

Cycling information



One of the best ways to explore the South East of England is by bicycle. Not only do you get to meet the locals and experience the beautiful cities and countryside first hand, but you get some wonderful fresh air and healthy exercise at the same time. Stops at a Great Country Pub for that ever needed sustenance are guilt free! The network of traffic free cycle paths, bridleways and quiet country lanes all contribute to literally 100s of miles of great cycling routes.

There are any numbers of ways to enjoy the cycling experience. For families wanting a quiet day out with the children the traffic free cycle routes provide a safe haven for youngsters just learning to ride. The ride through Windsor Great Park has the added bonus of spectacular views of Windsor Castle. For some history, take the Tudor Trail from Tonbridge to Hever Castle in Kent. On the Isle of Wight the traffic free trail from Cowes to Sandown on the Isle of Wight provides a great (non-hilly) way to explore the island and its coastline.

For the off road enthusiast the South Downs Way National Park, linking the 100 miles from Winchester to Eastbourne on the south coast, provides a more than challenging ride. Alternatively, why not experience the New Forest National Park with its unique landscape that has been shaped over the centuries by grazing ponies, cattle and pigs which roam free. The New Forest has a wealth of cycle routes for all ages and abilities and free parking nearby.

For the touring road cyclist, there is never any need to ride on a busy main road and the whole region can be explored using the maze of quiet country lanes.

For best results, contact one of the cycle touring companies below and they will give expert advice on the routes most suited to you. Also they will give you much needed advice on the type of equipment you might need that is most suited to the type of terrain you will encounter. If you want to eliminate any concerns about traffic and getting lost then request a guided tour. There is a whole world of enchantment out there waiting to be explored. Give it a go!

www.visitsoutheastengland.com/

Medway. Active, Affordable, Excellence



Medway has something for everyone whatever your age or your passion. The breathtaking landscapes and spectacular wildlife are just two of the reasons to get outside and experience the true Medway, by foot, by bike or by water!

The Hoo peninsular cycle route, known as the Heron Trail, is a great way to explore. The 18 mile circular trail takes in both the Cliffe Pools and Northward Hill RSPB reserves. With its rich maritime heritage and wide variety of bird life, you can't help be impressed on a visit to the Heron Trail on the Hoo Peninsula

Riverside and Capstone country parks are ideal places to get active and explore as a family with their walking and nature trails, cycling routes and children's play areas. Riverside Country Park is a stunning coastal park located on the estuary of the River Medway. Walks and cycling along the Medway Estuary offer beautiful views, and the park has a good range of leisure activities for the whole community.

The Knights and kingfishers walk takes you along the edge of the River Medway with stunning views downstream to Rochester with its towering castle and cathedral. Discover the historic Temple Manor and soak up the wonderful panoramic views offered from the hilltop pockets of countryside of Rede Common and Broomhill Park.

Or if you fancy taking in some history whilst you walk why not let the Rochester of Charles Dickens come to life, with a walking tour. See and learn about the beautiful buildings that Dickens immortalised in his books. Some of Dickens' most famous characters, including Nancy and Bill Sikes from Oliver Twist, will escort you round the Rochester that Dickens knew and loved. Not just a walking tour, but an hour and a half of entertainment.

Medway also stages three free annual mass participation events, all offering exciting opportunities to come together to get active and have fun.

The Medway Mile was Medway's signature countdown event to the London 2012 Olympic and Paralympic Games, the Medway Big Ride is an all encompassing cycling event and the Medway Big Splash is based around aquatics and watersports.