



(NATIONAL ROUTE 1&2)

54 miles (87km), off which 24 miles (39km) are traffic free, 30 miles (48km) on roads

RAILWAY

Kent Coast Mainline (KCM) stations at Sandwich, Deal, Walmer, Martin Mill, Dover Priory, Folkestone Central, Folkestone West. Rye links to the KCM at Ashford International.

BIKE HIRE

Deal, Deal Prams & Cycles
tel: 01304 366080

Deal, Hutchings Cycles
tel: 01304 364945

Folkestone, Renhams Cycles
tel: 01303 241884

Margate, Ken's Bikes. Will collect and deliver within a 15 mile radius by arrangement. tel: 01843 221422

Rye, Rye Hire. Will collect and deliver within a 15 mile radius by arrangement. tel: 01797 223033

INFORMATION

Sandwich: 01304 613565

Deal: 01304 369576

Dover: 01304 205108

Folkestone: 01303 258594

Hythe: 01303 267799

New Romney: 01797 364044

MAPS & GUIDES

Ordnance Survey Explorer 125, 138, 150 and Land Ranger 179,189 maps cover this area, and show locations of all train stations, please telephone KCC on 08458 247 600 or email: env.publications@kent.gov.uk to order.

Interactive cycle mapping 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*

Sandwich in Kent to Rye in East Sussex

Follow National Routes 1 & 2 all the way down the Kent Coast taking in stunning coastal cliff paths, dedicated sea wall cycle paths and quiet country lanes through Romney Marsh. Both Sandwich and Rye have rail connections to Ashford International and on to London.



Fit, experienced cyclists could cover the entire route in a day, but with good rail links along the coast, it is easy to tackle in stages. Many of the traffic-free sections are generally within the capabilities of children – but don't be overambitious.

For a rewarding and relatively gentle day out, we recommend the 9 mile section from Dover to Deal, which runs along a stunningly scenic coastal cliff path. Except for a long steep climb from the centre of Dover up to the Castle, it is downhill almost all the way.

To avoid the climb and Dover's traffic, take the train to Martin Mill and cut 2 miles across land and join National Route 1 at St Margaret's at Cliff and then enjoy the tremendous run down to Deal.

From here you could pop on the train back to Dover or continue a further 5 miles, again largely traffic-free cycling, on to Sandwich where the chalk downland gives way to sandy beaches and dunes. Again you could let the train take the strain for the journey back.

Alternatively from Dover, head 7 miles towards Folkestone on the 'Chalk and Channel way' for more rugged views from the famous White Cliffs. Be prepared for steep climbs as the route drops back to sea level (and some on-road cycling) at both Dover and Folkestone.

Mid way between Dover and Folkestone you can cut down to Samphire Hoe, a unique land mass jutting out into the English Channel created from the material dug during the building of the Channel Tunnel. It includes 2 miles of flat traffic-free cycling, exceptionally brilliant blue sea, plus of course beautiful wildlife and scenery.

Samphire Hoe can also be reached from the A20.

From Folkestone to Rye (32 miles) the route becomes much flatter. Leaving the centre of Folkestone and the beautiful Lower Leas Coastal Park (ideal for young families), the path follows the seawall and is almost totally traffic-free for 6 miles to the Royal Military Canal at Hythe.

From Hythe, National Route 2 moves a few miles inland taking quiet country lanes through the picturesque villages of Romney Marsh including Burmarsh and Old Romney. After passing the historic town of Lydd, it's back onto a traffic-free cycle path most of the way into Rye, rejoining the road only at Camber with its stunning wide sandy beach and dunes.

For an alternative route between Hythe and Old Romney, take the A259 out of Hythe. After a couple of miles or so the road rejoins the coast and from here you can follow the seawall along the beachfront through Dymchurch and on to Littlestone-on-Sea. Head inland, passing New Romney, to join National Route 2 at Old Romney.

The Romney, Hythe & Dymchurch miniature steam railway, which carries bicycles, stops at six stations between Dungeness and Hythe. It is also within comfortable reach of mainline stations at Folkestone and Rye.

