



Running between **AYLESFORD** and **BARMING BRIDGE**, the path provides uninterrupted access to many homes, businesses and local schools whether meeting friends in Maidstone at one of the many artisan eateries or providing a safe off road commuter cycle route for that essential commute to work. Take in a museum of Kent life, the county town of Maidstone and the peaceful setting of Whatman Park.

**Cycle Safety:** It's important that your bike is in tip top condition and the right size. Before you start your journey, pinch the tyres to make sure they are not flat and test the brakes to make sure they work. Use cycle lanes and paths where possible and follow traffic sign and traffic light instructions. Make sure you carry lights/reflectors and dress brightly and appropriately. Cycle helmets, water bottles and rucksacks are recommended.

**Nearest Train Stations:** Aylesford, Maidstone Barracks, Maidstone East, Barming  
Visit [kentconnected.org](http://kentconnected.org)  
**Travel information:**  
Explore Kent, Kent County Council, Invicta House, Maidstone, Kent ME14 1XX  
[www.explorekent.org](http://www.explorekent.org)  
e-mail: [explorekent@kent.gov.uk](mailto:explorekent@kent.gov.uk)

Leave behind the dusty main roads of the commute and swap for a tranquil river ride away from the bustle or take an easy Sunday ride exploring the sights and sounds of the riverbank. Pedalling down by the river you'll feel a million miles away from modern living. Here nature is in abundance and thrives hand in hand with towpath life: Kingfishers, and migrant birds thrive on the water whilst kayakers make their way down river without barely a sound. Wildflowers & greenery adorn the riverbank providing perfect habitats for butterflies, insects and bumble bees.

# River MEDWAY towpath

## River MEDWAY towpath 6.3 MILES (10.5KM)





*The Medway Towpath has a flat smooth surface making it suitable for all types of bicycle and cycling ability. Due to the riverside nature of the towpath it is suitable for families with older children and perfect for those who like to cycle off road. Cyclists can join the route at any point along the river and cycle in either direction.*



## River MEDWAY towpath

The Medway Towpath provides a great car free day out to locals and tourists alike and provides a safe traffic free route into Maidstone. It is a multi user route meaning that both walkers and cyclists can use the route so please be mindful of other users of the towpath by cycling considerably.



**6.3 MILES (10.5KM)**  
AYLESFORD - BARMING BRIDGE

