Cycle routes in Medway

Medway Serving You

Know your cycle signs

It is vital that all road users are aware of the different cycle signs and what they mean.
Please see below the most common signs.

- Route for use for pedal cycles only
- Route for use for cycles and pedestrians only
- Route comprising a separated track and path for cycles and pedestrians
- Route for use by buses and cycles
- Only
- With flow cycle lane ahead (on road)
- With flow cycle lane (on road)
- Route recommended for bicycles on the main carriageway of a road
- CYCLISTS DISMOUNT — Cyclists to dismount at the end, or at a break in, a cycle lane, track or route
- END OF ROUTE — End of cycle lane, track or route
- Riding of bicycles prohibited
- Cycle route ahead warning

General information

Covered by:
OS Explorer Map 163 and 148, and Landranger 178
☎08456 05 05 65 www.ordnancesurvey.co.uk/oseshop www.ordnancesurvey.co.uk/blog www.twitter.com/OrdnanceSurvey

Transport Direct
Free journey planner for car and public transport service. Now includes a cycle journey planner as well.
www.transportdirect.info

National Rail Enquiries
☎08457 484950 www.nationalrail.co.uk twitter@nationalrailenq
Textphone - for hearing or speech impaired users, use the National Rail Enquiries service 484950 See website for details

Traveline - Public Transport Information
☎0871 200 2233 twitter@traveline
www.traveline.info
Traveline Scotland 0871 200 2233

Medway Visitor Information Centre
Open seven days a week.
95 High Street Rochester ME1 1LX
☎01634 338991
www.visitmedway.org

Integrated Transport Team
Medway Council ☎01634 333333 twitter@medway_council
cycling@medway.gov.uk

West Kent CTC (Cyclist Touring Club)
☎01634 719504
www.westkentctc.org.uk

While every care has been taken to ensure the accuracy of the information in this leaflet, the council cannot accept responsibility for any inconvenience or loss caused by information found on the cycling routes or any errors in case information has changed. These routes are to be used as a guide only. Medway Council accepts no responsibility for any injury caused while cycling on the routes.

Front cover photo of walk of Park Wood Jane Sinton on the Bloodsy Course.
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Cycle Tips

- Be visible - wear bright colours.
- Lights at night.
- Be safe - wear a cycle helmet.
- Follow the Highway Code - obey the rules of the road and show courtesy to other road users.
- Carry a tool kit: pump, puncture repair kit, set of allen keys and multi-purpose spanner. (See cycle shops in Medway).
- For children - ensure you tell your parent or guardian where you are going.
- Take food and drink.
- Above all ... **have a great time.**

Bike Security

For information and advice on keeping your bike safe please visit Kent Police's website. This includes details of the bike passport which prompts owners to record the details of their bike, register on immobilise, mark their property and how best to secure it.
http://www.kent.police.uk/advice/property_security/vehicle/prot_veh.html

Kent Police

KEY

- National Cycle Routes
- Sign-posted routes where cyclists will be on road. May include destination signs and cycle lanes painted on the road
- These indicate where off-road cycling facilities have been implemented next to the highway. Usually a shared or segregated pedestrian/cyclist footway
- To be constructed
- Traffic free routes that are a mixture of special tracks and official routes through parks. Also includes bridleways that have been considered by cyclists as suitable for cycling
- Quieter routes for getting around by bicycle. These do not include any cycling facilities and may include short stretches of busier roads where no alternatives exist
- Route crosses private land - cyclists to dismount
- Mountain bike track
- Cycle shop
- Railway station
- Cycle parking available
- Site of interest
- Site of interest is on NCR1

0 0.25 0.50 Miles
100 50 0 100 200 300 400 500 600 700 800 900 1000 Metres

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Places of interest

1 Ranscombe Farm Reserve
Cuxton, Rochester
www.plantlife.org.uk

This 222.6 hectare (560-acre) combined nature reserve and working farm forms part of the Kent Downs Area of Outstanding Natural Beauty and its natural features have changed remarkably little since the 18th century.
The farm is famous for its arable flora and two of the fields are believed to represent the most important site in Britain for annual plants on arable land. Species include the remaining wild site of corncockle, blue pimpernel, prickly poppy, night-flowering catchfly and narrow-fruited cornsalad.
The reserve includes approx. 6.2 miles (10 kms) of footpaths and a dedicated warden.
Access to Ranscombe Farm Reserve is from the A228, shortly before the roundabout when approaching the M2 from Cuxton.

2 Upnor Castle
High Street, Upnor, Rochester
☎ 01634 718742
www.visitmedway.org

This attractive, turreted castle is set in a picturesque village area that is backed by rolling, wooded hills. The castle is fronted by a water bastion jutting out into the River Medway.
Upnor Castle was originally built in 1559 as a gun fort on the orders of Queen Elizabeth I to defend her warships at anchor in the reaches of the Medway and Chatham Dockyard.
The gatehouse and main body of the castle are open for viewing and a sound wand provides a personal guided tour of the site in English, French and Dutch for a nominal charge.

