

EXPLORE DOVER, DEAL AND SANDWICH

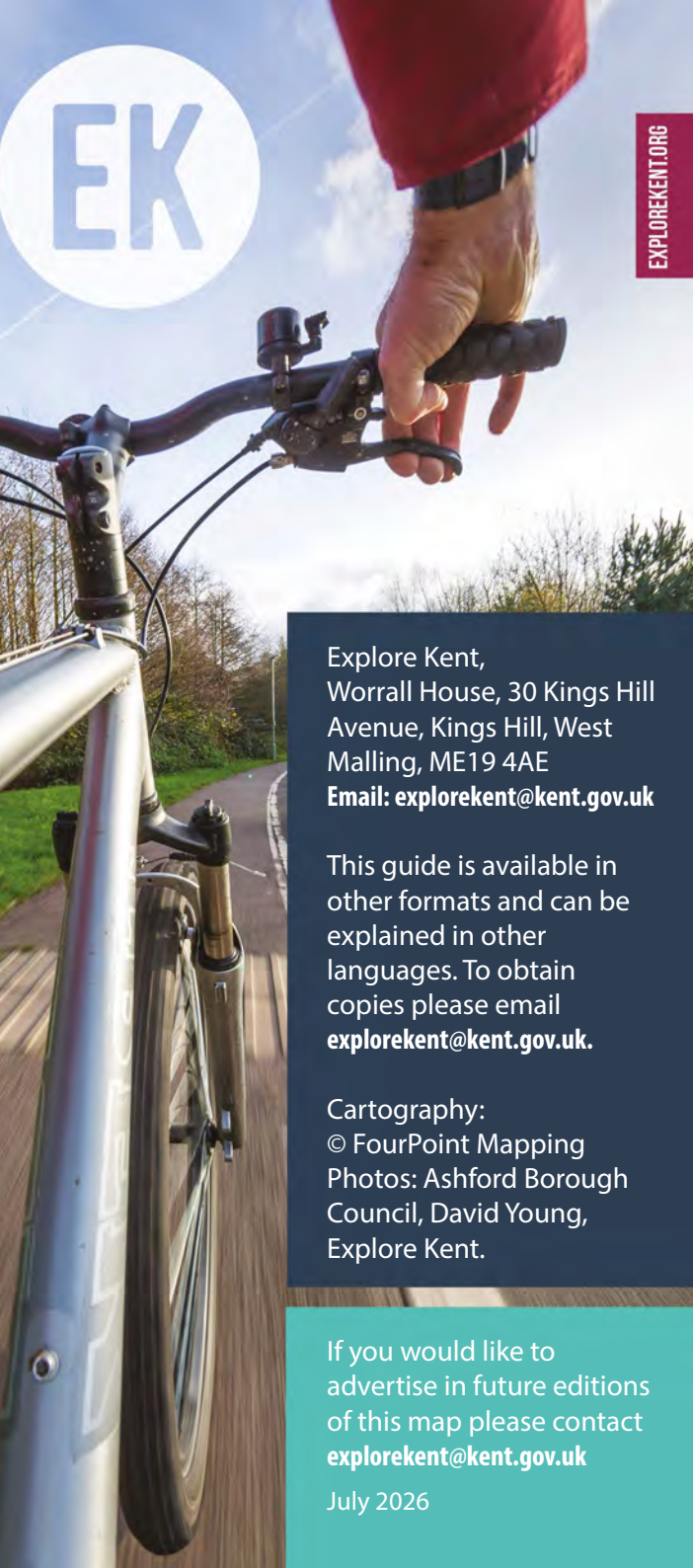
WALKING AND CYCLING MAP



Welcome to one of Kent's most captivating stretches of coast. Dover, Deal and Sandwich combine dramatic seascapes, historic towns and peaceful green spaces, offering endless opportunities for exploration. From the iconic White Cliffs and sweeping coastal paths to tranquil parks, nature reserves and medieval streets, this is a place where every journey reveals something new.

Along the coast you can enjoy fantastic walks along the King Charles III England Coast Path.

Walking, wheeling or cycling is one of the best ways to experience the area. Travel at your own pace, breathe in the sea air, and enjoy the freedom to stop at castles, beaches, cafes and viewpoints along the way. Active travel not only helps protect this beautiful landscape, it also brings all the wellbeing benefits of fresh air, gentle exercise and time outdoors.



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This guide is available in
other formats and can be
explained in other
languages. To obtain
copies please email
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Deal

- S1 Sandown School
- S2 Sholden C of E Primary School
- S3 Hornbeam Primary School
- S4 Warden House Primary School
- S5 Brewood School
- S6 Goodwin Academy
- S7 Deal Parochial C of E Primary School
- S8 St Mary's R C Primary School
- S9 The Downs C of E Primary School
- S10 The Beacon School Walmer

Deal

- 14 Betteshanger Park & Kent Mining Museum
- 15 Deal Museum
- 16 Timeball Tower Museum
- 17 Deal Castle
- 18 Roman Landings Adventure Golf
- 19 Walmer Paddling Pool
- 20 Walmer Castle & Gardens

WALKING AND CYCLING ROUTES



SAMPHIRE HOE STILE FREE TRAIL

Enjoy magnificent views along this coastal walk, a flat walk of 1.2 miles (1.9km).



FOLKESTONE TO DOVER: TWO HARBOURS WALK

This 9-mile (14.5km) linear walk along the King Charles III England Coast Path is full of incredible clifftop views across the channel and glimpses into history from the Western Heights to Dover Castle.



DOVER TO DEAL: 3 CASTLES WALK

Amble along this beautiful coastline on a 9-mile (14.5km) linear walk, taking in three magnificent castles.



