

White Cliffs Country  
Dover - Deal - Sandwich

# WALKING & CYCLING WITH MAPS



## VISITOR INFORMATION CENTRES

Make the most of your visit to White Cliffs Country

### WHITE CLIFFS COUNTRY

Visitor Information Centre  
Dover Museum, Market Square, Dover, Kent CT16 1PH  
T: 01304 201066 E: vic@dover.gov.uk  
W: www.whitecliffscountry.org.uk

### DEAL

Visitor Information Centre  
Town Hall, High Street, Deal, Kent CT14 6TR  
T: 01304 369576 E: info@deal.gov.uk

### SANDWICH

Visitor Information Centre  
Guildhall, Cattle Market, Sandwich, Kent CT13 9AH  
T: 01304 617197  
E: tourism@sandwichtowncouncil.gov.uk



## Dover

With its wealth of history and heritage, Dover welcomes millions of visitors each year. Enjoy exhilarating cliff-top walks on the world-famous White Cliffs, explore 2000 years of history at Dover Castle, see the oldest known sea-going vessel in the world, the Bronze-Age Boat, at Dover Museum and stroll along the magnificent seafront.

### DOVER HISTORIC TOWN TRAIL

- A B MARKET SQUARE** Dover Corporation kept its instruments of punishment here - stock, pillory and whipping post.
- C ST MARY'S CHURCH** Parish church founded circa 1100 AD, rebuilt in 1843 because of unsafe foundations due to the number of burials under the floor.
- D ROMAN PAINTED HOUSE** Exceptionally well-preserved town house, with extensive intact wall paintings and elaborate under-floor heating.
- E ST EDMUND'S CHAPEL** Saint Richard, Bishop of Chichester died here in 1253. His internal organs were buried in a cist under the chapel altar.
- F DOVER PRIORY (DOVER COLLEGE)** Founded in 1130 as a monastery. King Stephen allegedly died here in 1154.
- G MAISON DIEU** Originally built as a hospice in 1203 for travelling pilgrims and for the care of wounded and destitute soldiers.
- H MAISON DIEU HOUSE** An excellent example of Stuart period architecture and once the residence of the Agent Victualler for the English fleet.
- I PENCESTER GARDENS** Stephen de Pencester became Constable of Dover Castle and Lord Warden of the Cinque Ports in the 13th century.
- J MASON DIEU ROAD** Victorian residential street. The steep steps of Harold Passage lead directly up to Dover Castle.
- K LAURESTON PLACE-TURNPIKE** This was the main road into Dover used by stage coaches travelling from Deal. A French invading army camped here in 1216.
- L OLD ST JAMES' CHURCH** Founded in Saxon times and used not only as a church but also by the Barons of the Cinque Ports for several of their official courts until 1851.
- M MOAT BULWARK & EAST CLIFF** Remains of fortifications built in 1540 during the reign of Henry VIII.
- H MARINE PARADE** The centre of the seafront promenade, fashionable during Victorian times.
- O WATERLOO CRESCENT** A row of elegant houses built between 1830-1838. Before World War II they extended along the seafront.
- P WESTERN DOCKS** This area has seen a number of important and famous people leave and arrive the shores of England: Henry V returning from Agincourt in 1415, Charles II returning from exile in 1660 and Henry VIII on his way to France in 1520.

- Q NEWBRIDGE** This area was developed as town houses for the gentry and Charles Dickens lived here temporarily.
- R GRAND SHAFT** A unique 140 feet triple spiral staircase dug through the cliff between 1806-1809 to get troops from the Western Heights down to the harbour very quickly.
- S BLERIOT MEMORIAL** Marks the steep spot where on 25 July 1909 Louis Blériot landed his aircraft after making the first crossing of the Channel by aeroplane.

