Why cycle in Medway?

Cycling is a fun way to keep healthy and to visit places of interest in Medway.

So if you've recently achieved Bikeability Level 2 training or are about to venture out on your bike for the first time in a while, please use this map to find out where Medway's cycle routes are. There are over 115km (41.5 miles) of routes to discover. Medway has two National Cycle Routes 1 and 17, and other on and off road routes. They can be used for commuting to work or school via our network of urban cycleways, or journeys into the rural area for leisure for example the Heron Trail (Regional Route 18).

Cycling in the rest of Kent

For more information on cycling in the rest of Kent outside Medway, please visit the cycling area of the Explore Kent website.
Please visit **www.kent.gov.uk/cycling** for information on cycle routes, cycle clubs, maps and cycle breaks.
Kent's Countryside Access Service can be contacted on **08458 247 600** or **Explorekent@kent.gov.uk**

CTC Cyclecover Cycle Rescue

CTC Cyclecover Cycle Rescue is a cycle rescue service, which gives cyclists similar breakdown assurance to motorists.

If you are unable to complete a journey as the result of an accident, theft, vandalism or irreparable breakdown of your cycle (punctures not included) then CTC Cyclecover will take you and your cycle to a railway station or local cycle repair shop. Or if you prefer you will be taken home or to alternative accommodation, whichever is nearer.

Visit **www.cyclecover.org.uk** or call **0151 4279529** for details.

Cycling and the Railways

Why not combine cycling with using public transport? You can cycle to and from your local station, park at the station or go on the train with your folding bike.

The majority of stations in Medway have cycle stands and cycle lockers are available at Rainham, Chatham, Rochester and Strood. Please contact rail staff for information of using these lockers at the specific station.

If you wish to travel on the train with your folding bike, please note that a limited number of bikes are carried on all services apart from the main commuter periods. The train operator reserves the right to restrict the carriage of bikes on any train when the safety and comfort of passengers may be affected or cause delays to services.

For more information, contact **National Rail Enquiries on 08457 484950.**

Cycle shops in Medway

The Bike Warehouse
42-44 High Street, Gillingham
☎01634 571093

Cycle King
353-357 High Street, Rochester
☎01634 811147

Geoff Wiles Cycle Centre
45-47 Cuxton Road, Strood
☎01634 722586/727416

Halfords
1-3 Batchelor Street, Chatham
☎01634 829091

Toys R Us
Horsted Retail Park,
Maidstone Road, Rochester
☎01634 200112

Victory Cycles
173 High Street, Rainham
☎01634 365892

If you have to take the car instead of cycling...

Medway carshare

Save money and share a car

Log on to register at **www.medwaycarshare.com**

WALK
Enjoy walking?

CYCLE
Or is cycling your thing?

Then why not volunteer to lead a free **adult walking or cycling group?**

We need people, just like you, to lead our free Medway Health Walks and cycling groups - to help adults of all abilities become more active.

Visit: www.abettermedway.co.uk/walkandcycle
Email: active@medway.gov.uk
Phone: 01634 333727

bike 4 life walk 4 life
AN ACTIVE MEDWAY
Easier ways to enjoy exercise
Brought to you by NHS Medway and Medway Council

Places of interest

5
Royal Engineers Museum
Prince Arthur Road, Gillingham
☎ 01634 822839
www.re-museum.org.uk

There's something for all the family at this unique museum. The many galleries house a collection of international importance telling the explosive history of Britain, its empire and the rest of the world since the 1700s.

With interactive displays, military vehicles and much more, it provides a fascinating insight into the long history of the Royal Engineers.
Admission fee applies.

6
Fort Amherst
Dock Road, Chatham
☎ 01634 847747
www.fortamherst.com

Fort Amherst is Britain's most complete Georgian/ Napoleonic fortress, which since 1756 has echoed the sounds of military life. It portrays the harsh realities of the life of the British soldier during the Napoleonic wars. Chatham's secret wartime bunker is also housed here, 60 feet below ground. There are also regular ghost tours around Fort Amherst.

7
Dickens World
Leviathan Way, Chatham Maritime
☎01634 890421
www.dickensworld.co.uk

Step back in time to Dickensian England and become immersed in the urban streets, sounds and smells of the 19th century.
With a host of captivating attractions, Dickens World features the Great Expectations dark boat ride, the Haunted Man, Dotheboy's Hall Victorian School Room with touch screen technology, a 4D high definition cinema show in Peggotty's Boathouse, the Britannia Theatre an animatronic stage show introducing you to some of Dickens' characters and Fagin's Den, a soft play area for younger visitors.
Admission fee applies

8
Priestfield Stadium
Redfern Avenue, Gillingham
☎ 01634 300000
www.gillinghamfootballclub.com

Gillingham is Kent's only Football League club. The ground has been extensively redeveloped over the past 15 years and is now an 11,600 all-seater stadium, and also has conference and banqueting facilities, the Blues Rock Café Bar and club shop.

