

2018 Walk to 'D'feet' MNDA (Motor Neurone Disease Association) – Route of 25 / 13 / 5 mile walks

BRING THIS PAPERWORK WITH YOU!!!!

Car Park Money if applicable

Don't forget water bottles / refreshments (sandwiches / sweets / banana).

Allow time for Registration at Whitstable and Minnis Bay before planned starting times.

Follow Coastal Trail (15), sea on your left until turnaround point at King George Park

25 Mile Walk – allow between 8 and 9 hours

Planned START time (after registration):

Whistable (CT51LB) 7am / Minnis Bay (CT79QP) 11 am / Botany Bay (CT103LG area opposite Botany Bay Hotel), Kingsgate 1.45 pm

Collect T shirt / Registration Number in good time. Write medical conditions and emergency contact number on the back of your registration number. Pin to your T shirt.

EMERGENCY CONTACT NUMBERS TO USE: 07712663964 or 07773777476

THANK YOU FOR TAKING PART AND ENJOY YOUR DAY – MAKE NEW FRIENDS TOO!!!!!!

Location	Toilets	Water availability	Accessibility	Distance from last toilets	Notes
Parking and drop off at Cromwell Road (off Tower Parade) Whitstable. Gorrell Tank Car Park CT51LB	Yes opposite car park				Pay and Display approx £1.10 per hour Cash or debit card
Cross road from car park, walk past Kia Garage and MFA Bowl on your left. Turn left on to Beach Walk. MNDA sign					
REGISTRATION POINT AT THE END OF BEACH WALK	Yes at start of walk on the seafront		Yes		REGISTRATION / COLLECTION OF T SHIRT <u>BEFORE</u> START TIME OF 7 AM
Keep walking, sea always on your left! Until you turnaround at King George Park near the very end. GOOD LUCK					
Follow Oyster Bay Trail sign at end of prom (turning right). Horseshoe-shaped path and then back on the prom					
Hampton Public Slipway	Yes			2.89 miles	Keep following prom, sea on your left.
Hampton Car Park by Hampton Inn	Yes				Cross car park and follow path behind building and beach huts. Sea on your left
Continue along the seafront to Herne Bay. Access Herne Bay seafront up steps – sea on your left. Carry straight on through H.Bay					
Herne Bay Pier and bandstand area	Yes		Yes	1.02 miles	
Continue along Coastal Park Trail, Herne Bay prom. Turn Right Oyster Bay Trail to Reculver SIGN AND MARSHAL POINT					
Turn Right up a slope (there will be a sign). Turn left at the top of the slope through Reculver Country Park – over a little bridge. Sea will continue to be on your left.					
At the end of Country Park Turn Right up a few steps. Walk across grass area, aim for the left-hand side – grassy path along the cliff top. Keep walking towards Reculver Towers (sea on your left).					

Reculver Centre (allow 1 hour 15 mins Reculver to Minnis)	Yes		Yes	3.38 miles	approx 2hrs 15 mins from Whitstable
Follow path with sea and ruins on left, keep going along path and then prom until you reach 13 mile start point – Minnis Bay.					
Minnis Bay - CT79QP Free Parking along seafront or behind The Minnis	Yes		Yes	3.75 miles	REGISTRATION (13 mile walk) GRASS AREA TO RIGHT OF MINNIS PUB/ T SHIRT COLLECTION BEFORE START TIME 11 AM
Keep to the prom, sea on left, towards Westgate, up steps at the very end of prom, turn left at top of steps and continue along cliff top (golf course on opposite side of road). Turn Left at the first set of steps on your left, down to the prom – this is West Bay prom. There will be an MNDA sign at top of steps. Keep sea on your left. You will approach public toilets and West Bay Cafe, continue along prom, sea on left!					
West Bay Westgate	Yes	Yes	Yes	2.47 miles	Continue sea on left
PAVS Cafe Westgate	Yes		Yes	.69 of a mile	Continue sea on left
Westbrook and Strokes mini golf	Yes	Yes	Yes	.91 of a mile	Continue sea on your left
Seafront, opposite Margate station	Yes			.46 of a mile	Continue sea on your left
Margate clocktower on your right.	Yes			.22 of a mile	Continue sea on left
Turner Gallery, walk across parking area to the prom, continue with sea on your left					
Jet Ski Cafe. Walk across beach to access prom	Yes	Yes		1.32 of a mile	Continue to follow prom, sea on left
Continue along prom passing Waterski and Boat Club to end of Prom – turn right, walk up the slope. Palm Bay Pumping Station is at the top. Turn left at the top of the slope, continue along cliff top (sea on left to the next registration point, you will see in the distance).					
Botany Bay Hotel Marine Drive, Broadstairs CT103LG Parking opposite Hotel	Yes			1.24 miles	REGISTRATION (5 mile walk) ON GRASS AREA OPPOSITE PUB / COLLECTION OF T SHIRT BEFORE START TIME OF 1.45 PM

Follow path along cliff top, to the Captain Digby Pub, sea on left, golf course on right, follow path by childrens play area on left, around the corner passing Captain Digby. Sea on your left!					
Captain Digby	Yes		Yes	.30 of a mile	
Follow 'Viking Coastal Trail 15' sign, keeping sea on left and castle in front of you. There is a short area that is road only – look out for MNDA signs, cross the road to access a path adjacent to the golf course. At the end of this path you will see Joss Bay car park on the opposite side of the road. MARSHALL POINT (Viking Coastal Trail 15)					
Cross road, walk across Joss Bay car park along cliff edge path, sea on left, cabbage field on right. Walk straight on (passing pumping station on right) along Cliff Promenade passing 'posh houses (private road)' on your right. At the end of the cliff top, Cliff Promenade, you can only turn right on to Cliff Road, up through private estate; bear left then turn left on to Stone Road (signposted Coastal Trail). Turn Left to beach just after bus stop. MNDA SIGN TURN LEFT TO BEACH FROM STONE ROAD. This turning will take you down some steps to the prom. Keep going along prom (sea on left) until you reach Broadstairs Harbour/Viking Bay.					
Viking Bay opposite Tartar Frigate Pub	Yes – public toilets			1.52 miles	
MNDA SIGN VIKING BAY DIRECTING WALKERS ACROSS BROADSTAIRS BEACH					
Broadstairs Beach and prom	Yes – public toilets	Walk across board-walk to other side of bay, picking up prom. Follow prom until it ends – small prom cafe at foot of slope. Turn right up slope - (follow MNDA signs to cliff top)			
Turn left at top of slope (signposted Viking Coastal Trail, Ramsgate) Continue along top of cliff (sea on left) Through King George Park – signposted Viking Coastal Trail.					
MARSHALL POINT AT PARK EXIT DIRECTING WALKERS TO TURNAROUND AND RETURN THROUGH THE PARK					
Return back through King George Park – sea now on your right. Continue along cliff top, sea on right, houses on left.					
Turn Right, following Blue Viking Coastal Trail sign along the cliff top, Western Esplanade. 1 mile to go!					
Continue to end of road, heading towards Broadstairs, over Louisa Bridge towards the Bandstand. Turn Left at the Bandstand to cross the road via a zebra crossing, straight on up Oscar Road. Turn Left at Ramsgate Road, The Wrotham Arms is within sight! Well done.					

PLEASE REGISTER WITH A MARSHALL AND COLLECT YOUR MEDALWELL DONE AND THANK YOU – ENJOY REFRESHMENTS IN THE WROTHAM ARMS!!!!!!!

HOPE TO SEE YOU NEXT YEAR

Any questions please email walk18@mnda-eastkent.org.uk