 07729 584260 [desmond.relf@btinternet.com](mailto:desmond.relf@btinternet.com)

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**Wednesday 22 April 2026 10:00**

Wed 22 Apr 2026 10.25 miles/16.5 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Cranbrook public car park TN17 3DQ, TQ774359

Grade Moderate. Walk Through Time Route and High Weald Landscape Trail

**Text Leader to Book 07932 745125** Well Behaved Dogs Only. Lunch Stop at The Bull Inn, Benenden, Food Available. If dining, please advise leader by the Sunday evening before walk

Circular Walk, Pace Moderate

Contact: Les H 07932 745125 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Thursday 23 April 2026 10:30**

Thu 23 Apr 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)

Starting from Cliffe RSPB Car park ME3 7SU, TQ722760

Grade Leisurely. Saxon Shore Way - Hoo Peninsular Path

**Booking Not Required** Assistance Dogs Only. Almost flat walk by Cliffe Pools

Circular Walk, Pace Leisurely

Contact: Tony 07990 619446 01474 706984 [tony.bushe@btinternet.com](mailto:tony.bushe@btinternet.com)

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**Sunday 26 April 2026 10:00**

Sun 26 Apr 2026 7 miles/11.3 Km (Starting at 10:00 Finishes 13:30 approx.)

Starting from High Street PCP Marden TN12 9DP, TQ745445

Grade Leisurely. Tanner Farm, Huggins Farm

**Text Leader to Book 07711 605067** Assistance Dogs Only. Lunch Stop at Unicorn Pub, High Street, Marden. TN12 9DR, Food Available. CP small but free with WC. Route through farmland, orchards, hop fields, stiles x2. Choice of 2 pubs or cafe at end. Please inform leader at least 48h prior to walk, if food required, thankyou.

Circular Walk, Pace Leisurely

Contact: Bob Buist 07711 605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**\_\_\_\_\_ Wednesday 29 April 2026 10:00 \_\_\_\_\_**

Wed 29 Apr 2026 8 miles/12.9 Km (Starting at 10:00 Finishes 15:00 approx.)  
[Starting from Coronation Square, Maidstone Lockmeadow car park ME16 8LW, TQ758552](#)

Grade Moderate .River bank, East Farleigh, Wateringbury, Yalding

**Booking Not Required** Assistance Dogs Only. Food Available at cafe stop in Wateringbury. Return by train from Yalding .

Linear Walk, Pace Moderate

Contact: Colin Philpott 07986 131021 [colnjphilpott88@gmail.com](mailto:colnjphilpott88@gmail.com)

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**\_\_\_\_\_ Wednesday 29 April 2026 10:00 \_\_\_\_\_**

Wed 29 Apr 2026 6.5 miles/10.5 Km (Starting at 10:00 Finishes 13:00 approx.)  
[Starting from Cobham PCP DA12 3BZ, TQ671685](#)

Grade Moderate. Upper Bush

**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk

Circular Walk, Pace Moderate

Contact: MoP 07736 217388 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Sunday 3 May 2026 9:30 \_\_\_\_\_**

Sun 3 May 2026 10 miles/16.1 Km (Starting at 9:30 Finishes 15:15 approx.)

[Starting from Aylesford Priory ME20 7BX, TQ 724590](#)

Grade Moderate. Medway Valley Walk towards Wouldham and North Downs Way

**Booking Not Required** NB EARLY START. Well Behaved Dogs Only.

Circular Walk, Pace Moderate

Contact: Alan Tufnell 07966 446335 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Wednesday 6 May 2026 10:00 \_\_\_\_\_**

Wed 6 May 2026 11 miles/17.7 Km (Starting at 10:00 Finishes 16:00 approx.)

[Starting from Wye PCP, off Churchfield Road, 100m below church. TN25 5EG, TR052468](#)

Grade Moderate. Wye Crown, NDW, Troy Town

**Booking Not Required** Assistance Dogs Only. Lunch Stop at The Five Bells

Brabourne, Food Available One significant hill up the North Downs. Those wishing to eat at the pub, please please advise the leader no later than 6pm Monday prior to the walk.

Circular Walk, Pace Moderate

Contact: Graham Smith 07762 458654 01622 755822

[walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Wednesday 6 May 2026 10:00 \_\_\_\_\_**

Wed 6 May 2026 9 miles/14.5 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Park on road between The Cock Horse and the village community store Detling. ME14 3JT, TQ793584

Grade Strenuous. North Downs Way. Coldharbour. Broad street. Thurnham.

