

Main walk last checked	Bus option last checked	Deal to Dover last checked	
20 January 2019	13 August 2022	28 May 2022	
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Dover to Deal (or vice versa)

Along the White Cliffs of Dover

Length	Dover to Deal (or vice versa)	17.7km (11.0 miles)
	Taking a bus from St Margaret's Bay	8.2km (5.1 miles)

Toughness 3 out of 10

Maps OS Explorer 138 (the last mile or so is on Explorer 150), OS Landranger 179

Features

This simple walk (it should be impossible to get lost if you keep the sea on your right-hand side) is nevertheless one of the finest coastal walks in England, taking you right along the top of the famous White Cliffs of Dover. On a clear day you will enjoy stunning views of the English Channel, the ferries buzzing in and out of Dover Harbour, and the French coast from Boulogne to Dunkerque.

Surprisingly, for a walk that seems to spend much of its time on the airy heights, not much exertion is involved. There are only two significant climbs - one out of Dover and the other out of St Margaret's Bay: otherwise the terrain is level or gently undulating. The last quarter of the walk is totally flat, along a tranquil coastal path behind the pebble beach of Deal. Though less dramatic than the White Cliffs, this section of the walk is full of historical and natural interest, passing Walmer and Deal castles and - in late May and early June - a stunning display of coastal flora. (At this time of year the cliffs above Dover are also covered with the yellow flowers of wild cabbage, apparently brought there by the Romans.) *If doing the main Dover to Deal walk, you only need pages 1-8 of this walk document.*

Walk Options

a) Taking a bus from St Margaret's Bay: You can cut the walk short by taking a bus back to Dover from St Margaret's Bay, creating a walk of **8.2km (5.1 miles)**. The bus also passes right by Dover Castle, and buses from the same stop go to Deal, should you wish to have more time to explore that fascinating town. *See paragraph 37 on page 5 for details. If doing this option you only need pages 1-6 of this document.*

b) Deal to Dover: There is a lot to be said for doing this walk in the reverse direction (though one possible disadvantage in winter is that you will have the sun in your eyes all day: in summer this is less of an issue, as the sun is higher in the sky). Benefits include getting the longest train journey over first and the fact that scenery gets more and more dramatic as the day goes on, ending in the magnificent cliffs just before Dover. Dover itself can admittedly seem a bit cheerless after such fine scenery, but most of the walk through the town is on the seafront.

In this direction you also have a choice of lunch pubs: you can stop after just 4.6km (2.9 miles) at the Zetland Arms at the bottom of Deal Beach which has some outside tables by the sea, or carry on for another 4.7km (2.9 miles) to the Coastguards pub in St Margaret's Bay, with its pleasant terrace overlooking the bay.

Meanwhile there is a positive embarrassment of tea options, starting with the Bluebirds tea room (Friday to Sunday 10-3pm only) just before St Margaret's Bay, the seasonal tea kiosk on St Margaret's beach, tea and cakes served in the Coastguard pub which some report to be very good, the cafe of the St Margaret's Museum, and Mrs Knott's Tea Room in the National Trust-owned South Foreland lighthouse. If none of those tempt you, the White Cliffs Visitor Centre on the cliffs overlooking the Port of Dover also serves tea, and in the town itself there is a Weatherspoons pub and a Costa Coffee open till 5.30pm Monday to Saturday (4.30pm Sunday).

Directions for this option start in paragraph 64 on page 8. You only need pages 1-3 and 8-10 of this document if doing the walk in this direction

Transport

One train an hour runs from **London St Pancras** to Dover Priory (high speed supplement payable), journey time 1hr 04 minutes, though you can also take a Canterbury-Margate train and change at Ashford for Dover (journey time 1hr 19 minutes).

Alternatively, there is an hourly train from **London Charing Cross** (journey time 1hr 51 minutes) or two hourly trains Monday to Friday (one an hour weekends) from **Victoria** (journey time 2hrs 03 minutes).

Catch **the first train after 9am** from St Pancras to get to lunch in St Margaret's in good time: that would mean an 8am train from Charing Cross or Victoria but a 9am one is OK if you do not dawdle too much.

Trains back from Deal go hourly and take 1hr 22 minutes to St Pancras or 2 hours 22 minutes to Charing Cross (changing trains at Dover or Ashford International). For those driving, parking centrally in Dover is best. Trains from Deal call at Dover Priory (journey time 15 minutes).

There are **buses** every hour till 7pm (Monday to Saturday) or every two hours till 6pm (Sundays) from **St Margaret's Bay** to both Dover and Deal: see paragraphs 37 to 44 on pages 5-6 for details.

Lunch and tea places

White Cliffs Visitor Centre On the cliff above Dover Eastern Docks, 3km (1.9 miles) into the walk, the Centre's coffee shop has a view of the sea and some outside tables. It is open 10am to 5pm daily from March to October and 11am to 4pm November to February.

