



the viking coastal trail

Whether you're an experienced cyclist or a novice, you'll find plenty to enjoy along the 29 mile (46km) route on the Isle of Thanet peninsular, the point where Vikings first landed in Britain.

The coastal section from Pegwell Bay to Reculver winds its way past sandy beaches and bays, often against a backdrop of spectacular chalk cliffs. Ramsgate and Margate are lively seaside resorts, but it's hard to beat the nostalgic charm of Broadstairs.

The inland loop is on quiet lanes, taking in pretty Kentish villages with ancient churches and passing Minster Abbey, one of England's oldest inhabited buildings founded in 670.

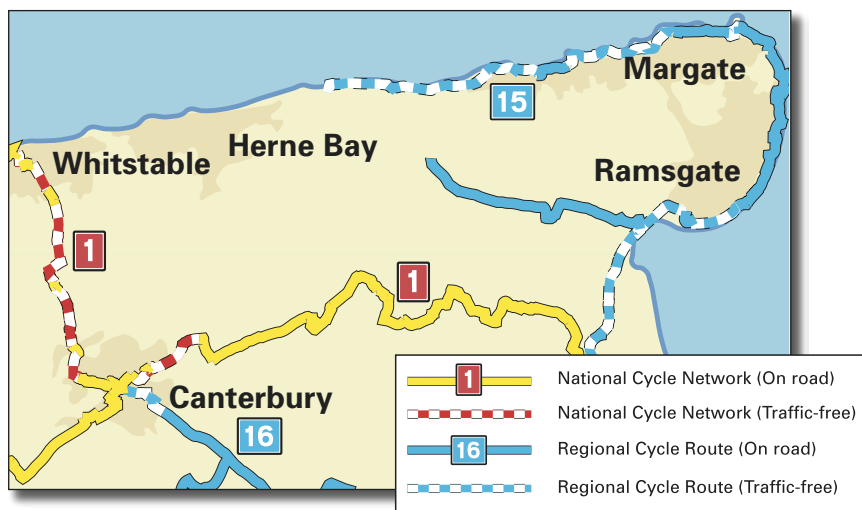
If you don't want to undertake the whole route, try the 9 mile traffic-free stretch that follows the seawall from Margate to Reculver.

You can join this well-signed route on the sea wall directly opposite Margate train station. Along the sea wall to Westgate-on-Sea you'll find plenty of diversions, with slopes and steps to the cliff tops and down to the beaches and rock pools.

The only on-road section takes you along the cliff from Westgate-on-Sea to Epple Bay where you rejoin the sea wall. You can avoid the road by cutting across the foreshore, but cyclists will have to carry their bikes - and risk getting their feet wet if they get the tide wrong!

Minnis Bay is popular with swimmers, as well as sailors, windsurfers and sea canoeists. From here the scenery changes with striking views of the flat marshland as you approach Reculver, a few miles east of Herne Bay.

For tide tables and weather forecast visit www.ramsgatemarina.co.uk or call 01843 572100.



(REGIONAL ROUTE 15)

29 miles (46km) trail, around 10 miles (16km) traffic-free, 20 miles (32km) on road

Coastal section from Pegwell Bay to Reculver 21 miles (34km)

Inland section on quiet lanes from Pegwell Bay to St. Nicholas at Wade 6 miles (10km)

RAILWAY

Stations close to the route at Ramsgate, Dumpton Park, Broadstairs, Margate, Westgate on Sea, Birchington and Herne Bay. Minster station is on the inland return loop. For train times call: **08457 484950**

BIKE HIRE

Margate, **Kens Bikes**. Will collect and deliver within a 15 mile radius by arrangement. tel: **01843 221422**

TOURIST INFORMATION

Ramsgate, Margate & Broadstairs: tel: **01843 583333**
www.kenttourism.co.uk

MAPS & GUIDES

Ordnance Survey Explorer 150 and Landranger 179 cover this area, please telephone KCC on **08458 247 600** or email: env.publications@kent.gov.uk to order.

Interactive cycle mapping and free downloadable leaflets at www.sustrans.org.uk

Additional information about cycling in Kent
www.kent.gov.uk/cycling

www.kent.gov.uk/explorekent

*a guide to cycling
in the Kent countryside*