**Booking Not Required** Well Behaved Dogs Only. Picnic Lunch, Bring food and drink. North Downs Way. This walk has many hills to nearly half way. We will have lunch before descending for a flat walk to the finish. Drinks in The Cock Horse at end of walk.

Circular Walk, Pace Leisurely

Contact: Ian Tandy 07929 241435 [ianj.tandy@gmail.com](mailto:ianj.tandy@gmail.com)

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**\_\_\_\_\_ Sunday 10 May 2026 10:00 \_\_\_\_\_**

Sun 10 May 2026 6 miles/9.6 Km (Starting at 10:00 Finishes 13:15 approx.)

Starting from The Plough, Stalisfield Green ME13 0HY, TQ954530

Grade Moderate. Courts Lodge Farm, Hurst Wood, Charing Hill, Cole Wood, Bank Wood,

**Text Leader to Book 07724 143509** Well Behaved Dogs Only. Optional Lunch Stop after walk at The Plough, Stalisfield

Circular Walk, Pace Moderate

Contact: Sue B 07724 143509 [suebennett643@gmail.com](mailto:suebennett643@gmail.com)

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**\_\_\_\_\_ Wednesday 13 May 2026 10:00 \_\_\_\_\_**

Wed 13 May 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 16:30 approx.)

Starting from Hemsted Forest CP (Off Goddards Green Road) TN17 4AN, TQ812343

Grade Moderate. Brick Kiln Wood, Rolvenden, Benenden, Stream Farm, Hemsted

**Text Leader to Book 07711 605067** Assistance Dogs Only. Lunch Stop at The Bull ,Benenden, TN17 4DE, Food Available Farmland,can be muddy. Several stiles, some short steep steps/slopes. Free car park, No WC. Please inform leader when booking at least 48h prior to walk, if food required, thankyou. Lunch Stop at The Bull or café Benenden

Circular Walk, Pace Moderate

Contact: Bob Buist 07711 605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**\_\_\_\_\_ Thursday 14 May 2026 10:30 \_\_\_\_\_**

Thu 14 May 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)

Starting from Allington Open Space Car Park ME16 0TT, TQ748376

Grade Easy. Alyesford

**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at Malta Inn, Allington. Car Park just after 2nd Railway bridge in Castle Road

Circular Walk, Pace Slow

Contact: Joan Jenner 07530 948372 01622 764637 [djenner637@btinternet.com](mailto:djenner637@btinternet.com)

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**Sunday 17 May 2026 10:00**

Sun 17 May 2026 8.5 miles/13.7 Km (Starting at 10:00 Finishes 14:15 approx.)  
**Starting from Penenden Heath Car Park ME14 2DQ, TQ 773553**  
Grade Leisurely Boxley - Cobtree Manor Park - River Medway  
**Booking Not Required** Well Behaved Dogs Only. Optional Lunch Stop after walk at  
The Bull, Penenden Heath  
Circular Walk, Pace Leisurely  
Contact: Amy Hider 07805 307611 [amymonky@hotmail.co.uk](mailto:amymonky@hotmail.co.uk)

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**Wednesday 20 May 2026 10:00**

Wed 20 May 2026 12.5 miles/20.1 Km (Starting at 10:00 Finishes 16:00 approx.)  
**Starting from Cranbrook Public Car Park TN17 3DQ, TQ774359**  
Grade Moderate Friezley, Brewers Wood  
**Email Leader to Book** [vahughes227@gmail.com](mailto:vahughes227@gmail.com)  
Assistance Dogs Only. Bring packed lunch. Afternoon tea stop at Sissinghurst  
Castle Gardens  
Circular Walk, Pace Moderate  
Contact: Anne Hughes 07473 909692 [vahughes227@gmail.com](mailto:vahughes227@gmail.com)

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**Wednesday 20 May 2026 10:00**

Wed 20 May 2026 10.1 miles/16.3 Km (Starting at 10:00 Finishes 16:00 approx.)  
**Starting from Leigh Village Green TN11 8QN, TQ549464**  
Grade Moderate. Eden Valley Walk - Penshurst Park - Charcott - Leigh Park Farm  
**Email Leader to Book** [nobbynaylor3@gmail.com](mailto:nobbynaylor3@gmail.com) Assistance Dogs Only. Lunch Stop  
at The Greyhound Charcott (523472), Food Available. Please park considerately  
around the Green or in surrounding streets. If requiring a pub lunch, notify leader  
WHEN BOOKING, no later than 48 hours prior to walk, thank you. A menu adapted  
specially for us is being offered and pre-orders will be required.  
Circular Walk, Pace Moderate  
Contact: Barry Naylor 07593 230465 01622 739493 [nobbynaylor3@gmail.com](mailto:nobbynaylor3@gmail.com)