Mrs Knott's Tea Room, 6km (3.7 miles) into the walk is a delightful period tea room in the National Trust-run South Foreland Lighthouse and is open at the same times as the lighthouse itself, 11am-5pm from late March to late October.

St Margaret's Museum tea room, 7km (4.3 miles) into the walk, serves sandwiches and cakes from 10am to 5pm Wednesday to Sunday from April to October.

The Coastguard (01304 853 051) on the beach in St Margaret's Bay, 7.7km (4.8 miles) into the walk, describes itself as Britain's closest pub to France. It is open and serving food all afternoon (at least in the summer months) until 9pm Mondays to Saturdays and to 6pm on Sundays. It has a pleasant open-air terrace directly overlooking the beach.

Bluebirds tea room. After a long closure, this tea place in the former Coastguards hut just beyond St Margaret's Bay has resumed operations. Currently (May 2022) it is open Fridays, Saturdays and Sundays from 10 to 3pm.

Zetland Arms (01304 370114). Located at the start of Deal Beach, 12.4km (7.7 miles) into the walk, this pub has some outside tables right on the beach. It is open for drinks all afternoon daily and serves food from 12pm to 2.45pm and 6pm to 8.45pm (8pm on Sundays).

The cafe at the end of Deal Pier is the recommended tea stop on this walk: it does not look like much from the shore but has stunning views of the sea and town. It is currently (January 2019) open 9am to 5pm daily, but is hoping to extend its hours into the evening in the summer months.

Dunkerley's Hotel, opposite the end of Deal pier, serves cream teas till 7pm. The town also has many atmospheric old pubs: see the walk directions for the location of two of them - the **Port Arms** on the seafront and the **Ship Inn** in Middle Street, the heart of old Deal.

WALK DIRECTIONS

Warning: *take care near the cliff edges on this walk, as they are crumbly and liable to collapse. The official advice is to keep five metres from any cliff edge*

For the **Deal to Dover** walk go to paragraph 64 on page 8.

Dover station to the White Cliffs Visitor Centre (3km/1.9 miles)

1. Leave **Dover Priory station** on platform one, the main exit, and turn right. Carry on up the station approach to merge with a main road in 80 metres and carry on downhill along it.
2. There is soon a fine view of **Dover Castle** on the hill ahead. In 170 metres metal barriers force you round to the left for 70 metres or so to traffic lights.
3. Cross the road at the lights and on the far side turn right.
4. In 60 metres turn left up Priory Street.
5. In 60 metres, at a T-junction with Biggin Street, go right into Dover's main shopping street. In 80 metres this becomes pedestrianised.
6. In another 200 metres you come to Market Square. Walk straight ahead diagonally across this, passing the fountain, and on into King Street, the traffic-bearing road that runs along the square's left-hand side.
7. In 50 metres, where the traffic-bearing road turns right into Queen Street, go straight on into a pedestrian underpass 30 metres ahead, signposted 'Seafront'.

8. At the far end of the underpass go up the steps and straight on through a circular plaza to get to the seafront promenade, where you go left.

Dover Eastern Docks - the main ferry terminal and Britain's largest freight port in tonnage terms - is ahead of you, and **Dover Castle** is on the hill to your left. Note the ruined stone tower to the left of the church: this is the **Roman Lighthouse**. The cliffs below the castle contain a **World War II bunker**, later converted to a civilian command centre for us in the case of nuclear war: closed in the 1980s it is open to the public as part of the castle visit.

9. After 300 metres the line of buildings ends on the left (the last one being a Premier Inn) and you pass a toilet block. There is now a main road to the left.
10. 80 metres after the toilet block, turn left to cross the road at pedestrian lights, following a green cycle path, signposted 'Eastern Docks'.
11. On the far side of the road go half right up East Cliff (not the confusingly named 'Marine Parade, also known as East Cliff' that runs alongside the main road, but the narrow road that runs between the back of the seafront houses and the cliff).
12. In 250 metres you come to an open area, with the entrance to the ferry terminal now right in front of you. Go straight on along a line of houses (Athol Terrace).

13. In 70 metres the road ends and it becomes a concrete path. Follow this, with the cliff to your left and the port to your right.
14. In 200 metres the path passes under a road flyover. Beyond this keep on up steps and carry straight on up the hill for another 250 metres on a tarmac path.
15. At the top of the hill, and just before a wooden barrier that leads onto a road, turn right through a kissing gate onto a grassy path following a yellow England Coast Path sign.
16. In 5 metres veer left with the path onto a path that contours along the slope, ignoring two fainter paths forking off right downhill.
17. Keep to this path, ignoring others slanting off up or down the hill, until in 200 metres you come to a large grassy space, with a car park uphill to the left, and a telescope 40 metres ahead to the right.
18. Walk to the telescope. Descend the steps just before it, and at the bottom pass through a gate and turn left on a well-defined metre-wide path, again contouring along the slope. *(If in any doubt at this point, simply walk up to the car park, and turn right until you get to the White Cliffs Visitor Centre).*
19. In 60 metres the path goes into an area of scrub. In 70 metres more, once you emerge from the scrub. The **White Cliffs Visitor Centre**, which has a cafe and information panels about the cliffs, is uphill to the left: if you want to visit it there are steps up to it on the left in another 20 metres. Otherwise, keep straight on, now on a wide, straight shelf.

