

Route Card – King Frith to The Strand

Start time: 9.45am Saturday, 17 June

Distance: 4.5 miles

Difficulty rating:



To celebrate the launch of The Medway Estuary, Towns and Downs Recreational Cycling Route, this year's Medway Big Ride 2017 includes group rides from across Medway, converging on Medway Park in Gillingham.

This ride sets off from King Frith Playing Fields in Rainham at 9.45am. Riders will join up with fellow riders at The Strand at 10.30am before heading to Medway Park. A return shuttle bus service is available from Medway Park. This must be pre-booked online at medway.gov.uk/bigride

Our support riders will be with you all the way, but you are responsible for your own safety, and for the safety of any riders under the age of 18. Helmets must be worn and all children must be supervised by an adult. Please note that some sections of the routes are on public roads.

ID	Distance From Start	Pathway Type	Description	Blue Cycle sign to follow
Start	0.00 mile	Road	Exit Kings Frith Playing Fields and turn right (head north)	N/A
1	0.22 mile	Road	At the end of Wigmore Road turn left and follow the road round to the right, continuing to follow Wigmore Road.	N/A
2	0.94 mile	Cycle Path	At the roundabout turn left then immediately right onto the traffic island to safely cross to the cycle path on the far side next to the signpost of a roundabout. Once safely across the roundabout, follow the cycle path next to the dual carriageway.	N/A
3	1.60mile	Cycle Path / Traffic Lights	When you get to the large roundabout follow the cycle path around the roundabout in an anti-clockwise direction. You will be following the current signs towards Chatham (heading west along the cycle pathways)	Chatham

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4	2.19mile	Cycle Path / Underpass	When you get to the school, go under the underpass. As soon as you exit the under pass, turn immediately right and very shortly be on the same side as the traffic of a dual carriageway on the segregated cycle lanes	The Strand
5	2.95mile	Cycle Path	At the roundabout follow the cycle path to the closest traffic lights and cross. Continue to follow the cycle path heading towards the River Medway.	The Strand
6	3.60mile	Cycle Path / Traffic Lights	At the next roundabout continue round the corner slightly and cross the road at a safe point. Follow the short cycle lane to another set of traffic lights and cross the road. Once safely across turn left and head against the traffic on the segregated cycle lane.	The Strand
7	3.95mile	Off Road Cycle Path	When the cycle lane comes to an end follow the road round to the right into an industrial area. When the road runs out turn left so the river is adjacent to you on the right. Follow through the shared pathway and speed control gateways through the dockyard.	The Strand
Meet Point	4.50mile	The Strand	Once here, other groups will be joining. Follow Route card "The Strand to Medway Park"	

Follow route card Strand to Medway Park