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**Sunday 24 May 2026 10:00**

Sun 24 May 2026 5.7 miles/9.2 Km (Starting at 10:00 Finishes 13:00 approx.)  
**Starting from Shipbourne (The Common) TN11 9PF, TQ592522**  
Grade Moderate Dunks Green - Ightham Mote - Budds green  
**Text Leader to Book 07990 619446** Assistance Dogs Only. Parking spaces on the  
left in Upper Green Road. Gently undulating. Contact leader 48 hours before, if lunch  
required  
Circular Walk, Pace Moderate  
Contact: Tony 07990 619446 01474 706984 [tony.bushe@btinternet.com](mailto:tony.bushe@btinternet.com)

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**\_\_\_\_\_ Wednesday 27 May 2026 10:00 \_\_\_\_\_**

Wed 27 May 2026 10.3 miles/16.6 Km (Starting at 10:00 Finishes 16:00 approx.)  
**Starting from ASH-NEXT-SANDWICH, Queens Road car park. CT3 2BG, TR288585**  
Grade Moderate. Staple - Goodnestone - Chillenden - Summerfield - Ash  
**Text Leader to Book 07704 437737** Assistance Dogs Only. Lunch Stop at The Griffin's Head CHILLENDEEN, Food Available If requiring a pub lunch, notify Leader WHEN BOOKING, no later than 48 hours prior to walk, thank you.  
Circular Walk, Pace Moderate  
Contact: Denis M. 07704 437737 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Wednesday 27 May 2026 9:45 \_\_\_\_\_**

Wed 27 May 2026 11.5 miles/18.5 Km (Starting at 9:45 Finishes 16:00 approx.)  
**Starting from Wye CP TN25 5EG, TR052468**  
Grade Moderate. Browning Bridge, Eastwell Park, Challock, Soakham Downs, Wye Court  
**Booking Not Required** NB EARLY START. Well Behaved Dogs Only. Lunch Stop at Chequers, Challock, Food Available. Hilly Walk  
Circular Walk, Pace Moderate  
Contact: Gerald Carr 0793 1781960 01474 329140 [thecarrs270@btinternet.com](mailto:thecarrs270@btinternet.com)

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**\_\_\_\_\_ Wednesday 27 May 2026 10:00 \_\_\_\_\_**

Wed 27 May 2026 7 miles/11.3 Km (Starting at 10:00 Finishes 16:30 approx.)  
**Starting from Hollingbourne Station ME17 1TX, TQ835550**  
Grade Moderate. Riverside walk  
**Text Leader to Book 07745 276900** Assistance Dogs Only. Catch 10.15 train to Maidstone (£3.85) and bus to Chatham. Can join group in Maidstone or Chatham  
Linear Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Thursday 28 May 2026 10:30 \_\_\_\_\_**

Thu 28 May 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)  
**Starting from Fox and Goose at Weaving ME14 5JP, TQ786560**  
Grade Leisurely .Bearsted Green, Bearsted Golf Course, Weaving Street.  
**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at Fox & Goose, Weaving. Park in car-park at rear of pub. No stiles. Short hill at start.  
Circular Walk, Pace Slow  
Contact: Dave Houghton 07974 068452 [dave.houghton19@btinternet.com](mailto:dave.houghton19@btinternet.com)

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**Sunday 31 May 2026 10:30**

Sun 31 May 2026 8.5 miles/13.5 Km (**Starting at 10:30** Finishes 16:30 approx.)  
**Starting from Public car park above The Devil's Kneading Trough, Broad Down near Wye. TN25 5PL, TR079454**

Grade Moderate. Coombe Manor. Hassell Street. Hastingleigh. Kings Mill Down. NDW. Cold Blow.

**Booking Not Required** Well Behaved Dogs Only. Lunch Stop at The Bowl Inn. Hastingleigh., Food Available Only a couple of easy hills. A steady walk to the pub which opens at midday. Pizza and snacks at pub. See menu on line.

Circular Walk, Pace Moderate

Contact: Ian Tandy 07929 241435 [ianj.tandy@gmail.com](mailto:ianj.tandy@gmail.com)

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**Wednesday 3 June 2026 10:00**

Wed 3 Jun 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 15:30 approx.)