### 1 DOVER TOTEMS WALK TO THE WHITE CLIFFS

See the 'Dover Totems' marking the pathway from Athol Terrace up to the White Cliffs of Dover. A steep climb with the National Trust shop and café at the top. From here a must for all walkers is a cliff top walk along the iconic White Cliffs of Dover to St Margaret's. [Waymarked.](#)



### 2 DOVER BLUEBIRD HERITAGE TRAIL

This two mile self-guided trail starts at the War Memorial by Dover Town Hall and is marked by distinctive Bluebird Heritage Trail bronze pavement markers linking 31 of Dover's historic buildings, sites and monuments. [doverbluebirdtrail.co.uk](#)

### 3 WESTERN HEIGHTS

One of the most important and impressive fortifications in Britain with three clearly marked circular routes - follow each route separately or join them together for a longer walk of around four miles. Drop Redoubt Circular Walk around 3/4 of a mile, Grand Shaft Circular Walk around 3/4 of a mile and the Citadel Circular Walk around two miles. [whitecliffscountry.org.uk](#)

### 4 RIVER DOUR WALKING TRAIL

A four-mile walking trail following this pure chalk stream (one of only 200 in the world) signposted from Wellington Dock on the seafront, through Kearsney Park to Temple Ewell where the stream rises. [Waymarked.](#)

### 5 RIVER DOUR GREENWAY CYCLE ROUTE

Completed in 2013, this route provides an arterial traffic-free link through the heart of Dover between Buckland Mill and the seafront. Following the gentle flow of the River Dour it provides a surprisingly level track through the steep-sided valley in which the town rests. [sustrans.org.uk](#)



## Deal

Visit one of the prettiest seaside towns in Kent with its award-winning high street and unspoiled seafront. Deal is steeped in maritime history which you can explore at the Timeball Tower Museum, which explores the fight against smuggling, and Deal Castle, one of the finest Tudor artillery castles in England. Take a walk through the conservation area renowned for smuggling in the 18th century and browse the many independent shops, cafes, bars and restaurants.



### DEAL HISTORIC TOWN TRAIL

- A DEAL PIER** Re-opened in 1957 to replace the previous Victorian pier which was demolished after a Dutch merchant ship ran into it in 1940.
- B BEACH STREET** Admiral Nelson outraged society when he stayed with his mistress, Lady Emma Hamilton, at the nearby Royal Hotel in 1801.
- C GOODWIN SANDS** For centuries untold numbers of ships ran aground and sank on the sands. Wrecks disappear and re-appear as the sands change shape.
- D ALFRED SQUARE & MIDDLE STREET** This area was once crowded with pubs, sailors, smugglers, press gangs and 'women of the night'. It had a terrible reputation and murders and assaults were common.
- E MIDDLE STREET** The centre of Deal's notorious smuggling activities. The smugglers' hiding places were so good, they are still being discovered today.
- F MIDDLE STREET** No 73 is reported to be the house where in 1801 Nelson's great friend Captain Edward Parker died from his wounds received in the raid on Boulogne.
- G TOWN HALL & ST GEORGE'S CHURCH** During the Napoleonic wars many naval men and officers, including Nelson himself, frequently worshipped in this church.
- H HIGH STREET** Once called Lower Street because the land here was often flooded by the sea. It was the setting for the mysterious tale of Ambrose Gurnett, who was falsely sent into exile for murder.

- I QUEEN ANNE HOUSE & CROWN COURT** The local hangman once lived in this area and his house still stands on one of the alley corners.
- J SOUTH STREET AND CARTER HOUSE** Once the terminus for horse drawn coaches and home to the famous scholar, Elizabeth Carter.
- K VICTORIA ROAD** Originally called Prospect Place and once a high class residential area for the town's rich and influential citizens.
- L DEAL CASTLE** One of Henry VIII's coastal fortresses, designed to engage in a short artillery action rather than a long siege.
- M PRINCE OF WALES TERRACE** Marks the sea frontage of the Old Naval Yard of 1703 which became a Victorian promenade.
- N MARITIME DEAL** The treacherous waters off Deal demanded pilots with specialised local knowledge and gave rise to the Cinque Port Pilots.
- O TIMEBALL TOWER** The site of the Old Naval Yard. The iron ball on the roof dropped at exactly 1pm to warn ships in the Downs to be ready to set their chronometers - and is still working today! Now a museum.
- P WALMER CASTLE** This is the official residence of the Lord Warden of the Cinque Ports and includes delightful antique furnishings with extensive gardens laid out by Lady Hester Stanhope.
- Q WALMER STRAND** The open, shelving beach near here was almost certainly the landing place of Julius Caesar and his Roman fleet who invaded Britain in 55 BC.

