

see *England and Surrey*

Thames and Medway Canal, Lower Higham to Gravesend (NCN 1)

(OS 178, GR 71 72/66 73) 4 mls

British Waterways. [www.waterscape.com/Thames & Medway Canal](http://www.waterscape.com/Thames%20&%20Medway%20Canal) (7/11)

Bewl Water see *East Sussex* (7/11)

North Downs Way see *Surrey*

Explore Kent by bike includes several of the other routes listed on this page

Explore Ashford by bike

Walking and cycling guide to Kent Thameside

download all from www.kent.gov.uk/leisure_and_culture/countryside_and_coast/cycling/cycling_leaflets.aspx (7/11)

Ashford to Tunbridge Wells (NCN 18) 42 mls download from

www.sustrans.org.uk/webfiles/Day%20Rides/AshfordTunbridge.pdf

Chalk and Channel Way (NCN 2) download from

www.sustrans.org.uk/webfiles/leaflets/chalk%20and%20channel%20way_Kent_leaflet.pdf

Art & the Travelling Landscape, Dover to Folkestone

Sandwich in Kent to Rye in East Sussex (NCN 1 & 2) 54 mls download from

www.sustrans.org.uk/webfiles/county/sandwichrye.pdf

Cathedral to Coast (RR 16 & 17) download from

www.sustrans.co.uk/webfiles/leaflets/cathedral-and-coast.pdf (3MB)

Signed cycle routes between Canterbury, Folkestone and Dover

Ashford Cycle Map download from

www.sustrans.co.uk/webfiles/leaflets/Ashford%20Cycle%20MAP.pdf (7/11)

Cliffs Country Cycle Routes download a District Cycle Map from

www.whitecliffscountry.org.uk/outdoors/cycling.aspx and information on the following routes

Dover to Deal (NCN 1); Deal to Sandwich (NCN 1); The Sandwich Way (RR 15);

The Miner's Cycle Trail (Sholden (Deal) to Shepherdswell); The Skylark Trail (Walmer Station to Guston and Dover)

Miner's Way Cycle Trail FREE MAP

Samphire Hoe FREE LEAFLET

includes cycle route & NCN 2

Walk or Cycle to Folkestone's Countryside FREE LEAFLET

includes NCN 2

The Miners Way Trail Guide Book £10.99 (2007)

White Cliffs Countryside Project, Dover.) 01304 241806 (6/11)

Romney Marsh Meanders, A pack of five cycle rides £3.95 12/20 mls

Romney Marsh Countryside Project, New Romney.) 01797 367934.

Email: info@rmcp.co.uk. www.rmcp.co.uk/cycling.html (7/11)

Cycle from Tonbridge Castle to Penshurst Place Map and Guide (RR 12) FREE (2005) or download from

www.sustrans.org.uk/webfiles/county/Tonbridge_Penshurst.pdf

almost entirely traffic-free along the River Medway 5 mls

Tourist Information Centre, Tonbridge.) 01732 770929. Email: tonbridge.castle@tmbc.gov.uk (2/11)

Crab & Winkle Way (NCN 1) FREE LEAFLET (2005) or download from

www.kent.gov.uk/leisure_and_culture/countryside_and_coast/cycling/cycle_routes/crab_and_winkle_way.aspx

Canterbury/Whitstable 7 mls

Visitor Information, Canterbury.) 01227 378100. Email: canterburyinformation@canterbury.gov.uk (2/11)

Bedgebury Forest www.forestry.gov.uk/forestry/infid-6ljhu5

(OS 188, GR 73 33) 6 mls of newly surfaced family cycle track, 7 mls of single-track mountain biking;

"Freeride" Area with challenging jumps and stunts; bike hire (7/11)

The Viking Coastal Trail, Margate Broadstairs Ramsgate FREE LEAFLET or download from

www.kent.gov.uk/leisure_and_culture/countryside_and_coast/cycling/cycle_routes/the_viking_coastal_trail.aspx
or www.visitthanet.co.uk/viking/

(parts NCN RR 15) 28 mls; includes 6 themed mini-routes 3/10 ml circuits

Thanet Visitor Information Line.) 01843 577577 press 6. Email: tourism@thanet.gov.uk (2/11)

Kent/Nord et de Pas-de-Calais on Horseback £5.95

British Horse Society, see *England*

Bike Trails by Rail in the Stour Valley, 2 PACKS £2.50 each

Circular rides around Ashford and the Garden of England, 4 leaflets 18/26 mls

Circular rides around Canterbury and Coast, 4 leaflets 10/22 mls

Environment Line, Kent County Council.) 08458 247600. Email: explorekent@kent.gov.uk (9/11)

Cycle routes and places of interest in Medway 50p (2010) or download from

www.medway.gov.uk/leisureandculture/cycling/cycleroutesinmedway.aspx

The Heron Trail (NCN 18) 50p (2000) or download from

www.kent.gov.uk/leisure_and_culture/countryside_and_coast/cycling/cycle_routes/the_heron_trail.aspx

Hoo Peninsula cycle route, circular route from Higham 18 mls

Medway Visitor Centre, Rochester.) 01634 843666 (8/11)

Woodlands and Marshes Cycle Routes from Hamstreet Village in Kent download from

www.hamstreet.info/ash-ham-hythe.html

Practical routes using hard-surfaced trails and quiet country lanes. Flat or hilly? The choice is yours! (7/11)

Great Stour Way, Chartham to Canterbury 3 mls www.canterbury.gov.uk/main.cfm?objectid=1515 (7/11)

Goldeneye Cycling Country Lanes & Traffic-Free Family Routes: Kent £6.99 (2010)

Goldeneye Maps. www.goldeneyemaps.com to order on-line (7/11)

Mountain Bike Guide: Kent, Gary Thompsett £6.95 (1995 Ernest Press)