9
Chatham Ski and Snowboard Centre
Alpine Park, Capstone Road, Gillingham
☎ 01634 827979
www.chathamskislope.co.uk

The John Nike Leisuresport Chatham Ski and Snowboard Centre is open throughout the year and offers skiers, snowboarders and bladers of all levels the facilities to practice and learn new skills.

There is an active ski and snowboard club at the centre where you can meet and learn skills from others with similar interests.

10
The Historic Dockyard Chatham
Dock Road, Chatham
☎ 01634 823807/ 823800
www.chdt.org.uk

Discover over 400 years of maritime history as you explore the most complete dockyard of the Age of Sail and meet characters from the past. Make your own rope on the Victorian Ropery Tour; be gripped by stories of life aboard the three historic warships, experience the dockyard of 1758 recreated in the Wooden Walls gallery and be inspired by the Museum of the Royal Dockyard and Lifeboat. Don't miss 3 Slip, the Big Store with its awe inspiring wooden roof and the National Museums at Chatham culture venue and centre of world collections.
Recently, the TV programmes *Call the Midwife* and *Mr Selfridge* and major films *Sherlock Holmes* and *Les Miserables* have been filmed in the Dockyard
Admission fee applies.

11
Riverside Country Park
Lower Rainham Road, Rainham
☎ 01634 337342
www.medway.gov.uk

Riverside Country Park covers 100 hectares alongside the Medway Estuary, including Motney Hill and Berengrave Local Nature Reserve. There are various habitats within the park, including mudflats and saltmarsh, ponds and reed-beds, grassland and scrub, which provide a haven for wildlife. Over 350,000 visitors a year enjoy the countryside and views across the Medway estuary.

The estuary has special protection as part of the Medway Marshes SSSI (Site of Special Scientific Interest) and is internationally important for wintering birds that thrive on the invertebrate-rich mudflats. The saltmarshes have a specialised ecology and act as high tide roost sites.

Paths and cycle signs have recently been improved which with other measures enabled Riverside Country Park to be given a Green Flag award. There is also a café, a play area, visitor centre and toilets available to visitors.

Green Flag Award

12
Ice Bowl
Ambley Road, Gillingham Business Park
☎ 01634 388477
www.theicebowl.co.uk

The Gillingham Ice Bowl is the south east's premier ice rink, which boasts a full size ice pad with seating for more than 1,000 people within the arena, in bright modern surroundings.
The Ice Bowl is also the home of the Invicta Dynamos - Kent's premier ice hockey team.

13
The Old Brook Pumping Station
Solomons Road, Chatham
☎ 01634 362847
www.oldbrookpumping.co.uk

Listed as an ancient monument, the Brook Pumping Station was incorporated into Chatham's main drainage system from 1929 until 1980. Machinery designed to carry out the task of keeping Chatham dry is still in full working order and on view to the public.

The station is a Scheduled Monument and is being preserved in its original condition. Admission free.

14
Medway Park
Mill Road, Gillingham
☎01634 336655
www.medwaypark.com

Medway Park is Medway's £11m centre of sporting excellence. It has a 12-court multi-use sports hall, athletics track, 100-station gym and improved pool and changing areas, a judo centre, a gymnastics centre and a sports science and therapy suite.

On the same site, there is also the Jumpers Rebound Centre which is a site of excellence for trampolining

MEDWAY PARK
sporting excellence

change 4 life
Eat well Move more Live longer

For more top tips on how to "Move more" visit **www.nhs.uk/change4life**

The Hoo Peninsula showing The Heron Trail
(Sustrans Regional Route 18)
To be renamed National Route 179

The Heron Trail is a popular circular cycle route on the Hoo Peninsula.

Just off Sustrans National Cycle Route 1 is the Heron route, which links the villages of Higham, Cliffe, Cooling, High Halstow, Hoo and Upnor. The cycle trail is 18 miles (29km) and will take about 2 ½ hours to cycle not allowing for stops.

There is also a shorter route to allow for greater flexibility. The Heron Trail can be started at any point but it is recommended that you cycle in a clockwise direction.

