



Benefits of Active Travel

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 your 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



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.

NCN Route

The NCN Route is part of the Viking Coastal Trail, connecting the coastal towns of Margate, Broadstairs, and Ramsgate.



Step Into Nature at Dane Valley Woods

A hidden gem just moments from QEQM Hospital

Discover Dane Valley Woods – a thriving community woodland lovingly restored by volunteers on a former landfill site. This wild space is now a sanctuary for both people and wildlife. Dane Valley Woods is home to a rich variety of wildlife, from birds to amphibians. It is the perfect spot to visit to relax and recharge. Just 20 minutes in nature can reduce stress, lift your mood and sharpen your focus. Whether you're on a lunch break or visiting the hospital, take a moment to reconnect with the outdoors.



QEQM HOSPITAL ACTIVE TRAVEL MAP

Walking, Wheeling & Cycling Travel Map



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NHS
East Kent
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Public Transport

The most convenient rail station for reaching the hospital is Ramsgate, with the Thanet Loop bus offering direct services every 7-8 minutes from the station forecourt. If you're travelling to Margate station it is a 30 minute walk or a 7 minute cycle away.

Bus Connections:

- Stagecoach Loop buses run frequently between the hospital and nearby towns including Margate, Cliftonville, Broadstairs and Ramsgate.
- Route 8 and 8A connect the hospital with Canterbury, Birchington, Westgate and Northdown Park.
- Regent Coaches Route 36 provides a service from Herne Bay

PlusBus offers unlimited bus travel around town when added to your train ticket – check the PlusBus website for details.

Explore Kentconnected.org to plan your journey across all transport options.



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

East Kent Hospitals Charity



Helping your hospitals go further...

We support wards and departments across East Kent Hospitals University NHS Foundation Trust (EKHUFT).

We rely on our amazing communities to help us fund projects and equipment that make a real difference to our patients and staff. You can donate, fundraise, leave a legacy, join our lottery, or donate gifts in kind.



£25

Could provide wall art to enhance the hospital environment.



£50

Could buy a plastic teddy bear IV cover for our children's wards.



£500

Could provide hand moulds for those losing a loved one.



FIND OUT MORE: ekhcharity.org.uk

Scan the QR code with your smartphone to visit our website.

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EXPLORE KENT

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1125



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



