Eynsford has some lovely buildings, and the river and water meadows are beautiful. The pubs are welcoming and there’s plenty of history too with the remains of a Norman castle, a fantastic Roman villa, and a church (St Martins) with a Norman arch and early medieval features.

The walk starts badly with dodgy pavement hopping as you stroll from the station into the village.

After reaching the footpath at point 3 things get very nice indeed. The hill walk is not strenuous, the view of the railway viaduct ahead of you is glorious with the valley laid out below and beyond.

After point 4 you reach Eagle Heights, a bird of prey centre, whose birds have become stars in their right, whether it’s in the Made in Chelsea reality show or at Crystal Palace FC (the Eagles) matches at Selhurst Park.

The displays are really spectacular – it’s about £9 to get in. The walk passes the bird display area.

We stay high for a while; soon after point 5 we encounter the lonely damaged tree mentioned and pictured on walk 3.

Between points 6 and 10 the walk passes through a corner of Lullingstone public golf course. The paths neatly pass between greens and tees and so there’s no ball dodging. There are orchid-festooned (in spring) Sites of Special Scientific Interest along the hillside between points 7 and 8 and plantations of native species like blackthorn (sloe), alive with butterflies and birds.

Lullingstone Castle and the World Garden are described in walk 10, as is the superb Roman villa (point 11).

Head back to Eynsford on the lane from the Roman villa (grey line on map) or turn right, go across bridge over the Darent river by the Roman villa car park and walk past a farmhouse up to the A225. If you wish to get back to the pubs/cafe, ignore this turning and take the grey route on the map above by continuing on the road under the viaduct back to the village (this adds about 1 mile to the route).

Point 11-1 (300m): Turn left on reaching the A225 and walk back along the grass verge, under the bridge to Eynsford station. Take care.

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Head back to Eynsford on the lane from the Roman villa (grey line on map) or turn right, go across bridge and up track to A225 and walk on grass verge the last 150 metres or so to the station.