

Islington U3A Longer Walks Group

Walk Title	Sandling to Folkestone	Walk No.	370
Area	Kent	Type	Linear
Date	Tuesday, 12 th July 2022		
Distance	9+ miles		
Timing	4 and a half hours walking time + travel + lunch stop. Allow 8 hours in total to and from St Pancras. Should be back at St Pancras by about 6.00pm.		
Meeting up & travel	<p>Meet at St Pancras by platforms 11-13 by 10.00am latest to catch 10.11am, changing at Ashford to get 11.02am to Sandling, arr 11.13am where you will meet the walk leader, Jan.</p> <p>An off-peak return catching any train back from Folkestone costs £31.90 with Senior Railcard. I couldn't find a day return but maybe you will. The cheapest tickets are 2 singles on named trains, the 10.11 out and the 5.00pm back, costs £10.20 and £11.35 respectively. I expect us to get to Folkestone well before 5.00pm. The train leaving at 5.00pm takes exactly an hour.</p>		
Route	<p>We leave Sandling along a disused railway path, then past Saltwood Castle and head towards the North Downs, with a final short, fairly steep path to the top, where we walk for quite a way, and from where there are wonderful views to the Channel. There is a long, gentle descent to the sea, which we stay beside for more than a mile, with our lunch stop. We then climb slowly mainly through park woodland, and reach the Leas, a beautiful strand of grass stretching for about a mile, overlooking the sea from on high. Once again great views. We leave the Leas for a 10-15 minute walk to Folkestone Station.</p>		
Lunch	Pub or café food available along the front at Sandgate. Outside seating if wanted.		
Dropping out	No obvious drop out.		
Suitability	<p>Suitable for any reasonably fit regular walker. A middling walk with two or three moderate slopes to get up.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>		
Facilities	There are toilets on the train and along the seafront.		
Walk source	Leader's creation		
Maps	OS Explorer 138		
Leader & contact details	<p><u>Walk Leader</u>: Jan Filochowski <u>Phone</u>: 07879 698 902 <u>e-mail</u>: jan@filochowski.net</p>		