**Starting from Clowes Wood car park CT5 3ER, TR136629**

Grade Moderate. Radfall, Chestfield, sea front, Crab & Winkle footpath

**Booking Not Required** Assistance Dogs Only. Lunch Stop at various places in Whitstable near harbour, Food Available. Postcode is for nearby Dogs Trust. Car park is towards Canterbury from there

Circular Walk, Pace Moderate

Contact: Colin Philpott 07986 131021 [colinjphilpott88@gmail.com](mailto:colinjphilpott88@gmail.com)

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**Wednesday 3 June 2026 10:00**

Wed 3 Jun 2026 11 miles/17.5 Km (Starting at 10:00 Finishes 16:30 approx.)

**Starting from Hampstead Lane, Yalding (Roadside parking) ME18 6HH, TQ690500**

Grade Moderate. Medway Valley path. Weald Way. Greensand Way.

**Text Leader to Book 07929 241 435.** Well Behaved Dogs Only. Lunch Stop at The Bell Inn. Golden Green., Food Available Please let me know by the Monday before the walk, if lunch is required.

Circular Walk, Pace Moderate

Contact: Ian Tandy 07929 241 435. [ianj.tandy@gmail.com](mailto:ianj.tandy@gmail.com)

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**Sunday 7 June 2026 10:00**

Sun 7 Jun 2026 7 miles/11.3 Km (Starting at 10:00 Finishes 13:00 approx.)

**Starting from Aylesford Friars ME20 7BX, TQ724590**

Grade Leisurely. Eccles, Aylesford, Allington

**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at Friars tea shop Aylesford Park in Main car park. £2 Voluntary parking fee

Circular Walk, Pace Leisurely

Contact: Joan Jenner 07530 948372 01622 764637 [djenner637@btinternet.com](mailto:djenner637@btinternet.com)

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**\_\_\_\_\_ Wednesday 10 June 2026 10:00 \_\_\_\_\_**

Wed 10 Jun 2026 6 miles/9.7 Km (Starting at 10:00 Finishes 13:30 approx.)  
**Starting from Station Road, Cuxton ME2 1AB, TQ713668**  
Grade Leisurely Ranscombe Farm Nature Reserve, Cobham Park, Great Wood  
**Text Leader to Book 07711 605067** Assistance Dogs Only. Lunch Stop at White Hart  
Cuxton, ME2 1AD, Food Available Roadside parking. Optional lunch stop at end.  
Please inform leader when booking at least 48h prior to walk, if food required,  
thankyou.  
Circular Walk, Pace Leisurely  
Contact: Bob Buist 07711 605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**\_\_\_\_\_ Wednesday 10 June 2026 10:00 \_\_\_\_\_**

Wed 10 Jun 2026 11.5 miles/18.5 Km (Starting at 10:00 Finishes 16:30 approx.)  
**Starting from close to St Peter and St Paul Church, The Street, Worth, Near  
Sandwich CT14 0DE, TR337561**  
Grade Moderate. The England Coast Path including Sandwich Bay and Haven  
**Text Leader to Book 07932 745125** Well Behaved Dogs Only. Lunch Stop at The  
Red Cow, Sandwich, Food Available. Fairly flat walk with no stiles. Snack/Drinks stop  
taking in the view across Pegwell Bay and Isle of Thanet. Lunch stop is approx 9.5  
miles. If dining, text leader by Sunday evening before walk  
Circular Walk, Pace Moderate  
Contact: Les H 07932 745125 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Thursday 11 June 2026 10:30 \_\_\_\_\_**

Thu 11 Jun 2026 3 miles/4.8 Km (Starting at 10:30 Finishes 12:30 approx.)  
**Starting from Lockmeadow Car Park Maidstone ME16 8LW, TQ 758552**  
Grade Easy. Fant Nature Reserve - River Medway  
**Booking Not Required** Well Behaved Dogs Only. Optional Lunch Stop after walk at  
Lockmeadow Food Hall Parking £2.90 for three hours  
Circular Walk, Pace Slow  
Contact: Andrew Hider 07983 396807 [andrewhider49@gmail.com](mailto:andrewhider49@gmail.com)

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**\_\_\_\_\_ Sunday 14 June 2026 10:00 \_\_\_\_\_**

Sun 14 Jun 2026 5.5 miles/9 Km (Starting at 10:00 Finishes 12:30 approx.)  
**Starting from Stansted Village Hall and Recreation Ground TN15 7PJ, TQ607623**  
Grade Moderate. Hodsoll Street  
**Booking Not Required** Assistance Dogs Only.  
Circular Walk, Pace Moderate  
Contact: MoP 7736217388 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Sunday 14 June 2026 10:00**