### 1 ROYAL MARINES HERITAGE TRAIL

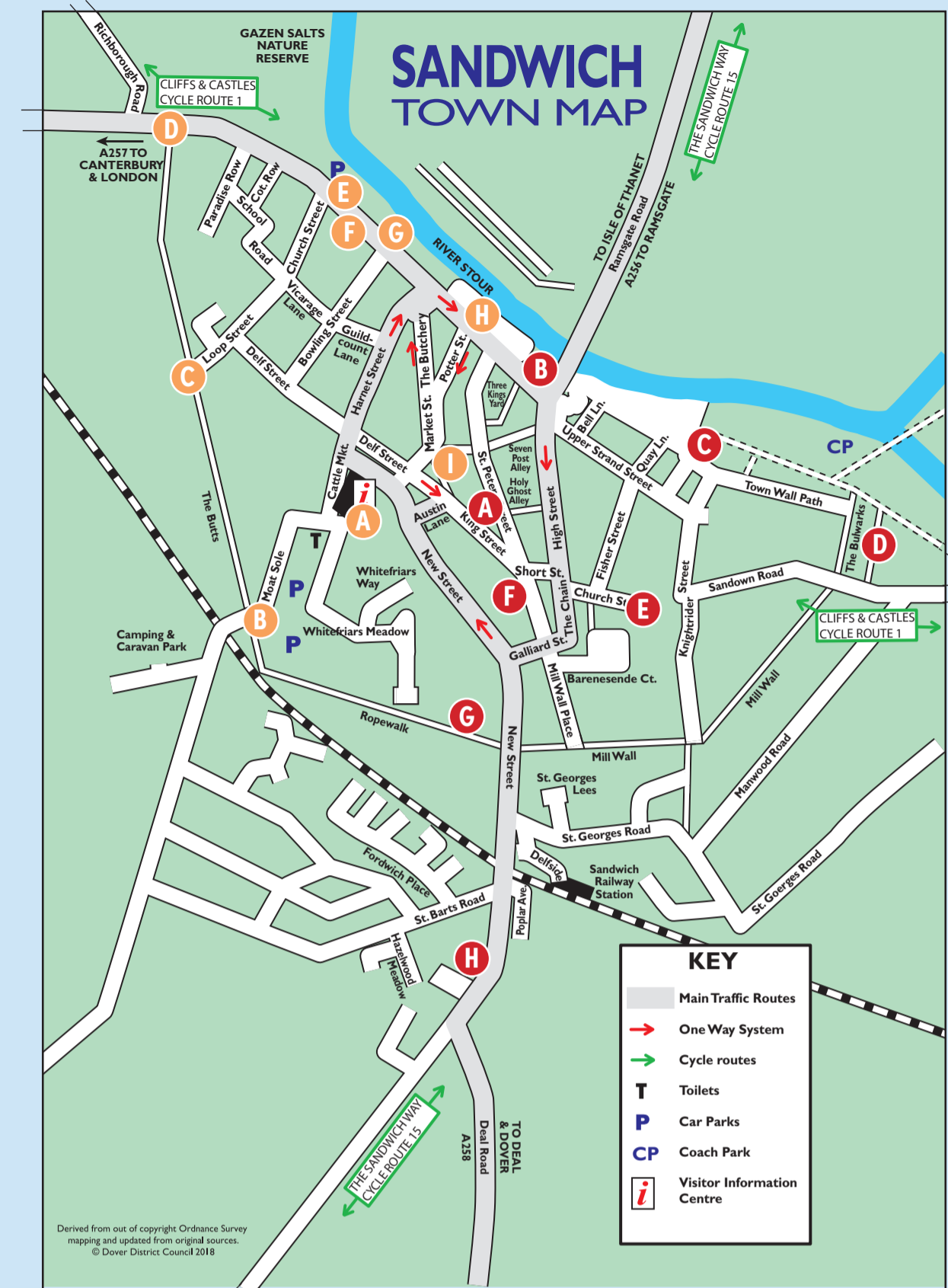
A self-guided two hour heritage walking trail celebrating the rich history of the Royal Marines and their unique relationship with Deal and Walmer that has endured for over 350 years. [royalmarinesheritagetrails.org](#)