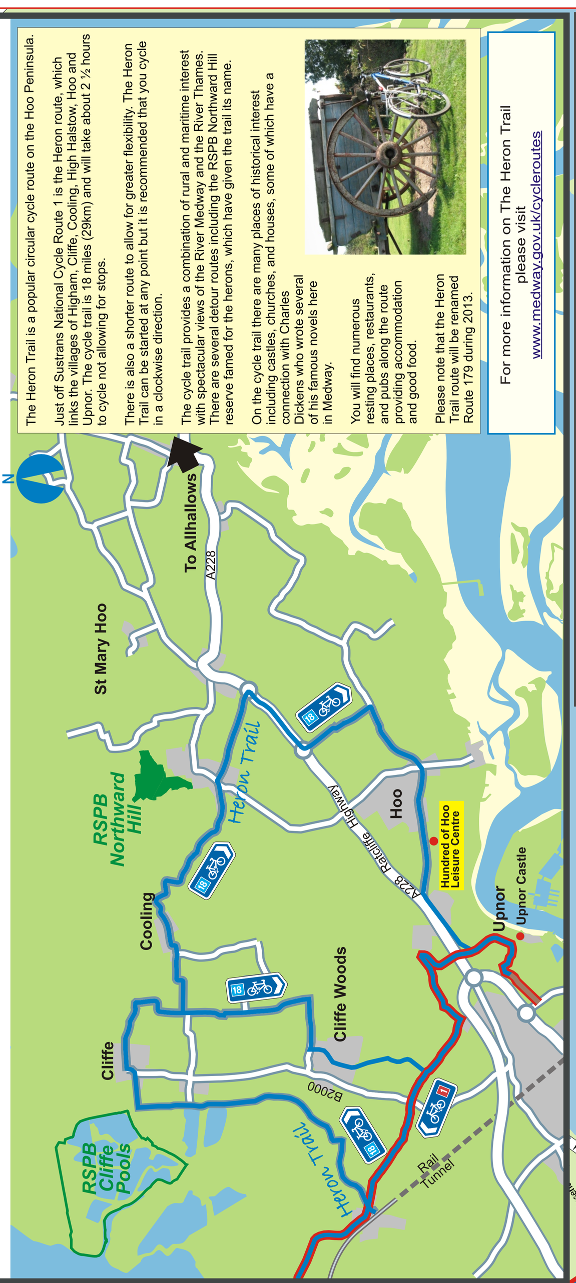
The cycle trail provides a combination of rural and maritime interest with spectacular views of the River Medway and the River Thames. There are several detour routes including the RSPB Northward Hill reserve famed for the herons, which have given the trail its name.

On the cycle trail there are many places of historical interest including castles, churches, and houses, some of which have a connection with Charles Dickens who wrote several of his famous novels here in Medway.

You will find numerous resting places, restaurants, and pubs along the route providing accommodation and good food.

Please note that the Heron Trail route will be renamed Route 179 during 2013.

For more information on The Heron Trail please visit www.medway.gov.uk/cycleroutes



Better by bike

A cycle planner developed by Transport Direct now shows Medway's cycle routes. Visit **www.transportdirect.info** and click on 'Find a Cycle Route' to find out how you can travel by bike around Medway. This is a Department for Transport funded project.

