

Cycle Kent

It's a tough job, but when it comes to finding the most beautiful cycle routes in the county, Sustrans - the sustainable transport charity - leaves no stone unturned.

Once again *Around Kent* joins forces with Sustrans to highlight a great summer route for a great day out.

Deal to St Margaret's at Cliffe

This recommended route covers a nine-mile section of the National Cycle Network (NCRI). It is perfect for all ages and abilities and for walkers and wheelchair users as well as cyclists.

Start to finish

① Deal train station is minutes from the sea front via Queen Street. Middle Street runs parallel to the sea front on the way and is well worth exploring

with its fascinating historic cottages and town houses oozing with the atmosphere of times past.

On reaching the sea front the old-style pier comes into view on the left. Turn right along the promenade past Deal Castle and onto Walmer Strand, believed to be the landing place of Julius Caesar and the



The beach at Deal



Walmer Castle

David Young, Sustrans



Roman fleet in 55BC.

② Wheelchair users will really enjoy the surface of this section past beached fishing boats, the old lifeboat station and Walmer Castle where you join Wellington Parade with its wonderful period house façades fronting the beach.

③ There is a short on-road section along Cliffe and Under

Cliffe Roads (walkers can take to the beach) which brings you out by Old Stairs Bay. The next two miles is uphill through lanes and the open countryside with glorious views.

④ From Otty Bottom and Hog's Bush you reach St. Margaret's at Cliffe, a lovely village full of charm, several old pubs, restaurants, a hotel and a village pond; the perfect destination.

Tips

- ▶ Don't speed downhill as it can be dangerous. Test your brakes and be considerate to walkers and young children.
- ▶ Be seen - wear bright clothing.
- ▶ Be safe - always look where you are going, take water and check your cycle is well maintained.
- ▶ Safety helmets are recommended.
- ▶ Use sunscreen in the summer.
- ▶ For train times call 08457 48 49 50.

For more information about the National Cycle Network visit www.nationalcyclenetwork.org.uk or for more information about cycle routes in Kent, telephone 01622 221028 or e-mail cyclekent@kent.gov.uk