Sun 14 Jun 2026 10 miles/16 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Waterloo Station - under the clock SE1 8SQ TQ311799](#)  
Grade Moderate. Neasden Hindu temple (no shorts allowed inside temple!), Kendai Green, Grand Union Canal, Paddington Station  
**Text Leader to Book 07745 276900** Assistance Dogs Only. Lunch Stop at various options in London, Food Available. Take bus from Waterloo to Neasden  
Circular Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Wednesday 17 June 2026 10:00**

Wed 17 Jun 2026 14.5 miles/23 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Borough Green railway station. TN158BG, TQ6091 5738](#)  
Grade Strenuous. Wealdway, Greensands Way and Medway Valley walk  
**Booking Not Required** Assistance Dogs Only. Train from Maidstone East to Borough Green, return from Yalding to Maidstone West  
Linear Walk, Pace Moderate  
Contact: Des Relf 07729 584260 [desmond.relf@btinternet.com](mailto:desmond.relf@btinternet.com)

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**Wednesday 17 June 2026 10:00**

Wed 17 Jun 2026 6.7 miles/10.8 Km (Starting at 10:00 Finishes 13:30 approx.)  
[Starting from Egginge Wood, Nr Chartham CT4 7EY, TR097504](#)  
Grade Moderate. Sole Street - Crundale - Stour Valley Way  
**Booking Not Required** Assistance Dogs Only. Hilly downland walk. Postcode approx only, continue S on lane to CP.  
Circular Walk, Pace Moderate  
Contact: Tony 07990 619446 01474 706984 [tony.bushe@btinternet.com](mailto:tony.bushe@btinternet.com)

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**Sunday 21 June 2026 10:00**

Sun 21 Jun 2026 7.5 miles/12.1 Km (Starting at 10:00 Finishes 13:45 approx.)  
[Starting from Teston Bridge Country Park ME18 5BX, TQ708534](#)  
Grade Leisurely. Medway Valley Walk, Wateringbury, Tutsham Hall, East Farleigh, Barming Bridge  
**Text Leader to Book 07711605067** Assistance Dogs Only. Drinks only at Kiosk for coffee/snacks or The Bull, Barming Barming Pay & Display Car Park, Toilets available  
Circular Walk, Pace Leisurely  
Contact: Bob Buist 07711605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**\_\_\_\_\_ Wednesday 24 June 2026 10:00 \_\_\_\_\_**

Wed 24 Jun 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Northbourne, The Drove. CT14 0LW, TR333523

Grade Moderate. White Cliffs Country Trail - Sholden - Deal - Walmer - Ripple (visit to Solleys Ice Cream Parlour possible) - Little Mongeham

**Text Leader to Book 07704 437737** Assistance Dogs Only. Lunch Stop at The Kings Head, DEAL, Food Available. Park in Village Hall car park or lay-by outside church. If requiring a pub lunch, notify Leader WHEN BOOKING, no later than 48 hours prior to walk, thank you.

Circular Walk, Pace Moderate

Contact: Denis M. 07704 437737 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Wednesday 24 June 2026 10:00 \_\_\_\_\_**

Wed 24 Jun 2026 11 miles/17.5 Km (Starting at 10:00 Finishes 15:45 approx.)

Starting from High Halstow RSPB Woodland Car Park ME3 8SX, TQ781758

Grade Moderate Cliffe Marshes, Cooling

**Booking Not Required** Assistance Dogs Only. Lunch Stop at Six Bells, Cliffe, Food Available. Turn into Longfield Ave, left into Harrison Drive, first right into Northwood Ave, first left into car park.

Circular Walk, Pace Moderate

Contact: MoP 07736 217388 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**\_\_\_\_\_ Thursday 25 June 2026 10:30 \_\_\_\_\_**

Thu 25 Jun 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)

Starting from Linton Public car park ME17 4AW, TQ754502

Grade Easy. Greensand Way Buttercup goat farm

**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at Bull, Linton

Circular Walk, Pace Slow

Contact: Joan Jenner 07530 948372 01622 764637 [djenner637@btinternet.com](mailto:djenner637@btinternet.com)

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**Thursday 25 June 2026**

**Deadline for leaders to submit walks for new programme of walks**

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**Sunday 28 June 2026 10:00**

Sun 28 Jun 2026 7.5 miles/12 Km (Starting at 10:00 Finishes 15:00 approx.)

Starting from Snodland Community Centre Paddlesworth Road (free car park) ME6 5BF, TQ697620

Grade Moderate. Over North Downs to Upper Halling, shorter hill on return with good views of Medway valley.

