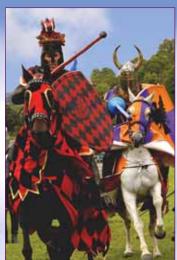
An introduction to Kent





Lunch in Canterbury



Jousting, Hever Castle

Kent, England's oldest county, is alive with its exciting past; visit Canterbury with Chaucer's pilgrims, follow Dickens to his favourite haunts in Rochester or pursue the maritime adventures that have shaped Kent from Roman invasion to World War II.

Unlock the private world of Winston Churchill at his beloved home, Chartwell, unravel royal romances at Leeds and Hever Castles or discover what sparks a genius at Down House, the home of Charles Darwin.

Kent's gardens are rightly worldrenowned and there are over 180 to choose from. Visitors can admire the deep-rooted tradition in the formal walled garden at Penshurst Place, or the spring bluebells at Goodnestone Park Gardens.

The rich variety of Kent's landscapes makes it ideal for the outdoor enthusiast with attractions such as the White Cliffs or some golf at one of Kent's 90-plus courses, many of which are of 'Links' standard, including two that have hosted the British Open. Over 4,000 miles of footpaths criss-cross Kent and many are through protected countryside. At Bedgebury, The National Pinetum and Forest, near Tunbridge Wells visitors can experience not only a world-class conifer collection but some of the best cycling, mountain biking, riding and active play facilities in South East England.

Kent offers clean, family-friendly, sand and pebble beaches. Blue Flag and award-winners can all be found all around the county. There are 15 sandy beaches and bays along the Thanet coast, encompassing the popular resorts of Margate,

Broadstairs and Ramsgate, the latter of which has a famous colony of seals. Surfers head to Joss Bay while kite surfing is available at Whitstable. Visitors can also enjoy the Edwardian elegance of Folkestone.

A visit is not complete without savouring the authentic tastes of the county. Visitors can lunch on fresh fare at Canterbury's The Goods Shed, England's only six-days-aweek farmers market or linger over a glass of handcrafted ale from Britain's oldest brewer, Shepherd Neame. Kent is home to several Michelin-starred restaurants and dishes as diverse as local marsh lamb or oysters can be enjoyed in the weaver's cottage setting of The West House, Biddenden.

Transport connections make Kent an accessible location for a weekend away, business meeting or short stop before heading to the continent.

For more information visit www.visitkent.co.uk

