

Explore the Kent coastline
Have fun, stay healthy!

Cycle breaks in Kent

Cathedral to coast...
Canterbury

This guide features Canterbury, England's most famous cathedral city. Easily reached by road, rail or sea, Canterbury has been welcoming visitors for thousands of years. As well as its many ancient buildings, vibrant shops, bars and restaurants, the City has become a "cycle route hub" for East Kent and a perfect base for cycling holidays or days out by bike.

Canterbury's railway stations offer excellent connections to many of the best spots on Kent's rural and coastal National Cycle Network (NCN) as well as Ashford International and London main line railway stations.

HISTORY

The Norman cathedral still dominates the skyline as you approach Canterbury, giving 21st century visitors the same sense of awe as their medieval counterparts. Making a pilgrimage was an important part of medieval life and pilgrims flocked to the city to visit the shrine of the Archbishop of Canterbury, Thomas Becket, who was murdered in his cathedral. Today the small and compact city centre is closed to traffic during the daytime to enable the narrow streets and the many attractions to be more easily and safely accessed by visitors.



The nearby town of Whitstable is famous for its oysters and millions were raised and consumed every year during the 1860's and 1870's. Boat building was the backbone of Whitstable's prosperity from the late 18th century until the 20th century. The diving suit was developed there in 1828 and dollar row along the sea front is said to have been built on the treasure found from deep sea dives. Whitstable Bay and the Isle of Sheppey provide a wonderful backdrop for sunsets and William Turner painted many famous seascapes here.

Elham, a few miles South of Canterbury, pronounced "Eel-am", dates from Saxon times, and is first mentioned as "Ulaham" in an Anglo-Saxon charter of 855A.D. when King Adelwolf granted a plot of land there to his faithful servant Ealdhere.

Before the Industrial Revolution, Elham, in common with other towns and villages, was largely self-supporting, and most of the needs of the inhabitants were met by local craftsmen. There are still old buildings behind the King's Arms and the Rose and Crown where ale was brewed, and the latter still has the old well, formerly fitted with a "Donkey Wheel", for drawing the water. The forge of the local blacksmith was rebuilt as a garage

in 1936 and Rope-walk House in the High Street marks the place where rope was made. Flax was grown locally and made by hand into ropes and string of every thickness.

Even iron smelting was once carried out in the district and old smelting-pots and iron ore have been discovered on Exted Farm. Down near the old station, bricks were made. Even the Elham Valley Railway now belongs to the past, it was built in 1887, and was finally dismantled in 1947.

CYCLING

Canterbury has become a cycle route hub with three fantastic National Cycle Routes to the coast and excellent rail and road links to the rest of the Cycle Network around Kent. The City itself also offers a great cycling experience and an opportunity to discover Canterbury close up.

The Crab and Winkle Way is a 7.5 mile, mainly traffic-free route on **National Cycle Route 1**  linking Canterbury and Whitstable. An ideal family cycle ride, it takes its name from the old Victorian railway line which once linked the two places.



There is no better way to explore the delights of Kent than by bicycle

As stated in the Guinness Book of Records, the Crab & Winkle was only the third railway line ever built, and "the first regular steam passenger railway in the world". It had connections with the 19th century's most celebrated engineers: the plans were drawn up by William James; George and Robert Stephenson built the engine Invicta for it; Thomas Telford built the harbour at its Whitstable terminus; and Brunel inspected it.

The route is signed on road from Canterbury West station and joins National Route 1 through the town near the river at Pound Lane. From Harbledown the route is mostly traffic-free, following the railway line from the Winding Pond (a great place to picnic) to the outskirts of Whitstable.

On the way you travel through Blean Woods, one of the largest areas of ancient broadleaved woodland in southern Britain, where you can find the rare heath fritillary butterfly.

The "Cathedral to Coast" is a challenging 50 mile (80km), circular ride on **Regional Cycle Routes 16 and 17**  linking Canterbury to Folkestone and Dover via quiet country lanes and old villages. Great scenery, leafy lanes, rolling hills,

wide skies and woodland guaranteed; the perfect recipe for a cycling adventure and a great day out!

For Canterbury to Folkestone, Route 17 branches off at Patricbourne, through Bridge, to follow quiet valley roads past Lynsore Bottom to Elham, and down to Newington, to connect with Le Shuttle cycle service (May – September).

For Canterbury to Dover (Route 16), follow the North Downs Way to Patricbourne and cycle on through the villages of Adisham, Aylesham and Whitfield to Guston. You will approach Dover with a magnificent view of the castle standing dramatically on the hill overlooking the town.

From Paddlesworth, a link to Dover is signed via Hawkinge and West Hougham on quiet country roads, to connect with Route 16 in Dover town centre at Market Square.

One-way day-riders on 16 or 17 can let the train take the strain on the return leg thanks to convenient stations at Folkestone, Dover and Canterbury. There is so much to see and do on this spectacular circular route with plenty of wonderful and interesting places to stay and enjoy!

For maps and more information about these routes from Canterbury to Dover and Folkestone, please visit www.kent.gov.uk/explorekent and select the cycling pages or use the interactive map to plan your entire route.