**Text Leader to Book 07759 439899** Assistance Dogs Only. Lunch Stop at Moot Brewery and Taphouse . Upper Halling, Food Available Steady climb for first part, then 2 steep hills to top of the North Downs, Beer, brews & bites at brewery(Toasties) plus Farmshop.

Circular Walk, Pace Moderate

Contact: Andy Osborne 07759 439899 [andyos.ao@gmail.com](mailto:andyos.ao@gmail.com)

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**Wednesday 1 July 2026 10:00**

Wed 1 Jul 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Sea front at Minnis Bay (free parking) Meet outside Minnis Bay Bar & Brasserie CT7 9QP, TR285695

Grade Moderate. Sea front, Reculver, Saxon Shore Way

**Email Leader to Book colinjphilpott88@gmail.com** Assistance Dogs Only. Lunch Stop at The Bell, St Nicholas at Wade, Food Available Flat terrain

Circular Walk, Pace Moderate

Contact: Colin Philpott 07976 131021 [colinjphilpott88@gmail.com](mailto:colinjphilpott88@gmail.com)

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**Wednesday 1 July 2026 10:00**

Wed 1 Jul 2026 12.2 miles/20 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Fox and Goose pub, Weaving Street ME14 5JP, TQ786560

Grade Moderate .Penenden Heath, Detling, Bearsted

**Text Leader to Book 07729 584260** Well Behaved Dogs Only. Fox and Goose Optional late lunch at end, bring snack for midway break. Text leader if eating at the pub at the end, giving 48 hours notice. Where possible, park in Grovewood drive N to prevent clogging up carpark

Circular Walk, Pace Moderate

Contact: Des Relf 07729 584260 [desmond.relf@btinternet.com](mailto:desmond.relf@btinternet.com)

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**Saturday 4 July 2026 10:00**

Sat 4 Jul 2026 10 miles/16 Km (Starting at 10:00 Finishes 17:00 approx.)

Starting from Manningtree Station Essex. CO11 2LH, TM094322

Grade Easy. St Edmonds Way to Flatford Mill. Stour Valley path. Dedham. The Essex Way.

**Text Leader to Book 07929 241435** Well Behaved Dogs Only. Lunch Stop at Pub, Cafe or Bakery Dedham, Food Available. Sue and I are staying 2 nights at the Holiday Inn, Langham a 15min drive to start of walk. Parking at station £4.90. We are visiting Colchester Zoo on Sunday. Gate price £25.85. On line E-tickets £13.75.

Circular Walk, Pace Leisurely

Contact: Ian Tandy 07929 241435 [ianj.tandy@gmail.com](mailto:ianj.tandy@gmail.com)

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**Sunday 5 July 2026 10:00**

Sun 5 Jul 2026 6.5 miles/10.5 Km (Starting at 10:00 Finishes 13:30 approx.)  
[Starting from War Memorial Yalding ME18 6JB, TQ699503](#)  
Grade Leisurely. Greensand Way, Hunton Church, Stonewall, Grove Farm  
**Text Leader to Book O7711605067** Assistance Dogs Only. Drinks only at various  
pubs/cafes in Yalding Yalding Please park considerately in side roads  
Circular Walk, Pace Leisurely  
Contact: Bob Buist O7711605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**Wednesday 8 July 2026 10:00**

Wed 8 Jul 2026 11 miles/17.7 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Cranbrook Co-op Car Park TN17 3DQ, TQ775359](#)  
Grade Moderate .Golford, Goddards Green, High Weald Landscape Trail  
**Booking Not Required** Assistance Dogs Only. Lunch Stop at The Bull, Benenden,  
Food Available. Alternative of cafe available for lunch in Benenden  
Circular Walk, Pace Moderate  
Contact: Graham Smith 07762 458654 01622 755822  
[walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Wednesday 8 July 2026 10:00**

Wed 8 Jul 2026 6 miles/9.7 Km (Starting at 10:00 Finishes 13:00 approx.)  
[Starting from The Wishful Thinker pub overflow car park, Lenham Heath Road, Lenham Heath ME17 2HY, TQ889509](#)  
Grade Moderate. Route to be confirmed  
**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk  
Circular Walk, Pace Moderate  
Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Thursday 9 July 2026 10:30**

Thu 9 Jul 2026 3.5 miles/6.5 Km (Starting at 10:30 Finishes 12:30 approx.)  
[Starting from Teston Bridge Country Park ME18 5BX, TQ706532](#)  
Grade Leisurely. Along path to Wateringbury and return to Teston Bridge Country  
Park  
**Booking Not Required** Assistance Dogs Only. Lunch Stop at Bull Inn, Barming, Food  
Available Parking charge . Toilets at start  
Circular Walk, Pace Slow  
Contact: Roger Batt 07892 882680 01622 730534 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Sunday 12 July 2026 10:00**

Sun 12 Jul 2026 5 miles/8 Km (Starting at 10:00 Finishes 12:30 approx.)