### 2 DEAL PIER TO WALMER CASTLE CYCLE PATH & WALK

Part of the National Cycle Route 1 and National Coastal Paths, this section follows the shingle beach mostly along a designated off-road path. A beautiful, easy, family friendly route for both walkers and cyclists. [Waymarked.](#)

### 3 DEAL'S HISTORIC WALKING TOUR

Entertaining walking tours of Deal from the seafront. Deal's Historic Walking Tour lasts for around 1 hour and covers the town's notorious smuggling history, famous faces, castles and bulwarks and much more. [thehistoryproject.co.uk](#)



## Sandwich

Once a bustling and prosperous port, Sandwich is one of the most well-preserved medieval towns in Britain. Wander the ancient streets to see wonderful half-timbered houses and quaint alleyways. Follow the historic town trail, much of it along the banks of the River Stour, to get an insight into the town's fascinating origins and visit the Guildhall Museum.

### SANDWICH HISTORIC TOWN TRAIL ONE

- A SANDWICH GUILDHALL** Built in 1579 and open for guided tours by appointment. John Montagu, the 4th Earl of Sandwich, is said to have invented the modern sandwich in 1762 at the gaming table, when he asked for meat to be served between slices of bread to avoid interrupting gameplay.
- B MOAT SOLE** St Thomas' Hospital, named in honour of St Thomas Becket. In 1392 it accommodated 12 poor people of the town.
- C THE BUTTS** Used in medieval times as an archery practice field. It is believed to be the site where Henry V's archers practiced before sailing for their famous victory at Agincourt, France, in 1415.
- D GALLOWS FIELD** Once the town's place of execution, where felons were hanged and witches were drowned. Last hangings took place in the 1790s.
- E STRAND STREET** Probably contains more half-timbered houses than any other street in England, most of which are still inhabited.
- F ST MARY'S CHURCH** Built by the Normans on the site of a Saxon nunnery, the church was destroyed during the French raids of 1217 and 1457 and later rebuilt.
- G KING'S LODGING** Dating from 1400 this is possibly the finest period house in the town. Henry VIII is said to have lodged here, as did Elizabeth I during her visit in 1572.
- H SANDWICH WEAVERS** A beautiful building formerly used as a home and workshop by 16th century Dutch refugees.
- I ST PETER'S CHURCH** Climb up to the top of the tower past the bell and clock chambers for magnificent views over medieval Sandwich.



### SANDWICH HISTORIC TOWN TRAIL TWO

- A ST PETER'S STREET** Originally called Jail Street, the medieval gable buildings can still be seen.
- B THE BARBICAN & TOLL BRIDGE** The tradition of collecting a fee to cross the river dates back to King Canute who first granted a charter to the Monks of Christchurch in Canterbury to operate a ferry in the early 11th century. Bridge toll collection ended in 1977.
- C THE QUAY AND SLIPWAY** From here in medieval times, kings and their armies embarked for the wars in France.
- D THE BULWARKS** Sandwich has a remarkable history of violent raids and invasions. The town was entirely walled in 1385 by order of Richard II.
- E ST CLEMENT'S CHURCH** Saxon in origin, town mayors were elected here by Common Consent until 1683. Any mayor refusing the honour had his house demolished.
- F KING STREET** Dutch and Flemish Protestants fleeing Catholic oppression by the Spanish settled here and built and renovated many houses in their distinctive style.
- G ROPEWALK** Once used for ships' rope-making which required a long, straight stretch for 'walking out'.
- H ST BARTHOLOMEW'S** One of the oldest established hostels for travellers and pilgrims, dating back to 1190, it is now a home for the local elderly. Its nearby Chapel was funded from the spoils of the 1217 Battle of Sandwich.