The village of Upnor also has many quaint country pubs to visit. Special events and open-air theatres take place throughout the year. Admission fee applies.

3 Diggerland
Medway Valley Leisure Park, Strood
☎ 0871 2277007
www.diggerland.com

Diggerland is the ultimate adventure park for all ages, where you can ride, drive and operate full size construction machinery. Fasten your seat belts and get spun, shaken and elevated on the crazy Spin Dizzy.

Hold on tight whilst we elevate you to a height of over 50 feet on the Sky Shuttle. Drive yourself crazy on our fantastic rides around the park on dumper trucks, JCBs and tractors. Admission fee applies.

4 Capstone Farm Country Park
Capstone Road Gillingham
☎ 01634 338191
www.medway.gov.uk

Capstone Farm Country Park covers 114 hectares (282 acres) of former farmland set on the North Downs. There is a variety of habitats within the park, including ancient woodlands, old orchards, a freshwater lake, meadows and hedgerows.
The park is typical of the rolling landscape of the North Downs and many of the woods and hedgerows are hundreds of years old.
There is also a 2.2 mile (3.6km) mountain bike course. Ask at the Visitor Centre at the park for more details.

Cycling in Medway

Whatever your age or ability there are a wide range of options on how you can get into cycling in Medway. Children in years 5 and 6 will have the option of completing a Level 1 and Level 2 course in their primary school (subject to course availability).

There is the opportunity of Bikeability training in some secondary schools, and several clubs in Medway have weekly training sessions and rides including Wigmore Cycling Club.

Working in partnership NHS Medway and Medway Council are providing free guided cycle rides, and the local Cyclist Touring Club organises rides every weekend.

Medway Council is continuing to invest in its cycle network, for example, in 2013 schemes include a new off road shared cycle route in Beechings Way, Twydall; Maidstone Road, Rochester; and an upgrade to the Dock Road/Wood Street junction which will improve crossing facilities for both cyclists and pedestrians which is a key point on National Cycle Route 1.

Reporting an issue
Medway Council is working hard to keep our cycle routes safe and clean. Help us to keep it that way by reporting any potholes, vandalism, litter or broken glass.

There are a number of ways to do this - online, by text and by phone.
More details are at **www.lovemedway.co.uk**

Historic Rochester - places to visit

The cathedral city of Rochester is famous for its connections with Charles Dickens, who lived in the area as a child and returned later in life as a successful author. It was near Rochester the author decided to spend the final years of his life and many of the buildings that can be found in the here today were an inspiration to Dickens.

Rochester Cathedral ☎ 01634 843366 www.visitmedway.org
Founded in 604, Rochester Cathedral is the second oldest in England. The glorious Norman architecture of the nave, parts of the crypt, as well as one of the finest Romanesque facades in England, make this an inspirational place to visit. A new multi-lingual audio guide provides thematic interpretation trails (fee applies).
Admission to the cathedral is free to individuals (charge applies to pre-booked groups).

Rochester Castle ☎ 01634 335882 www.medway.gov.uk/tourism
Rochester Castle is one of the best-preserved castles of its kind. The keep is one of the tallest in England and offers spectacular views over the River Medway. The castle was partly demolished in 1215, by King John who set fire to the pit props using the fat of 40 pigs. As a result of this siege the castle today has one circular tower, which contrasts with the three remaining square ones. An audio guide interpretation is available, for a nominal fee, for a guided tour of the castle. Admission fee applies

Restoration House ☎ 01634 848520 www.restorationhouse.co.uk
Restoration House is a unique survival of a city mansion. Situated in the heart of historic Rochester the house takes it's name from the stay of King Charles II on eve of the restoration. Renowned for the beautiful interiors and delightful gardens, it is also the Satis House of Dickens' *Great Expectations*.
Admission fee applies.

Guildhall Museum ☎ 01634 848717 www.visitmedway.org
The museum is one of the finest 17th-century civic buildings in Kent. The collections follow a timeline through Medway's history and are housed in two separate buildings, along with a small gift shop. The Dickens Discovery Room and audio-visual gallery showing a short film on the author's connections is played continuously throughout the day. Visitors can view Rochester's heritage quarter through cutting-edge camera technology at the museum's Rochester Riverside Eye.
Admission free

Six Poor Travellers House ☎ 01634 845609 www.visitmedway.org
This Tudor charity house was founded in 1579 by local MP Richard Watts to provide free lodgings for poor travellers. Each traveller's daily food allowance consisted of half a pound of meat, one pound of bread and a pint of ale. The house and charity are immortalised in Dickens' Christmas short story entitled *The Seven Poor Travellers*.
Admission free.

Enjoy Medway

Medway Serving You

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Chatham
Kent ME4 4TR
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