Starting from Sutton Valence, Lower Road ME17 3AG, TQ812492

Grade Moderate. Route to be confirmed

**Booking Not Required** Assistance Dogs Only.

Circular Walk, Pace Moderate

Contact: Wendy Manser 07745 276900 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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**Wednesday 15 July 2026 10:00**

Wed 15 Jul 2026 10 miles/16.1 Km (Starting at 10:00 Finishes 16:30 approx.)

Starting from Harrietsham Village Hall Church Rd, Harrietsham ME17 1AP, TQ872528

Grade Moderate. Lea Farm, Lords Hill, Drake Lane, Pilgrims Way

**Text Leader to Book 07711 605067** Assistance Dogs Only. Lunch Stop at The Ringlestone Inn Ringlestone Road, Harrietsham, ME17 1NX, Food Available. Small parking charge, WC. Moderate inclines, farmland, can be muddy. Optional lunch stop at Ringlestone Inn. Please inform leader when booking at least 48h prior to walk, if food required, thankyou.

Circular Walk, Pace Moderate

Contact: Bob Buist 07711 605067 [rj.buist@gmail.com](mailto:rj.buist@gmail.com)

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**Wednesday 15 July 2026 10:00**

Wed 15 Jul 2026 11 miles/18 Km (Starting at 10:00 Finishes 16:00 approx.)

Starting from Fox and Goose, Weaving Street, Grove Green, Maidstone ME14 5JP, TQ787563

Grade Moderate. Stoneacre, Langley Lock, and Mote park

**Text Leader to Book 07729 584260** Well Behaved Dogs Only. Optional late lunch at end, bring snack for midway break. Text leader if eating at the pub at the end, giving 48 hours notice

Circular Walk, Pace Leisurely

Contact: Des Relf 07729 584260 [desmond.relf@btinternet.com](mailto:desmond.relf@btinternet.com)

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**Sunday 19 July 2026 10:00**

Sun 19 Jul 2026 6 miles/9.7 Km (Starting at 10:00 Finishes 13:15 approx.)

Starting from Penenden Heath car park (by play area) ME14 2DQ, TQ772573

Grade Moderate. North Downs Way, Boxley, vineyards

**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk.

Circular Walk, Pace Moderate

Contact: Colin Philpott 7986131021 [colinjphilpott88@gmail.com](mailto:colinjphilpott88@gmail.com)

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**\_\_\_\_\_ Wednesday 22 July 2026 10:00 \_\_\_\_\_**

Wed 22 Jul 2026 12.5 miles/20.1 Km (Starting at 10:00 Finishes 16:00 approx.)  
[Starting from Rear of Matfield Village Green TN12 7JT, TQ657417](#)  
Grade Moderate .Bakers Hill, Sprivers, Cinderhill Wood, Brenchley Wood  
**Email Leader to Book [vahughes227@gmail.com](mailto:vahughes227@gmail.com)** Assistance Dogs Only. Lunch Stop at Halfway House, Brenchley, Food Available Email leader by 9pm 20/7 if pub lunch required  
Circular Walk, Pace Moderate  
Contact: Anne Hughes 07473 909692 [vahughes227@gmail.com](mailto:vahughes227@gmail.com)

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**\_\_\_\_\_ Wednesday 22 July 2026 10:00 \_\_\_\_\_**

Wed 22 Jul 2026 6.1 miles/9.8 Km (Starting at 10:00 Finishes 13:00 approx.)  
[Starting from The Bowl Car Park, Nr Charing TN27 0HG, TQ955512](#)  
Grade Moderate Bank Wood - Stalisfield Green - Heel Farm - Sucklers Wood  
**Text Leader to Book 07990 619446** Assistance Dogs Only. Optional Lunch Stop after walk at The Bowl, Egg Hill Road. Some moderate hills. Park left- rear in pub CP. Pub requests at least a drink is purchased - Contact leader 48 hours before if lunch required.  
Circular Walk, Pace Moderate  
Contact: Tony 07990 619446 01474 706984 [tony.bushe@btinternet.com](mailto:tony.bushe@btinternet.com)

