The Medway estuary, towns and downs recreational cycling route

This recreational cycle route is designed to encourage people to experience and enjoy the area’s breathtaking views. Using quiet lanes, cycle paths and bridleways, the route offers cyclists great views across the River Medway, its estuary and the Kent Downs Area of Outstanding Natural Beauty.

The towns, downs and estuaries recreational cycle route is easily accessed from Strood, Rochester, Chatham, Gillingham, Ramsgate and the rural villages.

For the more experienced cyclist, each section of the tour can be cycled in half a day. Less experienced cyclists can use the map to plan how best to split their route using the three country parks or numerous villages as starting points.

For a detailed map of the route visit www.medway.gov.uk/cycling

Route 1: North Medway and rural Gravesend

The main area covered by this route is the Hoo Peninsula, which lies between the Medway and Thames Estuaries. The landscape here is dominated by rich and productive agricultural land, offering extensive views across the estuaries and their habitats.

The fresh water grazing marshes are internationally important for wintering birds. Three reserves sit within this area – Shoreham, Ramsgate Common Farm and Northwood Hill (one of the first nature reserves created by the RSPB).

Leaving the peninsula, the route follows the top path through the Thames and Medway canal as it heads towards Gravesend. This route is also a National Cycle Network Path 1, and forms part of the Saxon Shore Way walking route.

The route passes the historic villages of Higham and Cobham, which share connections to Charles Dickens and offer opportunities to rest and relax.

Rochester Bridge to Hoo Village

The largely urban section of the route takes you along Canal Road, past the remains to the now closed Thames and Medway Canal, through the Medway City Estate and to Berwick Way where you will head off towards the Upper Turn left to go along Upchurch Road to Chatham and into town.

Hoo Village to Stoke

Taking the Snare Road from the village center, the route now takes you on quiet roads towards Kingston. Views open up to the mark of the marshes and the Medway estuary as the route heads over the river and turns right towards North Street. Near the route, the Medway upper, Middle and Lower Stoke. Take note the route follows the A228 for a short section before Middle and Lower Stoke.

Lower Stoke to High Halstow

Following lower Stoke, take the next road up, London Road, which runs back towards High Halstow. Turning right at High Halstow the route continues along the main route the Medway Road where you will find the village hall.

High Halstow

Shorne Village to Cobham

The route now heads towards Cobham along Tonard Road, Woodland Road and onto Lewes Road. Passing Snare Farm Country Park with its array of walking and running facilities, the route continues along the A2 and junctions Cobham Hall and up to parkland grounds. The Hall Place Lane takes you to the village of Cobham with its small shops and other points. There is parking at the village hall.

Cobham to#a9041

Cobham to Cutten and Rochester Bridge

(Alternative route back 1)

Dropping down the Cutten Bay Road, the route gives great views of the Hoo Downs. Turning left onto the Warren Road you pass through Lower Bostall and into Cutten with its village shops and train station. The route continues along Shadwell Hill (using Pilgrims Way) and goes over the A2. Here the route continues along Medway Gate and crosses Cutten Road and Darlby Road. Heading for the High Street (A2) the route takes you back to Rochester Bridge.

Cobham to Great Buckland Farm

Leaving Cobham the route heads Hill. Prince Place is worth a look into Robin Hood’s home, and you will find the bridge of the route. St. Botolph road continues until you meet Henry Street where it drops down to the Golden Lion public house. The route then follows Oldbury Hill to Borough Lane and passes through woodland between Great Buckland Farm and Lower Farm.

Route 2: Medway’s towns and downs

This route provides an opportunity to experience the diversity of Medway – its urban heartlands, countryside, farmland, orchards and woods.

Passing through historic Rochester, this tour moves on to Chatham, home of the historic Dockyard where HMS Victory was built in the 1700’s. The route maximises urban cycle routes allowing you to travel from Chatham to Gillingham and The Stand with its stunning views across the River Medway. The route then continues out towards the North Downs offering views of the rotating Kent countryside.

An off-road section along the Pilgrims Way picks up the village of Whiteme when the Battle of the Medway took place.

Delling to Borough

From the end of Broad Lane the route runs off road along the Pilgrims Way to where it crosses over the A2 near Westland Lane, then turns left and runs along the A229. Then, following the Old Chatham Hill the route passes along Rochester Road following signs to the village of Borough. View across the River Medway to Sandling Hall and the new river crossing at Woodham.

Delling to Borough

Leaving the country park, the route continues on the M2 crossing to Rochester and goes down to the river crossing at Rochester Bridge. The route then follows along the river passing the historic M2 bridge to join with the Wouldham Road in Rochester to Riverside Country Park.