## WALKING ROUTES AND TRAILS

### 1 ST MARGARET'S BAY WALK – GUARDING THE GATEWAY

With panoramic cliff top views across the Channel, this circular St Margaret's Bay walk meanders along quiet roads where the going is very easy but is dotted with reminders of Britain's more recent conflicts. [explorekent.org](http://explorekent.org)

### 2 FRONTLINE BRITAIN TRAIL

Learn about the role of St Margaret's during the Second World War on this four mile circular walk. [Waymarked](http://Waymarked)

### 3 CHALKUP21 ARCHITECTURAL COASTAL TRAIL

Discover 21st century art and architecture along the Strait of Dover. This 17-mile trail stretches from 'The Wing' at the Battle of Britain Memorial to Deal Pier and can be walked or cycled in any direction. It includes fine examples of coastal architecture; all of the buildings are linked by Areas of Outstanding Natural Beauty. [chalkup21.com](http://chalkup21.com)

### 4 GOODNESTONE WALK

Four and a half mile circular walk through fields and woodland starting in the village of Goodnestone. [explorekent.org](http://explorekent.org)

### 5 SANDWICH – FLIGHTS OVER THE FAIRWAYS

This five mile circular trail starts at Sandwich Quay and follows the Saxon Shore Way and heads across Royal St George's Golf Course, passing through the Sandwich Bird Observatory and small farms and fields. [explorekent.org](http://explorekent.org)

### 6 SOUTH FORELAND LIGHTHOUSE WALK

The South Foreland Lighthouse Walk forms part of the England Coast Path and the Saxon Shore Way and follows a route around Langdon Hole and Fan Bay Point towards the National Trust's South Foreland Lighthouse. [explorekent.org](http://explorekent.org)

### 7 KINGSDOWN TO WALMER

This circular walk follows the England Coast Path, leaving Deal and passing Walmer Castle up a path to Hawkhill Freedown which is a Site of Nature Conservation Interest with national importance. [explorekent.org](http://explorekent.org)

### 8 MINERS' WAY TRAIL

The route explores the beautiful lower slopes of the North Downs between Deal and Shepherdswell past what remains of old coal mines opened in a twenties rush for "black gold". [Guidebook available from the Visitor Information Centre at Dover Museum.](http://Guidebook available from the Visitor Information Centre at Dover Museum.)

### 9 SAMPHIRE HOE

Samphire Hoe, managed by White Cliffs Countryside Partnership, is an amazing place, covering a 30-hectare site at the foot of the famous Shakespeare Cliff, created from the material dug to create the Channel Tunnel. The walk has two distinct one mile (1.6km) sections. One follows the sea wall while the other passes through the middle of the Hoe with good paths and some steep gradients. [samphirehoe.com](http://samphirehoe.com)

### 10 STOUR VALLEY WALK

The Stour Valley Walk is a 58 mile (93 km) route through the Low Weald and North Downs, giving you access to some of the most attractive parts of East Kent including the medieval town of Sandwich, ending at the Sandwich Bay and Pegwell Bay National Nature Reserve. [explorekent.org](http://explorekent.org)

### 11 THE NORTH DOWNS WAY

The North Downs Way National Trail offers walkers 153 miles (246 km) of spectacular scenery, picturesque villages and glorious countryside, from Farnham in Surrey to the White Cliffs of Dover. It passes through two Areas of Outstanding Natural Beauty: the Surrey Hills and the Kent Downs. [nationaltrail.co.uk](http://nationaltrail.co.uk)



### 12 SAXON SHORE WAY

Follow Kent's ancient coastline for 160 miles (257km) from Gravesend in North Kent to Hastings, East Sussex. This long distance path runs along the coastline through Sandwich, Deal and into Dover. [explorekent.org](http://explorekent.org)

### 13 VIA FRANCIGENA

This ancient pilgrims' route from England, through France and Switzerland to Rome starts at the cathedral city of Canterbury. The first 33km of the 2000km route brings you into the heart of Dover. [viafrancigene.org](http://viafrancigene.org)

### 14 ENGLAND COAST PATH

This National Trail follows the entire coast of England and will be the longest coastal walking route in the world when it is complete. Discover history, heritage and hidden gems along the section of England Coast Path here, between Capel-le-Ferne and Sandwich Bay Point. [nationaltrail.co.uk](http://nationaltrail.co.uk)



For more information on self-guided and guided walks in White Cliffs Country visit [whitecliffscountry.org.uk](http://whitecliffscountry.org.uk)

**White Cliffs Countryside Partnership** Maintaining and promoting a number of walking and cycling routes across the district, White Cliffs Countryside Partnership holds regular guided walks, cycle rides, children's events and activities throughout the whole year. [whitecliffscountryside.org.uk](http://whitecliffscountryside.org.uk)

Explore Kent has an extensive website with a choice of over 400 walks, rides, open spaces and events. To find out more visit [explorekent.org](http://explorekent.org)

# Walking and Cycling in White Cliffs Country



All details within this publication were correct at the time of going to print, February 2023, but may be subject to change. Please check [whitecliffscountry.org.uk](http://whitecliffscountry.org.uk) for updates.