ST MARGARET'S BAY WALK: GUARDING THE GATEWAY

With panoramic views across the Channel and out to France on a clear day, this 4.7-mile (7.6km) walk takes in a dramatic section of the King Charles III England Coast Path.



VIA FRANCIGENA: SHEPHERDSWELL TO DOVER

Whether the start of a mini pilgrimage in Kent or the full experience to Rome, the Via Francigena is one of Europe's oldest pilgrimage routes.



NATIONAL CYCLE ROUTE 1

This long-distance cycle route begins in Dover, passing Dover Castle and following the seafront through Kingsdown, Walmer and Deal, before continuing north to Sandwich via quiet lanes and the toll road (free for cyclists).

NATIONAL CYCLE ROUTE 16

A coastal and countryside cycle route linking Dover, Deal and Sandwich, using promenades and quiet lanes. It connects key spots including Deal Castle, Walmer, Sandwich and Betteshanger Country Park, offering relaxed riding with sea views.

For more walking and cycling route guides, visit [ExploreKent.org](https://www.explorekent.org)



Download the Kent
Connected app to plan
journeys, view walking and
cycling routes, and check bus
and train times across Kent.



GETTING AROUND

Dover, Deal and Sandwich are easy to reach, and even easier to explore without a car. High-speed and mainline trains connect the towns with London, Canterbury and the wider Kent coast, with frequent services between all three destinations.

Each town has good cycle parking, including secure options at major stations, and there are dedicated walking and cycling routes linking the coast and countryside. The popular NCN Route 1 and NCN Route 16 run through the area, connecting Dover's seafront with Deal, Walmer, Sandwich and Betteshanger Country Park.

Local buses provide regular links between the towns, with services running to coastal villages, country parks and key attractions - ideal for combining public transport with walking or cycling.

Choosing to walk or cycle is a simple way to save money, reduce emissions and enjoy the fresh sea air. With miles of coastline, riverside paths, green spaces and heritage sites, Dover, Deal and Sandwich offer plenty of opportunities to explore at a relaxed, scenic pace.



CYCLE TRAINING

Kent County Council offers a variety of cycle training courses designed to boost confidence and improve cycling skills for both adults and children.



FOR ADULTS

- Learn to Ride:** Ideal for beginners or those looking to improve their bike handling skills.
- Confident Road Cycling:** Helps cyclists gain the skills needed to ride safely on the road.
- Introduction to E-Bikes:** Learn about electrically assisted cycles and try one before buying.
- E-Bike Confident Road Riding:** For those who have completed the introductory course and want to ride e-bikes safely on the road.

FOR CHILDREN

- Bikeability Courses:** These are offered at primary and secondary schools for children in Year 5 and above. The courses aim to teach children how to ride safely on the road.

LOCATIONS

Courses are available at various venues across Kent. All venues offer parking and cycle/helmet hire if needed.



For more details or to book a course,
scan the QR code or visit:
[explorekent.org/adult-cycle-training](https://www.explorekent.org/adult-cycle-training)

PLACES OF INTEREST

Dover

- 1 Kearsney Abbey Gardens
- 2 Dover Transport Museum
- 3 Crabble Corn Mill
- 4 Battle of Britain Memorial (Capel-le-Ferne)
- 5 Samphire Hoe
- 6 Western Heights – Local Nature Reserve
- 7 Dover Museum & Bronze Age Boat Gallery
- 8 Roman Painted House
- 9 Maison Dieu
- 10 Dover Castle
- 11 White Cliffs Visitor Centre
- 12 Pines Garden
- 13 South Foreland Lighthouse

Sandwich

- 21 Wingham Wildlife Park
- 22 Whittemills Wake & Aqua Park
- 23 White Mill Rural Heritage Centre
- 24 Sandwich Guildhall Museum
- 25 Sandwich Medieval Centre
- 26 Sandwich Bay Bird Observatory Centre
- 27 Sandwich Bay
- 28 Goodnestone Park Gardens

CYCLE TO SCHOOL

Sandwich

- S1 Sandwich Infant School
- S2 Sir Roger Manwood's School
- S3 Sandwich Junior School
- S4 Sandwich Technology School

Dover

- S1 Whitfield Aspen School
- S2 Temple Ewell C of E Primary School
- S3 The Sallygate School
- S4 River Primary School
- S5 Dover Christ Church Academy
- S6 Langdon Primary School
- S7 Duke of York's Royal Military School
- S8 Gaston C of E Primary School
- S9 Green Park Community Primary School
- S10 Shatterlocks Infant & Nursery School
- S11 Barton Junior School
- S12 St Edmund's Catholic School
- S13 Chanton C of E Primary School
- S14 Dover Grammar School for Girls
- S15 St Richard's R C Primary School
- S16 St Mary's C of E Primary School
- S17 Dover College
- S18 White Cliffs Primary College for the Arts
- S19 Dover Grammar School for Boys
- S20 Astor College for the Arts
- S21 Priory Fields School
- S22 Vale View Primary School
- S23 St Martin's School

- Signed on-road cycle route
- Traffic-free - Surfaced
Includes Bridleways, Restricted Byways
- Unsigned routes –
useful to link up your cycle journey
- Promoted route – on-road *
- Promoted route off-road – surfaced *
- Pedestrianised roads
- Footpath
- Promoted walking route *
- North Downs Way
- National Trail
- Saxon Shore Way

* Guides available for download from explorekent.org

- S1 School
Named and numbered
- 1 Place of interest
Named and numbered
- Bus stop

- Visitor information
- Bus station

- Railway with station
- Toucan crossing
- Pelican crossing
- Electric vehicle charging point

- 1 16 National / Regional Cycle Network route number
- P Cycle parking