White Cliffs Centre to St Margaret Bay (4.7km/2.9 mi)

20. Staying on the shelf, in 200 metres you pass through a gate. 50 metres beyond this a concrete path merges from the left, and you come to a telescope and a bench. **Here you have a choice:**
 - If you keep ahead on the main track in 70 metres you find yourself on a thrilling shelf cut high into the chalk cliff. At the end of this, in 300 metres, you pass through a kissing

gate. Continue with the directions in paragraph 21 opposite

- **An alternative to the shelf**, if you suffer from vertigo or if it is wet when the shelf path can be slippery, is to veer left uphill just after the bench and telescope to join a car-wide gravel path slanting up the hillside 40 metres to your left. In 200 metres you pass through a kissing gate 100 metres to the right of the radar tower of the Dover Coastguard facility. Beyond, follow the wire fence, merging in 100 metres with a path coming from a kissing gate to your right. You now follow the directions in the next paragraph.

21. Take the broad path leading away from the kissing gate, with a wire fence 20 metres away on your right-hand side.

The **White Cliffs of Dover** were formed 80 to 65 million years ago at the bottom of what was then a tropical ocean. The chalk is made up of the small shells of millions of sea creatures. It is estimated that it took 10,000 years to create 15 millimetres of chalk (that is a million years to make 15 metres). In places the chalk is 250 metres deep.

The cliffs are the terminus of the North Downs, which run all the way from Farnham in Surrey. Originally the ridge stretched across to France, but it was broken by a cataclysmic meltwater flood 26,000 years ago during one of the ice ages.

Incidentally, there are no bluebirds over the White Cliffs of Dover: the lyrics of the famous World War II song were written by Nat Burton, an American who had never been to England. Whether he knew that bluebirds are not native to the UK is not known, but their mention in the song is apparently a reference to the blue uniforms of RAF pilots.

22. In 70 metres go on steps up and over a bank. In another 80 metres descend a long set of earth and wood steps.
23. At the bottom of the steps cross a 10 metre wide grassy shelf (actually an old railway line that was used in building the port) and go down six more wooden steps to follow an earth path straight on.

Warning: on this next section of the walk (between here and paragraph 51 or thereabouts) **your mobile phone may switch to a French network.** Under current rules you probably won't incur roaming charges but your phone may switch to **French time** (one hour ahead of the UK).

24. Follow this path as it curves, dips and climbs around **Langdon Hole**, a large depression in the cliffs.
25. In 500 metres pass through a kissing gate and keep on along the main path as it curves to the left and uphill.
26. In 300 metres more, at the top of the hill, the **South Foreland Lighthouse** comes into view ahead. You now walk along the clifftop towards this for 1.6km on a clear path, in 500 metres skirting to the left of a large depression.

South Foreland Lighthouse was built in 1843 to protect shipping from the Goodwin Sands, which at low tide can be seen just off shore in the later part of this walk. Guglielmo Marconi, the radio pioneer, made the first ship to shore transmissions to this point in 1898, and it was also the site of the world's first international radio transmission, to Wimereux in France. Owned by the National Trust, the lighthouse is open to the public from 11.00am to 5.30pm, March to October.

27. When you finally come level with the lighthouse, ignore a path leading to a gate directly in front of the lighthouse (unless it you want to visit the lighthouse or **Mrs Knott's Tea Room**, in which case this is a way in). Instead slant inland on the path leading to the far edge of the lighthouse compound.
28. In 100 metres this brings you to a narrow path between hedges going away from the coast, with the lighthouse now to your left.
29. In a further 60 metres the main entrance to the lighthouse is on your left. To continue the walk, ignore a gravel track ahead, but instead turn immediately right by the entrance to the lighthouse (or keep straight on if coming out of it) to walk up the right-hand edge of a grassy space.