Rochester to Riverside Country Park

The route starts at the heart of urban Medway following Rochester High Street towards Chatham via Medway Street. Passing the bus station and following Dock Road, cycle to Chatham Town where you will find the new cycle path via Halling Bridge. The route then passes through the Town Centre, passing the village hall.

Rochester to Riverside Country Park

Cycling between woodlands the route continues south towards Rochester via the Quayside.

Rochester to Riverside Country Park

Birling Hill to Snodland

The route now heads towards Birling Hill where you will find the village hall. From Birling Hill the route heads towards Snodland and Halling and the new river crossing at Woodham.

Woodham to Riverside Country Park

Cycling between woodlands the route continues through the North Downs offering views of the rotating Kent countryside.

Woodham to Riverside Country Park

The route now heads towards Birling Hill where you will find the village hall. From Birling Hill the route heads towards Snodland and Halling and the new river crossing at Woodham.

Rochester to Riverside Country Park

Woodham to Riverside Country Park

Rochester to Riverside Country Park

Wear a correctly fitted cycle helmet, bright clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor. Wear light coloured or reflective clothing and accessories in the dark. Follow the Highway Code including observing ‘top and lower’ signs and traffic lights.

5 Tips for a safer ride

避开在闹市区、高速公路等繁忙路段骑行，选择交通流量较小的区域。

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Wear light coloured or reflective clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor. Wear light coloured or reflective clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor. Wear light coloured or reflective clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor. Wear light coloured or reflective clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor. Wear light coloured or reflective clothing and light coloured or reflective areas, like lorries or buses, where visibility is poor.
Route map
For a detailed map of the route visit www.medway.gov.uk/cycling

Tourist information
www.visitmedway.org
Email: visitor.centre@medway.gov.uk
Phone: 01634 338141

Ranscombe Farm
A working farm/nature reserve in Cuxton up on the North Downs. It offers spectacular views along the Medway Valley and wonderful woodlands and fields. (Limited parking).

Upnor Village(s) and Castle
A Stallard high street lined with terraced, weather-boarded houses leads downhill to Upnor Castle and the river. The castle was built on the orders of Queen Elizabeth in 1559 and has lovely grounds in which to picnic. (Free parking outside the village).

Northward Hill
One of the RSPB’s oldest reserves and home to Britain’s largest heronry. The area sits on a ridge high above the marshes and offers breathtaking views across the adjoining Thames Estuary. (Free parking and toilets).

Historic Rochester
The high street is home to historic buildings including Rochester Castle and Cathedral and many independent shops. There are public toilets and many places to eat and drink.

The Strand
The Strand is the go-to place for families. Outdoor swimming pool, miniature railway, crazy golf and much more. Cyclists can park here for free and there are toilets and a cafe.

St James’ Church, Cooling
Dickens used the churchyard of St James’ Church as inspiration for Great Expectations, where Pip meets Magwitch. The entry walk is lined with thousands of cockle shells – the emblems of St James.

Rural facilities
Establishments that may be able to provide facilities in the more rural areas of the tour:

A
The Horseshoe and Castle, Cooling
B
The Red Dog, High Halstow
C
The Nags Head, Lower Stoke
D
The Windmill, Hoo
E
The Five Bells, Hoo
F
The Chequers, Hoo
G
The Kings Arms, Upnor
H
The Tudor Rose, Upnor
I
The Ship Inn, Upnor
J
The Rose and Crown, Hartlip
K
The King’s Arms, Boxley
L
The Waterman’s Arms, Wouldham
M
The Medway Inn, Wouldham
N
The Windmill, Burham
O
The Lower Bell, Kit’s Coty

DID YOU KNOW?
Studies have shown that physical activity can be used to overcome, and even prevent, depression and anxiety.

Key
- Route A
- Route B
- Good for viewing wildlife
- Car parking
- Station
- A-road
- Motorway
- Links from existing cycle routes
- Woodland
- Urban area

Did you know?
Stations that may be able to provide facilities in the more rural areas of the tour:

1. The Horseshoe and Castle, Cooling
2. The Red Dog, High Halstow
3. The Nags Head, Lower Stoke
4. The Windmill, Hoo
5. The Five Bells, Hoo
6. The Chequers, Hoo
7. The Kings Arms, Upnor
8. The Tudor Rose, Upnor
9. The Ship Inn, Upnor
10. The Rose and Crown, Hartlip
11. The King’s Arms, Boxley
12. The Waterman’s Arms, Wouldham
13. The Medway Inn, Wouldham
14. The Windmill, Burham
15. The Lower Bell, Kit’s Coty

Riverside Country Park
Situated on the Medway Estuary, this country park has facilities which include a visitor centre, cafe, toilets and play area for children. Cyclists can park for free on the site.