

Islington U3A Longer Walks Group

Walk Title	Dover to Folkestone	Walk No.	386
Area	East Kent	Type	Linear
Date	Thursday, 3 rd November, 2022		
Distance	9 miles (14.5 km)		
Timing	<p>Nearly four hours walking time + travel + lunch stop. Just over 8 hours in total to and from St Pancras.</p> <p>Therefore expect to be back at St Pancras by 6.00pm.</p>		
Meeting up & travel	<p>Upstairs at St Pancras in front of platforms 11-13 at 10.25am to catch 10.34am arriving at Dover at 11.42. Leader, Jan, will meet you at Dover. Return train from Folkestone at 5.00pm. Best there and back fare costs just over £20 with Senior Railcard, but there are restrictions and limited numbers so you may end up paying a little more. Unfortunately, you cannot use your Freedom Pass on these high speed services.</p>		
Route	<p>From Dover station we walk immediately uphill and soon leave the road and the town, taking a path up into the Downs. We stay high on the Downs for much of the walk, with good long views, eventually heading coastwards to Capel le Ferne, where we stop for lunch. After lunch we continue along the cliff top path and descend reasonably gently towards Folkestone and a short promenade walk to the harbour. We finish by walking up through the Old Town then back up to the clifftop promenade and a final 15 minute walk to the station.</p>		
Lunch	<p>Lunch is available at the Battle of Britain Museum café or the nearby Valiant Sailor pub.</p>		
Dropping out	<p>Possible at Capel le Ferne, by getting a bus into Folkestone.</p>		
Suitability	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: rolling but not tough</p> <p>Possible obstacles: None known</p> <p>Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p>		
Facilities	<p>There are toilets at Dover Station and at our lunch stops.</p>		
Walk source	<p>Leader's creation.</p>		
Map & other references	<p>OS Explorer 138</p>		
Leader & contact details	<p><u>Walk Leader</u>: Jan Filochowski</p> <p><u>Beforehand</u> phone: 07879698902 (leave message if necessary) e-mail: jan@filochowski.net</p> <p><u>On the day</u> mobile: 07879698902</p>		