[whitecliffscountry.org.uk](http://whitecliffscountry.org.uk)

## CYCLE ROUTES

### 1 NATIONAL CYCLE NETWORK (ROUTE 1)

This fantastic, well-signed route takes in the three famous castles of Dover, Walmer and Deal and the Roman Fort at Richborough. Starting in Dover, cycle along the seafront taking in the Marina Curve, where there's a bike-friendly café, and the pier before heading up the long, steep climb to the famous cliff-top overlooking the English Channel after which it is mostly downhill to Deal. Avoid this climb by taking the train from Dover Priory to Martin Mill and cycling 2 miles to the coast at St Margaret's-at-Cliffe to join the downhill route!

The route from Deal to Sandwich is mostly traffic-free and runs inland past three world-famous golf courses, Sandwich Bird Observatory then into the centre of Sandwich, considered one of the most well-preserved medieval towns in Britain. [sustrans.org.uk](http://sustrans.org.uk)

### 15 THE SANDWICH WAY (ROUTE 15)

Route 15 follows an imaginative route through beautiful rolling countryside between Whitfield and Sandwich. It is an area of bridleways for off-roaders, ancient churches, hedgerows and yew trees, and villages with 'hall house' buildings dating from medieval times. [sustrans.org.uk](http://sustrans.org.uk)

### 16 17 CATHEDRAL TO COAST REGIONAL CYCLE NETWORK (ROUTES 16 AND 17)

This 50 mile route from Dover takes you through stunning countryside and small hamlets to the cathedral city of Canterbury. The route is largely traffic-free between Dover and Whitfield before joining a network of quiet lanes towards Canterbury. Route 17 (anti-clockwise) heads towards Folkestone via West Hougham. [explorekent.org](http://explorekent.org)

### 1 CHALK AND CHANNEL WAY

This walking and cycle route covers 8 miles (14 km) between Dover and Folkestone, taking in the amazing views from the famous White Cliffs and through the Kent Downs Area of Outstanding Natural Beauty. Be prepared for steep climbs, but you'll be able to rest your legs as the route drops to sea level as you near Folkestone. [sustrans.org.uk](http://sustrans.org.uk)

### 2 CANTII WAY

A new 145-mile loop through the Kent Downs Area of Outstanding Natural Beauty and across parts of the North Downs Way National Trail that combines quirky coastal towns and dramatic chalk cliffs with the rolling hills of the Kent Downs, including National Cycle Network route 1 through White Cliffs Country. Starting and ending in the village of Wye, the circular route uses traffic-free cycle paths, bridleways and quiet roads, and is ideal for touring and hybrid bikes. It's perfect for a leisurely trip with lots to discover along the way. [cyclinguk.org/cantii-way](http://cyclinguk.org/cantii-way)

### 3 SKYLARK TRAIL

The route takes you through the countryside to the cliffs, from Walmer Station to Guston and Dover. Don't miss the lovely old church in the pretty village of Ringwood. There are great views of open countryside, old woods and hedgerows along the way. Listen out for the skylarks! [Waymarked](http://Waymarked)

### 4 BETTESHANGER PARK

Betteshanger park has a smooth 3-km tarmac track, with fast lane, providing safe, traffic-free cycling. There is also 10-km of rugged mountain bike trails running throughout the park. Designed with varying difficulty and for different abilities, they are perfect for both beginners and those with off-road experience. [betteshanger-park.co.uk](http://betteshanger-park.co.uk)

### 5 NORTH DOWNS WAY RIDERS' ROUTE

The riders' route for the North Downs Way stretches for 153 miles through the Surrey Hills and Kent Downs, from Farnham in Surrey to Dover, taking in beautiful rolling hills and woodlands, castles and cathedrals, vineyards and breweries. The trail also travels along part of the ancient Via Francigena pilgrimage route. The riders' route follows the North Downs Way where it is accessible for cyclists with diversions onto rideable routes where necessary. [explorekent.org](http://explorekent.org)

## INFORMATION

### OUR VILLAGES

White Cliffs Country is dotted with ancient villages, with beautiful old churches, half-timbered houses and other monuments, which stand to remind the visitor of the remarkable history of this corner of England. Historic Village Information Panels are prominently displayed near the middle of each village.

