

**PRIVATE GUIDED WALKS AND NORDIC WALKS
AT
HONNINGTON FARM GLAMPING**



**Nordic Walking UK
Tonbridge**

Welcome to **Nordic Walking Tonbridge**. My name is Josine and I would love to take you on a guided walk around the beautiful Kent countryside that I am lucky to call home! Here is a selection of walks that have been tried and tested by my regular walkers and which they have all loved. Each walk has an element of either art, history, nature or other interest, so there is plenty to choose from! I can also tweak the walks to suit your requirements so just let me know what you are looking for!

Nordic Walking is a specific walking technique which was originally adopted by elite cross-country skiers as a way to stay in shape during the summer months. Unlike when trekking or rambling, Nordic Walking poles are planted behind you so that they propel you forward much like a skier would do. The benefits are huge:

- You use 90% of your muscles with every step thus ensuring your upper body is kept toned as well as your legs and glutes.
- You can burn 20% - 40% extra calories when using the poles correctly. This can really help with weight loss.
- Poles take the pressure off your knees and lower body joints and is great for back and neck problems.

When you book you can decide whether you want your walk to be a “normal walk” (without poles) or whether you want to learn to Nordic Walk. I would include the teaching of the technique during our walk together and at the end you will gain your Freedom Passport (giving you access to any walks run by NWUK instructors in the UK – this is great if you go on holiday elsewhere in the UK and want to join a Nordic Walk).

Note that you are welcome to bring your dog on a walk without poles, however if you wish to Nordic Walk then unfortunately dogs are not able to join in!

If you wish to book, please contact me directly and we can discuss your options and agree a day and time. I will then confirm pricing and once you have booked, I will send instructions on where to meet and things to bring! General booking and payment information and terms and conditions are at the end of the brochure.

I very much look forward to walking with you!

Josine Baines

07799 037557

josine@nwuktonbridge.co.uk

www.nwuktonbridge.co.uk

FIRLE BEACON AND THE BLOOMSBURY SET

A walk for lovers of art and history



WALK GRADE: Hard

DISTANCE: 11 miles approx. circular walk beginning and ending in the village of Firle

TERRAIN: Fairly easy paths underfoot but a steep ascent at the start

TIME: Allow most of the day - especially if including visits to Charleston Farmhouse and Berwick Church

BEST TIME: This walk can be done at any time of the year

DISTANCE FROM HONNINGTON: The start point is approximately 30 miles away – allow around 1 hour from the farm.

WALK OVERVIEW: This walk will begin at the Ram Inn in Firle. We head out of the village and very quickly ascend the South Downs. On a good day there will be wonderful views out to sea and inland. A short walk along the top brings us to Firle Beacon (217m). We continue along the top of the South Downs until eventually dropping down a steep slope and into the village of Berwick. There is an optional stop to visit Berwick Church, famous for its painted murals by members of the Bloomsbury Set - Duncan Grant, Vanessa Bell and Quentin Bell (entry free but donations accepted) - <https://www.berwickchurch.org.uk/>

We continue along an easy chalk path under the South Downs and eventually turn inland to Charleston Farmhouse (home and studio of Vanessa Bell and Duncan Grant - [Charleston](#)). There is an opportunity to visit the garden, shop and café of this wonderful house (entry fee applies to house but garden is free).

There is a choice at this juncture to head back to the village of Firle across fields and passing the Firle Tower, or we can head back to the chalk path and stop for tea and cake and the wonderfully quirky Beanstalk Tea Garden Café.

PRICE: £60 per person (minimum 2 people). Pricing on request for more than 2 people. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

ROMANS, CASTLES, LAVENDER AND WINE

A walk for lovers of history, horticulture and wine



WALK GRADE: Moderate

DISTANCE: 5 miles approx. linear walk (or can be made into a circular walk of 10 miles)

TERRAIN: Fairly easy paths underfoot but a few hills and a fairly steep ascent during the walk

TIME: Allow most of the day, especially if you wish to visit any sites

BEST TIME: This walk is spectacular during the month of July, when the lavender and poppies are in flower.

DISTANCE FROM HONNINGTON: The start point is approximately 16 miles away – allow around 30mins from the farm.

