



FRIDAY 11TH AUGUST
What Goes Up Must Come Down
 (44 miles)
 OS Landranger Map 179
 START: 09:40 Cycle trk X

D
RIDE

- MIs
- Take cycle route into city & Northgate for toucan crossing to North Holmes Road. Fwd following signs
 - 2.0 L at T sp Dover & imm R at J, Spring Lane
 - 2.4 R (2nd exit) at mini-rbt sp Pilgrims Road
 - 2.5 L(SO) at bend sp Pilgrims Way. Fwd on narrow metalled trk following signs for 1.7 miles
 - 4.5 L at T (!!) & imm SO (2nd exit) at mini-rbt sp Dover **Patricxbourne**
 - 4.8 L at J sp SO through ford & up Keepers Hill
 - 5.9 R at T
 - 6.3 L at X sp Adisham
 - 7.9 L at T, The Street, **Adisham**
 - 8.4 R at T sp Aylesham
 - 8.9 R at T & imm L at J, fwd over rly br
 - 10.2 R at X sp Aylesham, leaving route
 - 10.5 **Sunshine Café** on L in former school for refreshments. Use rear car park & entrance. On leaving grounds turn L
 - 11.4 R at T sp Barham
 - 12.2 R at Y nsp, width limit
 - 13.1 L at T (B2046) sp Barham
 - 13.4 SO (1st exit) at rbt following signs for Barham, cross DCway

- MIs
- 13.6 R at T & imm L sp Elham
 - 14.0 R at X sp Barham Church, fwd to **Barham**
 - 14.6 SO at stggd X, Greenhills Road. Steep ascent eventually followed by severe (1:3) descent
 - 16.7 SO at X sp Bladbean
 - 17.4 SO at X sp Stelling Minnis
 - 18.1 L at T nsp
 - 19.2 L at T sp Lyminge in **Stelling Minnis**, fwd to duck pond
 - 20.9 L at stggd X sp Elham, **Lord Whisky Café** for lunch. On leaving, return to X where L sp Lyminge. Fwd through **Rhodes Minnis**
 - 22.6 R at T sp Etchinghill, fwd through **Lyminge**
 - 23.8 R on LH bend (!) sp Postling
 - 24.2 R at J sp Postling
 - 24.8 R at J sp Monks Horton in **Postling**
 - 25.8 SO at stggd X (B2068) (!) sp Stowting. Fwd to **Stowting**
 - 27.5 R at J sp Stowting Common beyond The Tiger PH. Fwd through **Lymbridge Green & Stowting Common**
 - 29.7 **Oak Tree Farm Tea Rooms on R for refreshments**. On leaving turn L & retrace for 0.7 mile

- MIs
- 30.7 R at J sp Whatsole Street (opp bwy), fwd through **Elmsted**
 - 32.8 R at T nsp
 - 33.6 L at J sp Petham, fwd to **Petham**
 - 36.8 R at T sp Canterbury
 - 37.4 L at J nsp, Watery Lane
 - 38.2 SO at X (!) sp Thanington, New House Lane
 - 40.0 L at T sp **Canterbury**
 - 40.6 R at J by school, Hollowmede. SO on cycle trk sp City Centre
 - 41.0 At end, R into Lime Kiln Road & imm L at X
 - 41.2 L at J
 - 41.3 L at T
 - 41.4 L at J before lights, Lansdown Road, fwd on cycle trk
 - 41.7 At end follow L to rly station where R sp Northgate (Dismount) for br over DCway. L at end (ramp to R first) & R at gate on to road. SO at X, Rosemary Lane, fwd to pedestrianised high street
 - 42.3 L at T & imm R. SO at X
 - 42.4 L at J sp University , Mill Lane. L at T & imm R, The Causeway
 - 42.5 SO at stggd X following cycle route to University

MIs