

MAIDSTONE JOURNEY PLANNER:

Walking, Wheeling &
Cycling Travel Map



 Funded by
UK Government



Active Travel and Route 17

Getting around by walking or cycling gives you the chance to view your journey in a fresh, new way and it might be a lot easier than you think.

Why not give it a go for your next commute? It doesn't have to be the whole journey – get off the bus a stop early or park out of town and walk or cycle the last bit.

Five reasons to walk or cycle

- Active travel keeps you fit and improves mental health
- Cycling can be quicker and can avoid traffic jams
- It reduces pollution and congestion on the roads
- You save money on parking, fuel and gym fees
- Your journey time is more reliable



Southeastern

Maidstone Hospital can be easily reached by Southeastern train.

The hospital is a 13-minute walk from Barming station which is served by hourly Southeastern trains towards London Victoria (1 hour), Ashford International (37 minutes) and Maidstone East (5 minutes). There are two trains per hour on weekday mornings and late afternoons.

There is a bus (service 3 operated by Arriva) that runs from Maidstone Hospital to Maidstone town centre via Maidstone West station, which is served by regular Southeastern trains towards Paddock Wood and Strood. Maidstone East station is just a short walk from the town centre, with frequent direct services towards London and Ashford.

Prefer to go by bike?

You can take your bike on any Off-Peak Southeastern service, which includes any time at the weekends and on bank holidays and on some peak services, whilst folding bikes can be taken on any train at any time. You can then cycle between the stations and the hospital and leave your bike at the rack located outside the hospital main entrance.



There are plenty of ways to save with Southeastern. With Advance tickets, you can book your trip for a cheaper price than if you were to buy your ticket on the day you are travelling. So, with a little bit of advance planning and by choosing a specific time to travel, you can save money. With Kids for a Quid, you can pay just £1 each for up to four children when you travel with them Off-Peak on Southeastern services, all year round.

You can buy your tickets directly from the Southeastern app, website or from the station and you won't pay any booking fees.

Route 17

The National cycle route 17 extends through the town centre, linking Maidstone with the Medway Towns to the North and Ashford to the South. This route takes you right past the Kent Wildlife Trust visitor centre at Tyland Barn off the A229. You don't need to be a cyclist to use a National Cycle Route – Route 17 is regularly enjoyed by pedestrians as well. Public rights of way are shown on the map and cyclists are permitted to use bridleways, restricted byways and byways.



To report a problem on a right of way go online to kent.gov.uk and use the fault reporting tool.





Kent Connected

Download the Kent Connected mobile app to help plan your journey. View local cycling and walking routes, bus and train times and all other information on travelling in Kent.



Putting your health information in the palm of your hand with our patient portal – Patients Know Best



Register now and find out more by scanning the QR code



Change/cancel appointments

Available on any device

Linked with NHS app

Confidential and secure

Helps us go greener!

KENT ADULT CYCLE TRAINING



Are you interested in learning to ride a bike or increasing your skills and confidence on the roads?

Book a cycle training course with us and let's get Kent cycling more safely, more often.

For more information and to book go to: kenticycletraining.co.uk



EXPLORE KENT

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This guide is available in other formats and can be explained in other languages. To obtain copies please email explorekent@kent.gov.uk

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GET OUTSIDE AND EXPLORE KENT

Experience the best of Kent's coast, countryside and woodland.

At Explore Kent we love the outdoors! We work with partners to bring you the best walking, cycling and wheeling routes in Kent. Our goal is to inspire people to connect with nature and enjoy the many physical and mental health benefits it provides.

Visit www.explorekent.org to discover:

- Walking and cycling routes
- Active travel routes
- Inspiration for places to visit
- Adventurous activities outdoors

EXPLOREKENT.ORG

Did you know

the Trust has its own charity?



Scan here to find out more

MTW
Hospitals Charity
Supporting your local hospitals

NHS
Maidstone and Tunbridge Wells
NHS Trust





15 minutes cycling will take you this far

30 minutes walking will take you this far

45 minutes cycling will take you this far

	Signed on-road cycle route		Visitor Information
	Shared use / Traffic-free path (includes Bridleways, Restricted Byways and Byways Open to All Traffic)		Library
	Bus / cycle lane		Bus station
	Pedestrianised roads		Level crossing
	Footpath (public right of way)		Toucan crossing
	Railway with station		Pelican / Puffin crossing
	School / College		Bike shop
	Hospital		National Network route number
	Bus stop		Cycle parking

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