

BMC London and South East Area Group Walk – Pre Event Information

Date: Sunday 13th May 2018

Start Time: 11:00 prompt

Location: Deal rail station (TR 37412 52588)

End Time: 16:00 approx

Location: Dover rail station (TR 31361 41479)

Distance: 11 miles

Total Ascent: 1500'

BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

The Start

This is a linear walk starting from Deal Rail Station and will finish at Dover Rail Station.

On a Sunday, trains run 1 an hour between the stations.

If coming by car, I would advise parking at Dover (£1 for the day) and catching the 10:42 to Deal which gets in at 10:59.

Alternatively you could park at Deal and catch the train back from Dover at the end of the walk.

The Walk

Leaving Deal rail station the route heads for the English Channel and joins the Saxon Shore Way which will be followed all the way to Dover. In 2020 this section will be part of a 2,795 mile National Trail when it is incorporated into the complete English Coast Path. For the first three miles the route remains flat as it hugs the coast line from Deal, passing both Deal and Walmer castles. Steps raising from the beach lead on to higher ground signalling the start of the White Cliffs. The undulating route follows the White Cliffs before falling dramatically into St Margret's Bay, a perfect stop for lunch. Back up on the cliffs, South Foreland lighthouse is reached which is shortly followed by views down to the busy Port of Dover. As the port gets closer the castle comes into view marking the final stage of the walk, through the centre of Dover to the rail station.

Mixed terrain will be encountered along the route, mostly metaled paths however there are some sections along grass tracks which may be muddy and on a stony beach.

Stiles may be encountered.

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What to wear and what to bring with you

Please wear suitable footwear with a good sole.

Although the walk is taking place in May the often unpredictable nature of the British weather means it is advisable to bring a warm layer and a waterproof jacket with you.

Please bring sufficient food and drink to last the day. Lunch will be had on the sea front at St Margaret's Bay.

Toilets are available half way along the route at St Margret's Bay.

Under 18's

It is expected that most, if not all, participants will be adults. Under 18's are however welcome provided they are to be directly supervised at all times on the day by their parent or legal guardian who will take full responsibility for their care and welfare throughout.

Health Issues

If you have health issues that you believe might affect your ability to complete the walk safely then please let the leaders know in advance.

Please let the leader know if you suffer from any allergies in particular allergic reactions to stinging nettles or bee / wasp stings.

Contact

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