### ACCOMMODATION

From a luxury hotel, cosy B&B, glamping or a campsite on the cliffs, there are plenty of places to stay in Dover, Deal and Sandwich to suit all budgets. For more information about where to stay, visit our website.

### GETTING AROUND

Cycling and walking are rewarding, healthy and fun ways to get around. They're also great ways to explore this special and famous corner of England, with the majestic White Cliffs and some of the country's most amazing historic sites. Whether you are looking for a simple weekend walk or to scale a long-distance route, we have some of the most outstanding views along with great places to visit, stay, eat and drink.

Leave the car at home, save money and reduce your carbon footprint. To plan your journey and for more information on sustainable travel and public transport options, see:

Trains	<a href="http://nationalrail.co.uk">nationalrail.co.uk</a>
Buses	<a href="http://stagecoachbus.com">stagecoachbus.com</a>
Kent Connected	<a href="http://kentconnected.org">kentconnected.org</a>

### MAPS

Make the most of the area with these detailed maps: OS Explorer 150 and OS Landranger 179. There are also cycle maps including Goldeneye and Sustrans. Contact our Visitor Information Centres for details (see over).

### CYCLE HIRE

**Mike's Bikes,**  
Hut 55, Marine Road, Deal, Kent CT14 7DN  
[mikesbikesdeal.com](http://mikesbikesdeal.com)

**Betteshanger Park,**  
Betteshanger Park, Sandwich Road, Deal, Kent CT14 0BF  
[www.betteshanger-park.co.uk](http://www.betteshanger-park.co.uk)  
Bikes and cycle helmets to hire for use within Betteshanger Park.

**Deal e-Bikes at Tides Leisure Centre**  
[tidesleisurecentre.co.uk/deal-e-bikes/](http://tidesleisurecentre.co.uk/deal-e-bikes/)

**Dover Click2Cycle e-bike hire scheme**  
A mix of bikes available with five sites in and around Dover.  
[click2cycle.com](http://click2cycle.com)

### CYCLE REPAIRS

**Autobase**  
[autobase-kent.co.uk](http://autobase-kent.co.uk)  
Cycle sales, spare parts, repairs and accessories. Situated near Walmer Green and the National Cycle Network 1.

**Cycle Tech**  
[cycletechcanterbury.co.uk](http://cycletechcanterbury.co.uk)  
Offers a range of bicycle mobile repairs, maintenance, service and wheel building for all makes and types of bikes. Fully equipped mobile workshop will come to you to carry out the repairs and servicing on your doorstep.

**Locks of Sandwich Cycles**  
[locksandsandwichcycles.co.uk](http://locksandsandwichcycles.co.uk)  
In the heart of Sandwich town, not far from Sandwich Station. Accessories, clothing, and a large range of cycles. Bike services and repairs.

### STAY SAFE TIPS

- Carry a map of the route
- Carry your mobile and sunscreen
- Drink plenty of water
- Follow the Highway Code
- Be aware of your surroundings and where you're going
- Be courteous and make your journey safer
- Take a bike lock
- Be seen and wear bright clothing and wear a cycle helmet that conforms to safety standards.

### USEFUL INFORMATION

White Cliffs Country – [whitecliffscountry.org.uk](http://whitecliffscountry.org.uk)  
White Cliffs Countryside Partnership – [whitecliffscountryside.org.uk](http://whitecliffscountryside.org.uk)  
SPOKES East Kent Cycling Campaign – [spokeseastkent.org.uk](http://spokeseastkent.org.uk)  
Walkers are Welcome – [walkersarewelcome.org.uk](http://walkersarewelcome.org.uk)  
Sustrans – [sustrans.org.uk](http://sustrans.org.uk)  
Explore Kent – [explorekent.org.uk](http://explorekent.org.uk)

