



# Intineraries for the cyclists



There are many cycle routes around the Canterbury-Kent area, here are a few that might interest you:

## Coast to Cathedral

50 miles (80km) Circular Route

Dover to Canterbury

21 miles (33km)

Canterbury to Folkestone

17 miles (27km)

Folkestone to Dover

12 miles (19km)

## **RAILWAY**

There are railway stations at the beginning and end of both Regional Routes - Canterbury, Dover and Folkestone

For train times call: **08457 484950**

## **BIKE HIRE**

Canterbury, **Downland Cycle Hire**

Tel: **01227 479643**

[www.downlandcycles.co.uk](http://www.downlandcycles.co.uk)

The 'Coast to Cathedral' is a marvellous 50-mile (80km), circular ride on Regional Routes 16 and 17 linking Dover, Folkestone and Canterbury.

The ride is blessed with leafy lanes and bridleways, rolling hills, wide skies, woodland, country villages and hamlets; the perfect recipe for a cycle holiday and great day rides.

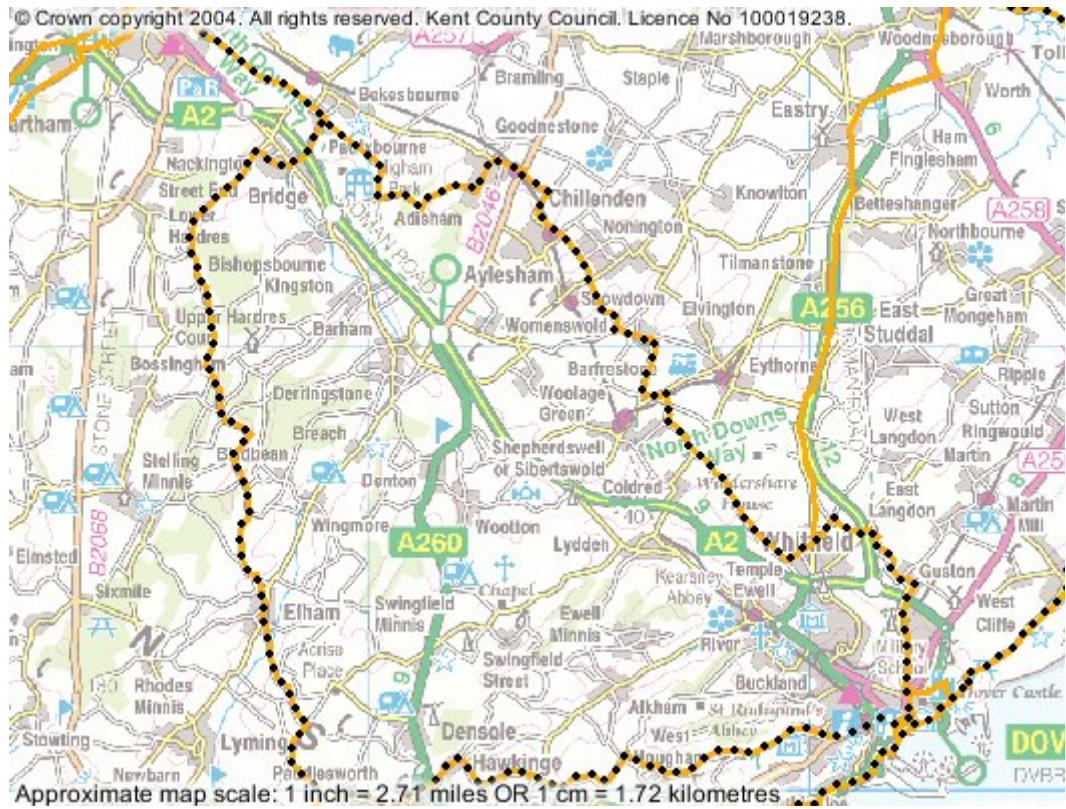
The circular route is best approached anti-clockwise via Route 16 as the climb out of Dover is short and steep compared to the longer harder climb out of Folkestone.

Leaving stunning views of Dover Castle behind, you soon join quiet country lanes and meander through fine East Kent countryside and old villages to Patricbourne where you join the North Downs Way to Canterbury.

The return leg from Canterbury branches off route 16 at Patricbourne as you pick up scenic Route 17 through Bridge to follow quiet valley lanes past Lynsore Bottom to Elham.

Continental travellers can connect with Le Shuttle Cycle Service (May – September) at Newington, alternatively route 17 skirts left on delightful lanes to Hawkinge and West Hougham, downhill to Dover.

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!



## [Crab and Winkle way](#)

7.5 miles (12km), mainly traffic-free disused railway line from University of Kent, Canterbury to Whitstable

### **RAILWAY**

There are railway stations at either end of the route. Canterbury has two stations; Canterbury West is the closer to the start of the trail.

For train times call: **08457 484950**

### **BIKE HIRE**

Canterbury, **Downland Cycle Hire**. Will collect and deliver within a 15 mile radius by arrangement

Tel: **01227 479643**

[www.downlandcycles.co.uk](http://www.downlandcycles.co.uk)

It is a great family day out with plenty of interesting stop-offs along the way, from modern sculptures to medieval earthworks.

From Canterbury West station, head up to the university campus where you'll pick up the start of the trail, about half of which is on the disused railway. Once in Whitstable, enjoy the oysters while taking in the stunning views across the bay, especially at sunset.

Incidentally, the Crab and Winkle Line was the World's first passenger railway line when it opened in 1830. But the steam locomotive Invicta couldn't cope with the gradients and was soon replaced with cables driven by a winding steam engine. However, cyclists today should not experience any problems with the short climbs!