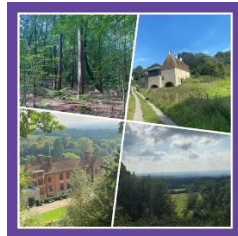
WALK OVERVIEW: This walk will begin in the village of Eynsford, Kent. We head out of the village and very quickly ascend the North Downs. On a good day there will be wonderful views across the Downs. We descend toward Lullingstone Roman Villa - [Lullingstone Roman Villa | English Heritage \(english-heritage.org.uk\)](https://english-heritage.org.uk) (entry fee applies), which, as one of the most outstanding Roman villa survivals in Britain, is well worth a visit. And then Lullingstone Castle with its fascinating history dating back to the Domesday and cutting edge horticulture- [Lullingstone Castle & The World Garden](https://lullingstonecastle.co.uk) (entry fee applies). A short walk along the River Darent brings us to Castle Farm, which, in July, boasts stunning fields of lavender [Castle Farm - Lavender Farm Kent - Castle Farm Shop \(castlefarmkent.co.uk\)](https://castlefarmkent.co.uk) and provides the perfect photo opportunity! The final stretch of our walk takes us through cool woodland and down into the village of Shoreham where you may choose to end your day with a “wine flight” at the boutique Mount Vineyard. [Our Story - The Mount Vineyard : The Mount Vineyard](https://mountvineyard.co.uk).

PRICE FOR 5 MILE LINEAR WALK: £35 per person (minimum 2 people); £10 per additional person. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

PRICE FOR 10 MILE RETURN WALK: £50 per person (minimum 2 people); £10 per additional person. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

CHURCHILL'S PARADISE

For historians and lovers of the countryside



WALK GRADE: Hard

DISTANCE: 5 miles approx. circular walk

TERRAIN: Good footpaths or minor roads with some fairly steep inclines

TIME: Allow approximately 2.5hrs (not including time to visit Chartwell)

BEST TIME: This walk is suitable for any time of the year but is gorgeous during the spring bluebell season or in the autumn as the leaves change colour

DISTANCE FROM HONNINGTON: The start point is approximately 16 miles away – allow around 30mins from the farm.

WALK OVERVIEW: This walk is through woodland and across open countryside with gorgeous view points throughout. It is easy to see why Churchill fell in love with the countryside in this area. The area was also home to Octavia Hill – one of the founding members of the National Trust and some of her legacy is evident during this walk – she fought to ensure that much of the countryside in this area was left to the National Trust – and how lucky we are that it was! A visit to Chartwell ([Chartwell | National Trust](#)) at the end of the walk is highly recommended.

PRICE: £30 per person (minimum 2 people); £10 per additional person. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

TREASURES AROUND TUDELEY

A walk with three churches and three stories



WALK GRADE: Moderate

DISTANCE: 7 miles approx. circular walk

TERRAIN: Good footpaths or minor roads with very little incline

TIME: Allow approximately 3.5hrs

BEST TIME: This walk is suitable for any time of the year although it can get muddy after rain

DISTANCE FROM HONNINGTON: The start point is approximately 5 miles away – allow around 10mins from the farm.

WALK OVERVIEW: This walk is through typical Kentish countryside. Imagine far reaching views across orchards with Oast houses in the distance. It is a circular walk and we take in three churches, each with a different story to tell – one modern, one ancient and one a little ghostly! Although the walk is fairly flat, it still affords some lovely views. It begins and ends at a great local pub for food and drink! Note that we are likely to pop into a couple of stunning churches on this route – where donations are requested.

PRICE: £30 per person (minimum 2 people); £10 per additional person. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

LORDS OF THE MANOR

A typical Kentish village and a beautiful 14th century moated manor house



WALK GRADE: Moderate

DISTANCE: 7 miles approx. circular walk (or can be a little shorter if required)

TERRAIN: Good footpaths or minor roads with some incline

TIME: Allow approximately 3hrs or more if you wish to visit Ightham Mote

BEST TIME: This walk is spectacular during the bluebell season and during the month of July the fields are a pretty sea of pale blue flax. Some of the paths can be muddy after heavy rain

DISTANCE FROM HONNINGTON: The start point is approximately 7 miles away – allow around 20mins from the farm.

WALK OVERVIEW: This walk begins in the pretty village of Shipbourne. We head off into the countryside through the lovely Fairlawn Estate. We go through some ancient woodland (stunning in the bluebell season) before arriving at Ightham Mote - - a beautiful 14th Century moated manor house - described by David Starkey as "one of the most beautiful and interesting of country houses" and over it's 700 year history it has been owned by Medieval knights, courtiers to Henry VIII and high society Victorians. I highly recommend a visit to the house and gardens either before or after your walk.

It will be possible to stop for a break at the tea room and then we can either take a short cut back to Shipbourne or continue on a lovely track which takes us a little higher to get some lovely views over the Weald of Kent before we head back across wide open farmland to our start point.

PRICE: £30 per person (minimum 2 people); £10 per additional person. An additional £10 per person to include full Nordic Walking induction and Freedom Passport. Prices exclude entry fees or food and drink.

POWER OF POLES AT HONNINGTON

A Nordic Walking lesson on your doorstep!



