

## DARENT VALLEY JOURNEY PLANNER:

Walking, Wheeling & Cycling Travel Map



Funded by UK Government

NHS  
Dartford and Gravesham NHS Trust

## Fastrack your Active Travel

Positioned in the hierarchy of public transport between the railway service and current bus services, Fastrack provides a frequent, reliable high quality bus rapid transit service that ensures people can get around Kent Thameside.

Fastrack utilises dedicated busways and traffic signal priority to offer the reliability and attractiveness of a modern tram but with flexibility built in to allow the network to grow to serve nearly all the major existing and new developments in Dartford and Gravesham.



## 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.

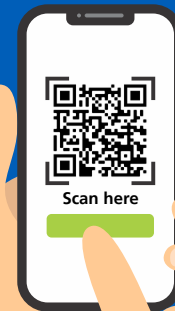
Visit [www.explorekent.org](http://www.explorekent.org) to discover:

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

[EXPLOREKENT.ORG](http://EXPLOREKENT.ORG)

## Did you know

### The Trust has its own charity?



VALLEY  
HOSPITAL CHARITY  
SUPPORTING HEALTHCARE

Registered with  
FUNDRAISING  
REGULATOR

MEMBER OF  
NHS CHARITIES  
TOGETHER

NHS  
Dartford and Gravesham  
NHS Trust

## 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](mailto:explorekent@kent.gov.uk)

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Photography credits: Go-Ahead, John Miller  
Photography and Dartford and Gravesham NHS Trust

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## 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.

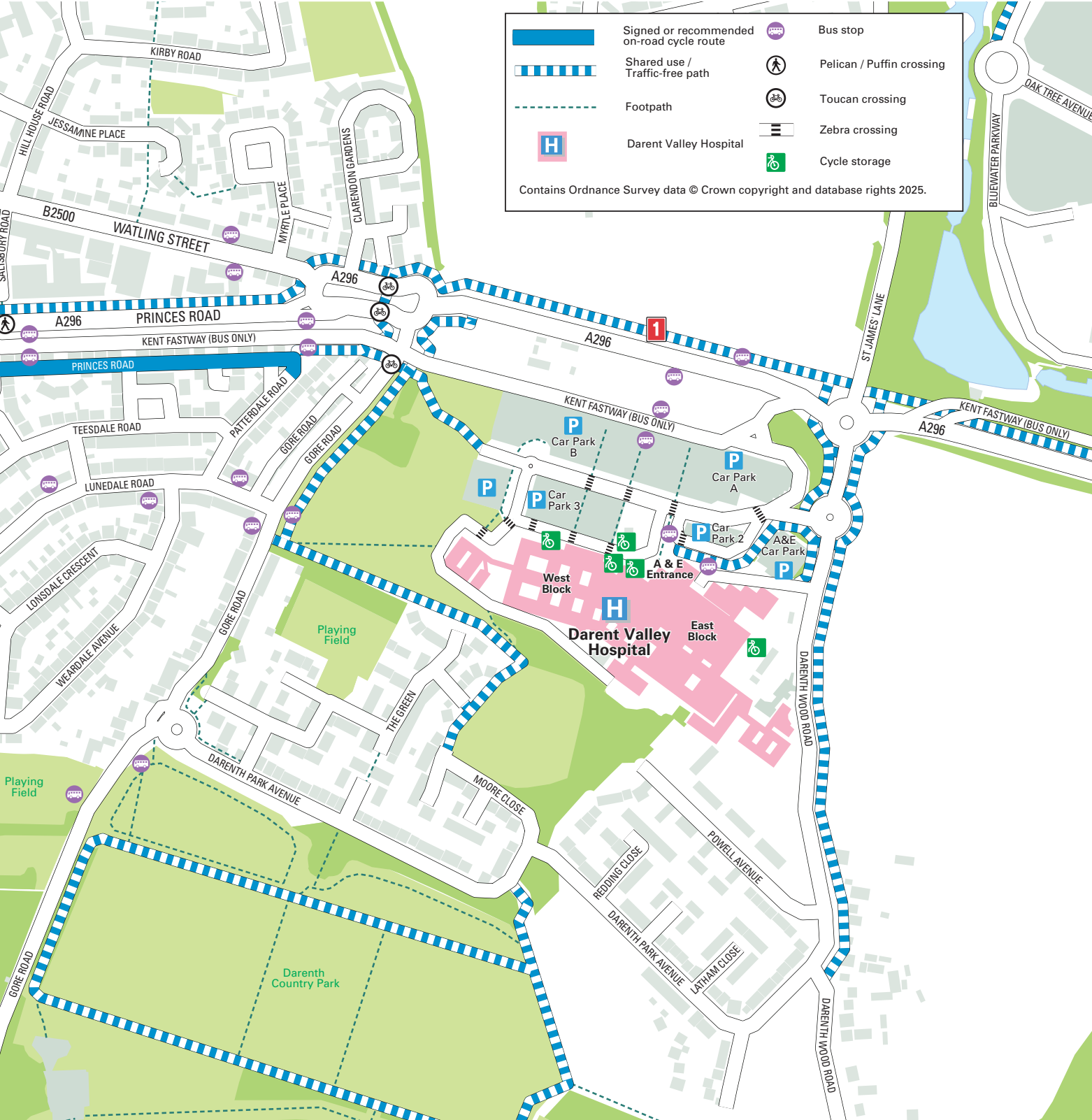
For more information and to book go to:  
[kentcycletraining.co.uk](http://kentcycletraining.co.uk)

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kent.gov.uk





## Active Travel and Route 1

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



## Route 1

The National Cycle Route 1 passes through Dartford, linking the town with the Thames Estuary to the north and Rochester to the south. This route runs close to Darent Valley Hospital and offers easy access to the scenic Darenth Country Park. You don't need to be a cyclist to use a National Cycle Route – Route 1 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](http://kent.gov.uk) and use the fault reporting tool.



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

**NHS**  
Maidstone and  
Tunbridge Wells  
NHS Trust

Register now  
and find out  
more by scanning  
the QR code



**PATIENTS KNOW BEST**

**MTW**  
Exceptional people,  
outstanding care

**Change/cancel  
appointments**

**Available on  
any device**

**Linked with  
NHS app**

**Confidential  
and secure**

**Helps us  
go greener!**

**Kent  
connected**



## 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.





