



What to Do in Kingsdown Activities

Cycling

- [Route 1 of the National Cycle Network](#) is a long distance cycle route connecting Dover and the Shetland Islands. Details are available through [Sustrans](#). The route follows the coast from Dover, passing through **Kingsdown, Walmer and Deal** before continuing to Sandwich, around the Isle of Thanet and on to Rochester. It links with National Cycle Route 2 at Dover.
 - The section of National Cycle Route 1 which passes through Kingsdown also forms part of the [Garden of England Route](#), details of which are also available at Sustrans.
 - [Coast, Castles and Clifftops – Sandwich](#) is one of [Explore Kent](#)'s Cycle Breaks in Kent, a 27 mile (43 km) ride following National Cycle Route 1 from Sandwich to Dover then National Cycle Route 2 from Dover to Folkestone on the [Chalk & Channel Way](#).
 - Explore Kent's [Sandwich to Rye](#) route also follows National Routes 1 and 2 along the coast, passing through Kingsdown, Walmer and Deal.
- The [White Cliffs Countryside Project](#) organises a programme of guided cycle rides in the summer months. Details of these rides can be found in the free [Guided Walks Spring/Summer 2010](#) brochure produced by WCCP (telephone 01304 241806).
- [Downland Cycles](#) is based in Canterbury and has a large fleet of bikes for hire in sizes to suit all riders – male, female and children. They have also compiled a number of circular routes in the area, utilising national, regional and local routes and a lot of local knowledge!
 - **'Cycle by the Shore'** (50 miles / 80 km) – from Canterbury to Sandwich then passing through Deal, Walmer and Kingsdown before continuing on to St. Margaret's Bay and Dover, and returning to Canterbury.
 - **'Three Day Ride'** (57 miles / 94 km) – quite an ambitious route from Canterbury, which on Day 1 takes in the Lower Stour Valley to Sandwich. On Day 2 you follow the coast to Kingsdown and continue on to St. Margaret's, Langdon Cliffs and Dover. On Day 3 you cycle through the Elham Valley before returning to Canterbury.





- Bikes can be hired from [Autobase](#) on North Barrack Road in Walmer (just off The Strand). Autobase hires mountain bikes for males, females, adults and children, and will soon be hiring hybrids. The shop is open from 8.30am - 5.30pm Monday – Friday, 8.30am - 4pm Saturday and 10am – 1pm Sunday. Ring 01304 374444 for details.
- [Explore Kent](#) provides information on published cycling routes in Kent whilst the national cycling charity [Sustrans](#) provides information on national and regional cycling routes in Kent. For an overview of where to cycle in Kent, try the [Explore Kent by Bike](#) guide.

Exploring Nature and Wildlife

- The [White Cliffs Countryside Project](#) (WCCP) was set up to help conserve and enhance the special coast and countryside around Dover and Folkestone, and make it accessible to all. Throughout the year, the WCCP holds a great variety of events and activities in the countryside – enabling you to see wildlife, join guided walks and bike rides to explore local nature reserves and other sites of interest, take part in special ‘Green Gang’ activities for children, or join in helping care for the local environment by volunteering on conservation activities. The WCCP’s website provides a wealth of information on what you can do and see in the area. You can download their events programme entitled [Guided Walks Spring/Summer 2010](#). Alternatively call the WCCP office on 01304 241806 to request a copy to be sent to you by post. Published twice a year it lists all their guided walks and cycle rides, Green Gang events and volunteering activities.

Walking

- The [Saxon Shore Way](#) is a long distance walking route following the coast as it was in Roman times, from Gravesend to Hastings (60 miles/257 km). It passes through Sandwich, Deal, Walmer and Kingsdown before continuing along the White Cliffs to Dover and Folkestone. A guide giving an overview of the route and eight circular walks off the trail can be purchased through [Explore Kent](#).
- [Kingsdown and Walmer](#) (in the Walks in East Kent series) is a 2.2 miles (3.5km) circular walk starting and ending at Walmer Castle. The path takes you up to Hawkshill





Freedown before continuing to Kingsdown, and returns along the Saxon Shore Way coastal path. Further information on the route is available at [Explore Kent](#).

- [Walmer Castle](#) - Walks for All is a 2 mile (3km) Easy Access Walk by Explore Kent running parallel to National Cycle Route 1. The walk starts from the car park at Walmer Castle and finishes at Deal Castle.
- The coastal walk entitled '[Kingsdown to St. Margaret's](#)' is one of the [National Trust's](#) 'Great Walks' which can be downloaded from their website. It is a 4 mile circular walk along the coast, returning inland on footpaths through the countryside.
- South Foreland Heritage Coast – a leaflet describing the walk from Dover to Kingsdown and the wildlife and history you will see on the way can be obtained from the [White Cliffs Countryside Project](#). Call the office on 01304 241806 to request a copy.