LOCAL INFORMATION

Canterbury Information www.canterbury.co.uk	01227 378100
Traveline bus timetable	0871 200 22 33
National Rail train timetable	08457 48 49 50
Nearest mainline train stations Canterbury East & West (see map) www.southeasternrailway.co.uk	
Interactive mapping www.kent.gov.uk/explorekent, www.sustrans.org.uk	
Ordnance Survey Explorer map numbers 150 & 138 cover this area. To order call 08458 247 600	

ATTRACTIONS

1 Canterbury Cathedral www.canterbury-cathedral.org	01227 762862
2 Canterbury Festival www.canterburyfestival.co.uk	01227 452853
3 Canterbury Tales www.canterburytales.org.uk	01227 479227
4 The Marlowe Theatre www.marlowetheatre.com	01227 787787
5 Canterbury River Tours www.canterburyrivertours.co.uk	07790 534744
6 Punt Trips www.cnc.co.uk	07816 760869
7 Walking Tours www.canterbury-walks.co.uk	01227 459779
8 Canterbury Castle www.canterbury.co.uk	01227 378100
9 Rupert Bear Museum www.canterbury.co.uk	01227 452747
10 Whitstable Information Centre www.canterbury.co.uk	01227 275482
11 Marine Tours www.bayblast.co.uk	01227 373372
12 Whitstable Oyster Festival – July www.whitstableoysterfestival.co.uk	01227 862267
13 Howletts Wild Animal Park www.howletts.net	01227 721286
14 Canterbury Environmental Education Centre www.kent.gov.uk/explorekent	01227 452447

15 Stodmarsh National Nature Reserve www.kent.gov.uk/explorekent	01233 812525
16 Perry Wood www.faversham.org	01795 534542
17 Blean Woods www.theblean.co.uk	01227 862015
18 St. Augustine's Abbey www.english-heritage.org.uk	01227 767345

SURROUNDING TOWNS AND VILLAGES

Broadstairs www.visitbroadstairs.co.uk
Chilham www.chilham-parish.org.uk
Deal www.aboutdeal.co.uk
Dover www.whitecliffscountry.org.uk
Elham www.elham.co.uk
Folkestone www.discoverfolkestone.co.uk
Hawkinge www.hawkinge.org.uk
Herne Bay www.hernebayonline.co.uk
Margate www.margateswebsite.co.uk
Paddlesworth www.paddlesworth.com
Sandwich www.open-sandwich.org.uk
Walmer www.walmerweb.co.uk
Whitstable www.seewhitstable.com

CYCLE HIRE

1 Canterbury - Downland Cycles www.downlandcycles.co.uk	01227 479643
--	--------------

CYCLE REPAIR

1 Tibbs Cycle Store Canterbury	01227 787880
2 Downland Cycles Canterbury	01227 479643
3 CyberCycle Canterbury	01227 712128
4 Herberts Cycles Whitstable	01227 272072
5 Bikes Bikes Bikes Herne Bay	01227 373736
6 Cycle Fix It Herne Bay	01227 749649



ACCOMMODATION

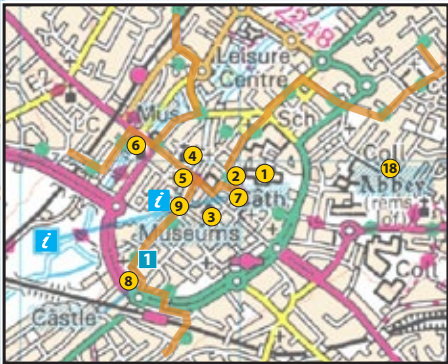
Canterbury offers a wide range of good quality accommodation from delightful B&Bs to first class hotels. This makes Canterbury a fabulous location for short break or longer cycling holidays. There are simply too many accommodation providers to list in this itinerary so for a full list of accommodation providers in Canterbury and the surrounding area please visit www.visitkent.co.uk where you can book your stay online. Alternatively please call Canterbury Tourist Information Centre on 01227 378100.

SAFE CYCLING

It's important that your bike is in tip top condition and the right size. Before you start your journey, pinch the tyres to make sure they are not flat and test the brakes to make sure they work.

Use cycle lanes and paths where possible and follow traffic sign and traffic light instructions. Make sure you carry lights/reflectors and dress brightly and appropriately. Cycle helmets, water bottles and rucksacks are recommended. Smart cyclists think ahead!

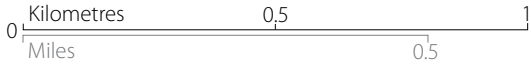
Suggested routes		Miles	KM
Route 1	Canterbury to Whitstable, Crab & Winkle Way	7.5	12
Route 16	Dover to Canterbury	21	33
Route 17	Canterbury to Folkestone	17	27
Route 17	Folkestone to Dover	12	19
Routes 16/17	Cathedral to Coast Circular	50	80



Other great places to cycle
Clowes Wood
Kings Wood
Denge Wood
Crundale towards Wye offers excellent mountain biking
Perry Wood
At Swalecliffe there is a new children's BMX park



1	Attraction
1	Cycle repair
1	Cycle hire
	Train station
1	National Cycle Route 1 sign
18	National Cycle Route 18 sign
16	Regional Cycle Route 16 sign
17	Regional Cycle Route 17 sign
	Garden
P	Parking
	Nature reserve
	Camp site
	Tourist information
	Picnic site





For further information or for more itineraries
like this one contact:

Countryside Access Service
Kent County Council
Invicta House
Maidstone
Kent ME14 1XX

Tel: **08458 247 600**

www.kent.gov.uk/explorekent

e-mail: **explorekent@kent.gov.uk**

This guide is available in other
formats and can be explained in other
languages. To obtain a copy please
call: 01622 221568. Textbox users, please
call 08458 247 905

Project Management: David Young - Sustrans. Design: A Stones Throw
Photos: David Sellman, David Young, Janina Holubecki, John Miller, Mark Mercer