WALK GRADE: Moderate

DISTANCE: 4 miles approx.

TERRAIN: Footpaths generally good but can be muddy in wet weather and a couple of short hills.

TIME: Allow approx. 3hrs for lesson and walk

BEST TIME: This walk is lovely at any time of the year

DISTANCE FROM HONNINGTON: Just step outside your pod!

WALK OVERVIEW: You don't need to go any further than your own front door! I will come to you! In this class you will learn the correct technique for using strapless poles for nordic walking. We will cover posture, movement, gears and how to correctly walk up and down hills in order to fully engage your core muscles. You will also have an opportunity to try strapped poles. We will then go for a walk in the surrounding local countryside.

Why not enjoy a delicious breakfast from Boxes By Lisa to set you up for your walk – or perhaps a lunch or afternoon tea on your return?!

PRICE: £30 per person (minimum 2 people). This includes full Nordic Walking instruction and your Freedom Passport. Prices exclude any entry fees or food and drink.

POWER OF POLES AT PENSHURST

A Nordic Walking lesson with magnificent views



WALK GRADE: Moderate

DISTANCE: 4 miles approx.

TERRAIN: Footpaths generally good but can be muddy in wet weather and a couple of short hills

TIME: Allow approx. 3hrs for lesson and walk and additional time if you wish to visit Penshurst Place itself

BEST TIME: This walk is lovely at any time of the year

DISTANCE FROM HONNINGTON: The start point is approximately 4 miles away – allow around 10mins from the farm.

WALK OVERVIEW: The Penshurst Place estate is the perfect location for a Nordic Walking experience. During our time together you will learn the correct technique for using strapless poles for nordic walking. We will cover posture, movement, gears and how to correctly walk up and down hills in order to fully engage your core muscles. You will also have an opportunity to try strapped poles. We will then go for a walk (4 miles approximately) around this stunning estate (which was a former hunting ground of Henry VIII and boasts wonderful views across the Weald of Kent).

At the end of the session you will have earned your Freedom Passport and will be able to join in any other walks or classes with any Nordic Walking UK instructor.

You may wish to make a day of it by visiting the main Penshurst Place house and gardens (entry fee applies) and enjoy lunch or tea in the estate café [Penshurst Place and Gardens](#). Alternatively you may prefer a pub meal at the Leicester Arms in Penshurst village [The Leicester Arms Penshurst](#).

PRICE: £30 per person (minimum 2 people). This includes full Nordic Walking instruction and your Freedom Passport. Prices exclude any entry fees or food and drink.

POWER OF POLES AT KINGDOM

A Nordic Walking lesson to nourish your soul



WALK GRADE: Moderate

DISTANCE: 4 miles approx.

TERRAIN: Footpaths generally good but can be muddy in wet weather and a couple of short hills.

TIME: Allow approx. 3hrs for lesson and walk

BEST TIME: This walk is lovely at any time of the year

DISTANCE FROM HONNINGTON: The start point is approximately 6 miles away – allow around 15mins from the farm.

WALK OVERVIEW: Kingdom, Penshurst is an inspiring place for your Nordic Walking experience. It is in a fabulous location in the heart of Kent with a café serving delicious coffee and food! In this class you will learn the correct technique for using strapless poles for nordic walking. We will cover posture, movement, gears and how to correctly walk up and down hills in order to fully engage your core muscles. You will also have an opportunity to try strapped poles. We will then go for a walk in the gorgeous local countryside.

PRICE: £30 per person (minimum 2 people). This includes full Nordic Walking instruction and your Freedom Passport. Prices exclude any entry fees or food and drink.

KIT LIST AND BOOKING INFORMATION

KIT LIST

I will lend you Nordic walking poles for the walks.

Please ensure you have the following:

- Appropriate clothing for the weather (waterproofs, layers)
- Comfortable shoes for walking – they must have a good grip and ideally waterproof
- Sun hats and sunscreen in hot weather and warm hats, gloves, scarves in cold weather
- Plenty of water and food (there may be options to purchase food on the walks but you should not rely solely on this)

PAYMENT AND CANCELLATION

Once you have decided on your walk and we have a date and time scheduled, I will send you a link to my website where I will need you to register and complete a short medical questionnaire (this is required for insurance purposes). I will also send you my bank details for payment – all payments by bank transfer please. Once you have registered and made payment I will send you a confirmation email to confirm your booking.

Cancellation terms are 72hrs for a full refund. I reserve the right to cancel or change the walk if I consider that conditions (e.g. weather) are unsafe. A full refund will be given in the event of cancellation by me.

Josine Baines

07799 037557

josine@nwuktonbridge.co.uk

www.nwuktonbridge.co.uk