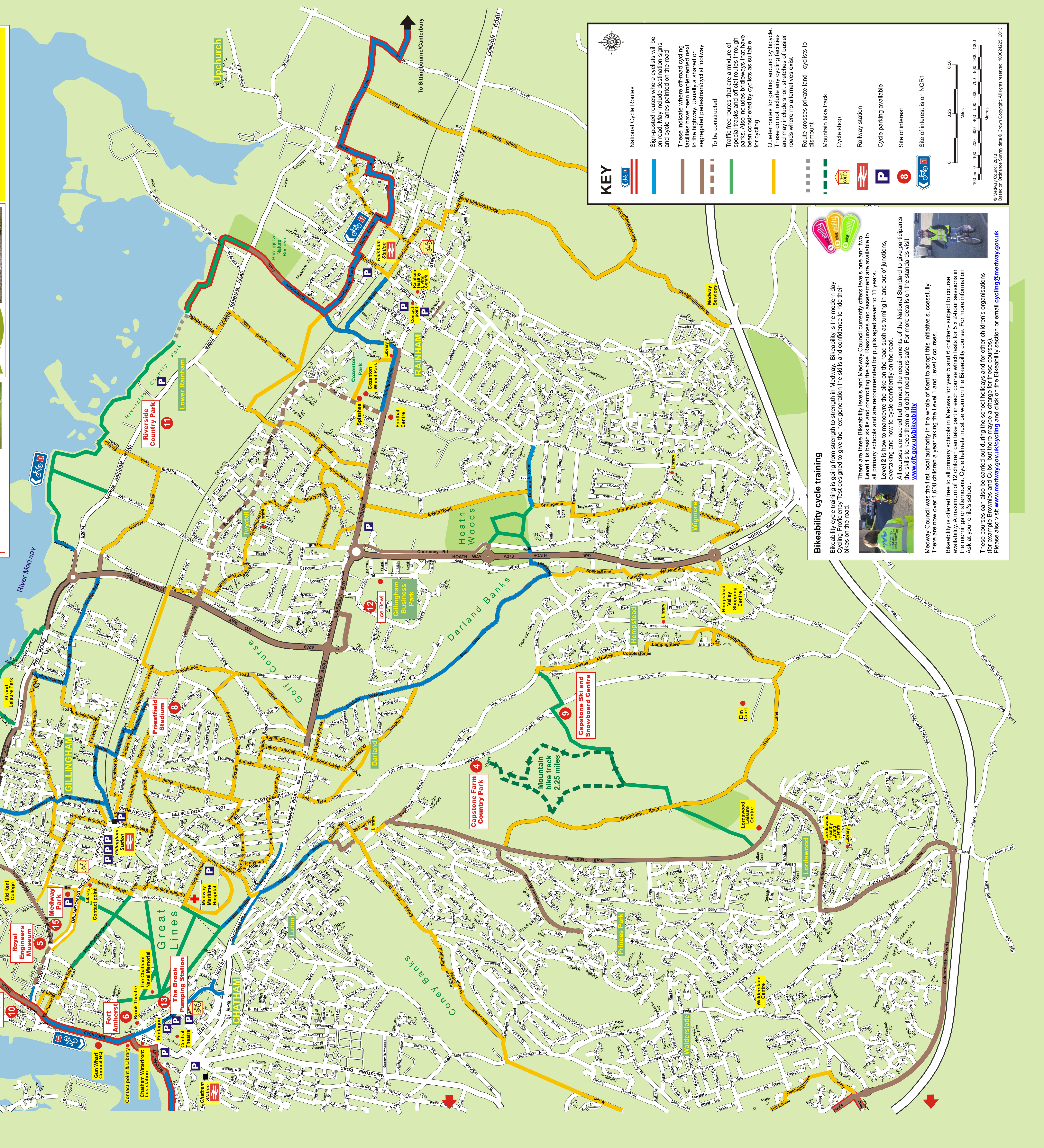
Use the cycle journey planner to plan routes to commute to work, visit friends or simply get fit and lose weight, explore the countryside and visit new places.

This free and easy to use website can plan the quickest, quietest or even the most recreational cycle route. It will give you detailed route directions, a map and a visual representation of the steepness of the route.

Transport Direct worked with Cycling England, Ordnance Survey and Medway Council to ensure that there is good quality information on cycling in Medway. All of Medway's urban areas have been surveyed together with the Heron Trail on the Hoo Peninsula.

Nationally, the Cycle Journey Planner is being rolled out to more of the country including most of Kent. **www.transportdirect.info** also has information on other journeys by bus, train, walking or by car.

Get around Medway by bike with our cycle journey planner
transport direct.info



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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Bikeability cycle training

Bikeability cycle training is going from strength to strength in Medway. Bikeability is the modern day Cycling Proficiency Test designed to give the next generation the skills and confidence to ride their bikes on the road.

There are three Bikeability levels and Medway Council currently offers levels one and two.
Level 1 is basic skills and controlling the bike. Resources and assessment are available to all primary schools and are recommended for pupils aged seven to 11 years.
Level 2 is how to manoevre the bike on the road such as turning in and out of junctions, overtaking and how to cycle confidently on the road.
All courses are accredited to meet the requirements of the National Standard to give participants the skills to keep them and other road users safe. For more details on the standards visit **www.dft.gov.uk/bikeability**

Medway Council was the first local authority in the whole of Kent to adopt this initiative successfully. There are now over 1,600 children a year taking the Level 1 and Level 2 courses.

Bikeability is offered free to all primary schools in Medway for year 5 and 6 children- subject to course availability. A maximum of 12 children can take part in each course which lasts for 5 x 2-hour sessions in the mornings or afternoons. Cycle helmets must be worn on the Bikeability course. For more information Ask at your child's school.

These courses can also be carried out during the school holidays and for other children's organisations (for example Brownies and Cubs, but there maybe a charge for these courses).
Please also visit **www.medway.gov.uk/cycling** and click on the Bikeability section or email **cycling@medway.gov.uk**