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**\_\_\_\_\_ Thursday 23 July 2026 10:30 \_\_\_\_\_**

Thu 23 Jul 2026 3.5 miles/5.6 Km (Starting at 10:30 Finishes 12:30 approx.)  
[Starting from Barming Bull ME16 HB9, TQ723545](#)  
Grade Easy. Farleigh river walk  
**Booking Not Required** Assistance Dogs Only. Optional Lunch Stop after walk at Bull. Barming. Only park in Pub Car park if having refreshments otherwise use local roads  
Circular Walk, Pace Slow  
Contact: Joan Jenner 07530 948372 01622 764637 [djenner637@btinternet.com](mailto:djenner637@btinternet.com)

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**\_\_\_\_\_ Sunday 26 July 2026 10:00 \_\_\_\_\_**

Sun 26 Jul 2026 7.5 miles/12 Km (Starting at 10:00 Finishes 13:30 approx.)  
[Starting from Barton Point Coastal Park. Sheerness. ME12 2BE, TQ937747](#)  
Grade Moderate.Saxon Shore Way. Minster east end. Minster Abbey. Halfway.  
**Booking Not Required** Well Behaved Dogs Only. Lunch Stop at Cafe at end of walk. Sheerness, Food Available. Nice sea views and cafe at end of walk.  
Circular Walk, Pace Moderate  
Contact: Ian Tandy 07929 241 435. [ianj.tandy@gmail.com](mailto:ianj.tandy@gmail.com)

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**Wednesday 29 July 2026 10:00**

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Wed 29 Jul 2026 7.7 miles/12.4 Km (Starting at 10:00 Finishes 15:00 approx.)  
Starting from Snodland Community Centre (Potyns) Free Parking , Paddlesworth  
Road ME6 5BF, TQ697620

Grade Moderate. Pilgrims Way along the base of North Downs, Long Barrow Stones,  
Ryarsh wood, Birling.

**Text Leader to Book 07759 439899** Assistance Dogs Only. Lunch Stop at Duke of  
Wellington, Ryarsh, Food Available. Steady climb for 30 mins, Pub stop 2/3  
Distance, fairly level after lunch with 3 stiles. Please book 48 hours before and state  
if you need lunch

Circular Walk, Pace Moderate

Contact: Andy Osborne 07759 439899 [andyos.ao@gmail.com](mailto:andyos.ao@gmail.com)

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**Wednesday 29 July 2026 10:00**

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Wed 29 Jul 2026 10.4 miles/16.7 Km (Starting at 10:00 Finishes 16:00 approx.)  
Starting from Chilham public car park. Toilets at start. CT4 8BZ, TR066536

Grade Moderate. Old Wives Lees - North Downs Way - Chartham - Stour Valley  
Walk - Bagham

**Text Leader to Book 07704 437737** Assistance Dogs Only. Lunch Stop at The  
Artichoke CHARTHAM, Food Available If requiring a pub lunch, notify Leader WHEN  
BOOKING, no later than 48 hours prior to walk, thank you.

Circular Walk, Pace Moderate

Contact: Denis M. 07704 437737 [walks@maidstoneramblers.org.uk](mailto:walks@maidstoneramblers.org.uk)

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## Finding the start of your walk

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Start and meeting points include the name of the road, station or car park and  
nearest postcode and an Ordnance Survey grid reference accurate to 100m. Use  
postcodes with care: in rural areas the nearest postcode is for a house or business  
and may be some distance from the actual start point.

If you are not familiar with the start point, please use [www.streetmap.co.uk](http://www.streetmap.co.uk) and enter  
the grid reference or [www.google.co.uk/maps](http://www.google.co.uk/maps) and enter a postcode or just use an  
OS map to be sure you know exactly where to find the leader and the rest of the  
group. Always leave plenty of time!

## Grades

- Easy Access - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.
- Easy - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- Leisurely - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- Moderate - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- Strenuous - walks for experienced country walkers with an above average fitness level. May include hills and rough country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- Technical - walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You must contact the organiser or leader in advance for further details.

## Notes

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk, please contact the organiser or leader in advance.
- Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

Ticks can be found in dense vegetation or long grass. It is quite rare to get a tick on you but if not removed they can cause Lyme disease which can be very serious. For more details see [Maidstone Ramblers Walking Group](http://www.maidstoneramblers.org.uk/walks)  
[www.maidstoneramblers.org.uk/walks](http://www.maidstoneramblers.org.uk/walks)