

Why Cycle in Medway?

Cycling is a fun way to keep healthy and to go around visiting places of interest in Medway.

Also by not using the car, you will reduce pollution and congestion, and take in the surroundings from a different perspective.

There is so much to see and do and this leaflet will give a flavour of things to do and visit in Medway, ranging from the historical Rochester Castle and Cathedral to the nature sites at Riverside Country Park and Capstone.

More details on visitor attractions can be picked up from the Visitor Information Centre in the High Street in Rochester.

This leaflet also includes a detailed map showing the best and worst routes on Medway showing on and off road cycle routes, plus advisory routes that the Medway Cycle Forum have designated.

So... what are you waiting for - get out there and enjoy cycling in Medway!

- ### Cycle Tips
- Be visible - wear bright colours.
 - For children - ensure you tell your parent or guardian where you are going.
 - Lights of night.
 - Be safe - wear a cycle helmet.
 - Take food and drink.
 - Follow the Highway Code - obey the rules of the road and allow courtesy to other road users.
 - Above all - have a great time.
 - Carry a tool kit pump, puncture repair kit, set of allen keys and a multi-purpose spanner (See cycle shops in Medway).

Cycling in the rest of Kent

For more information on cycling in the rest of Kent outside Medway, please contact Kent County Council's Highway Services Department. Their website www.kent.gov.uk/highways and email highways@kent.gov.uk gives information on a wide range of cycle routes including The Silver Coast Trail, The Crabs and Strive Way, Romney Marsh, Maidens Trail, and the Cathedral to Dover Trail.

You can also be contacted on 08453 267 800

Cycle Shops in Medway

- Medway has several cycle shops each stocking a range of cycle accessories and some offering a 24-hour repair service and call-out. Please check with individual cycle shops.
- Bike & Bike Bikes**
62-64 High Street, Gillingham
01794 511081
 - Cycle King**
25-27 High Street, Rochester
01634 811147
 - Stuart Wilson Cycle Centre**
49-47 Custom Road, Strood
01634 725860/727616
 - Hartford**
1-3 Batchelor Street, Chatham
01474 624001
 - Victory Cycles**
173 High Street, Rainham
01474 365882

CTC Cyclecover Cycle Rescue

CTC Cyclecover Cycle Rescue is a cycle rescue service, which gives cyclists some free breakdown advice to troubleshoot for only £20 per year and if you are unable to complete a journey as the result of an accident, theft, vandalism or irregular breakdown of your cycle (punctures not excluded) then we will take you and your cycle to a railway station or local cycle repair shop. Or if you prefer we will take you home or to an alternative accommodation if either are nearer.

Cyclecover Cycle Rescue only applies if you are more than one mile from your home and is available within Great Britain including the Channel Islands and Isle Of Man.

Phone free on 0800 212818, quoting 'CTC' for details.

Cycling and the Railways

Why not combine cycling with using public transport? You can cycle to and from your local station, park at the station or go on the train with your bicycle.

The majority of stations in Medway have cycle stands and cycle lockers are available at Rainham, Gillingham, Chatham, Rainway and Strood. Please contact rail staff for information if using these lockers at the specific station.

If you wish to travel on the train with your bicycle, please note that a limited number of cycles are carried on all services apart from the main commuter services. No charge to make. The train operator reserves the right to restrict the carriage of bicycles on any train when the safety and comfort of passengers may be affected or cause delays to services.

For more information, contact National Rail Enquiries on 0847 644330.

Heron Trail (Sustrans Regional Route 18)

The Heron Trail is a popular circular cycle route on the flat peninsula (part of the route is shown on the map showing the eastern half of Medway).

Just off Sustrans National Cycle Route 1 is the Heron route, which links the villages of Higham, Gills, Cowling, High Hedges, Flee and Upton. The cycle trail is 16 miles (26km) and will take about 2 1/2 hours to cycle but allowing for stops.

There is also a shorter route to allow for greater flexibility. The Heron Trail can be started at any point but is recommended that you cycle in a clockwise direction.

The cycle trail provides a combination of rural and maritime views with spectacular views of the River Medway and the River Tees. There are several other routes including the RSPB Heronway 18k reserve trail for the herons, which have given the trail its name.

On the cycle trail there are many places of historical interest including castles, churches and houses, some of which have a connection with Charles Dickens who wrote several of his famous novels here in Medway.

You will find numerous resting points, refreshments, and pubs along the route providing excellent amenities and great food.

For more details, please see a copy of our Heron Trails leaflet, available from the Visitor Information Centre or from Medway Council.

4 **Wood Engineers Machine**
Riverside Avenue Road, Gillingham
01794 823239
www.woodengineers.co.uk

The Wood Engineers Machine is a collection of the finest old machinery, such as the Britain's greatest engineers and their craftsmen around the world in various sizes and ages.

The museum is open every day from 10am to 5pm, except on public holidays. There is a charge for entry but it is well worth the visit. The museum is open every day from 10am to 5pm, except on public holidays.

5 **The Historic Quayway, Chatham**
01794 823287
www.historicquayway.co.uk

The Historic Quayway is a collection of the finest old machinery, such as the Britain's greatest engineers and their craftsmen around the world in various sizes and ages.

The museum is open every day from 10am to 5pm, except on public holidays. There is a charge for entry but it is well worth the visit. The museum is open every day from 10am to 5pm, except on public holidays.

6 **Chatham's oldest address**
100-102 High Street, Chatham
01474 624001

Chatham's oldest address is 100-102 High Street, Chatham. This is a historic building that has been the home of many famous people, including the architect John Nash and the painter J.M.W. Turner.

7 **Ice Shed**
Arbury Road, Gillingham Business Park
01794 386117
www.iceshed.co.uk

The Ice Shed is a collection of the finest old machinery, such as the Britain's greatest engineers and their craftsmen around the world in various sizes and ages.

The museum is open every day from 10am to 5pm, except on public holidays. There is a charge for entry but it is well worth the visit. The museum is open every day from 10am to 5pm, except on public holidays.

8 **Riverside Country Park**
Lower Rochester Road, Rainham
01634 279887
www.riversidecountrypark.co.uk

Riverside Country Park covers 150 hectares alongside the Medway estuary, including Rainham Island and Rainham Lark Heron Islands. There are various habitats which provide a haven for wildlife.

The park has special collection as part of the Medway Museum 500 (Site of Special Scientific Interest) and is internationally important for watching birds that arrive on the park in winter. The park is open every day from 10am to 5pm, except on public holidays.

9 **Gillingham Football Club**
Preston Boulevard, Rainham Avenue, Gillingham
01794 823239
www.gillinghamfc.co.uk

Football Stadium is home of Gillingham FC, also known as 'The Gills'. Gillingham is the only Football League club in Kent. The stadium has a capacity of 25,000. The ground has been extensively redeveloped over the last 10 years. The stadium is open every day from 10am to 5pm, except on public holidays.



KEY

- National Cycle Routes
- Designated routes (shown as blue lines) - routes off the road. May include designated signs and cycle lanes on the road.
- Local routes (shown as orange lines) - routes off the road. May include designated signs and cycle lanes on the road.
- Other routes (shown as green, yellow, purple lines) - routes off the road. May include designated signs and cycle lanes on the road.
- Designated routes (shown as blue lines) - routes off the road. May include designated signs and cycle lanes on the road.
- Local routes (shown as orange lines) - routes off the road. May include designated signs and cycle lanes on the road.
- Other routes (shown as green, yellow, purple lines) - routes off the road. May include designated signs and cycle lanes on the road.

Other symbols in the key include: Cycle hire, Railway station, Cycle parking available, Site of interest, and a scale bar.