30. In 80 metres turn right onto a gravel track.
31. In 400 metres, just after a ivy-clad fence ends to your right, turn right through a kissing gate into a grassy area. Go straight ahead for about 40 metres and then turn left to follow the cliff edge.
32. In 600 metres where your way is blocked by a rusty fence or a line of shrubs (the cliff path here fell into the sea decades ago), turn left through a kissing gate to emerge onto a track.
33. Walk straight ahead downhill along this track, curving left with it after a few metres. In 90 metres, at a track crossroads, go right, with houses soon appearing to your right.
34. In 150 metres, the track becomes a road and in 70 metres you pass the **St Margaret's Museum** on your right, which has a tea room.
35. 80 metres beyond this, at a T-junction, turn right downhill on a broad gravel track. In 50 metres you come to a road, where you go straight on, steeply downhill.
36. In 150 metres you come to the sea front. **The Coastguard** pub is on your immediate right. (If the pub is full, or you want a lighter snack, there is a seasonal **tea kiosk** in the car park, 50 metres to the left along the beach, which serves sandwiches and chips.)

To continue with the **main walk** go to paragraph 45 on page 6.

To get a bus back to Dover from this point, see the next section.

Bus back from St Margaret's Bay to Dover

37. Retrace your steps up the road from the Coastguard pub for 150 metres until you get to a junction with a broad gravel track on the first hairpin bend. On the left at this point is South Sands House.
38. Do not go up the gravel track, but instead go up a flight of steps to the right.
39. The steps climb steeply uphill. In 250 metres, at the top of the steps, ignore a fork to the right 10 metres after a

metal fence starts to your left. Keep straight on along the fence for 100 metres to merge with a road.

40. Keep straight on up the road and in a further 150 metres, just after a roundabout, the **bus stop** is to the left.

Buses run hourly to 7pm Monday to Saturday and every two hours to 6pm on Sunday to both **Dover** and **Deal** or **Sandwich** (*two different buses, both going from the same stop: make sure you get on the right one!*).

The bus into Dover takes 16 minutes. On the way into the town it stops right outside **Dover Castle**, if you want to visit that, but otherwise stay on the bus to the bottom of the hill, until it terminates in Pencester Road, the main town centre stop.

41. Getting off the bus in Pencester Road, continue straight ahead for 150 metres, and then turn right into Biggin Street, Dover's central shopping street.
42. In 70 metres turn left down Priory Street.
43. At the end of this, you come to a large roundabout and turn right. In 60 metres turn left to cross the road at traffic lights, and on the far side turn left. Carry on past the roundabout and on to the right up Folkestone Road.
44. In 100 metres ignore Effingham Road to the right after a petrol station, but in another 120 metres fork right down the approach road to **Dover station** right.

St M's Bay to the Zetland Arms (4.7km/2.9 miles)

45. After lunch turn left out of the pub along the seafront. In 100 metres, where the public slipway bisects the beach promenade, turn left up steps, following an England Coast Path sign.
46. Climb these steps in zigzags all the way to the top of the cliff and then turn right on an earth path.
47. In 80 metres ignore a path uphill to the left. In another 40 metres pass through a kissing gate and keep straight on to emerge onto the open hillside in 50 metres more.
48. Keep straight on, following the cliff edge to your right (for the most part a line of scrub) and with houses uphill to your left. In 500 metres there is a tall **obelisk** uphill to the left (a monument to sailors in the merchant marine and Royal Navy who died in the Dover Strait during the two world wars) and shortly after you pass through a kissing gate.
49. In another 100 metres you pass around the end of a white building, a former coastguard hut, now host (Friday to Sunday) to the **Bluebirds** tea room.
50. You now continue straight ahead along the cliff top for 3km, first descending, then climbing again, and finally descending to a road with the long flat stretch of Deal beach ahead. Carry on along the road, with the beach to your right.
51. In 650 metres, at a triangular road junction (in fact, a crossroads), turn right down South Road, a gravel track, with houses left.
52. In 130 metres, the track comes out onto the seafront, just by the **Zetland Arms**, a possible tea stop.

The Zetland Arms to Deal (5.3km/3.3 miles)

53. Facing the sea at the Zetland Arms, turn left on a path parallel to the sea. You now stay on this, just inland from the beach, all the way to Deal pier, a distance of 4km (2.5 miles). The route is a gravel track for 60 metres, then a narrow path, and then a broad track again (Wellington Parade) with a tarmac pavement, always with houses to your left. To the right in late May and early June there is a dazzling display of flowers on the shingle beach.
54. In 1.2km, when the houses end, carry on along a tarmac foot and cycle path. 400 metres after this, you pass **Walmer Castle** (*see panel overleaf*) on your left. 500 metres after passing the castle, the path forks. Straight ahead takes you to the road in 50 metres, but instead fork right with the cycle path to keep along the edge of the beach
55. Stay on this path, in increasingly built-up surroundings, until in 1.5km you pass **Deal Castle** (*see panel overleaf*)

on your left, the start of Deal's town centre.

Deal beach is popularly supposed to have been the landing site for the forces of Roman general Julius Caesar when he came to Britain in 55 BC to see if it was worth invading. He apparently decided that it wasn't and it was not until 43 AD that the Romans returned under the emperor Claudius to permanently occupy the island.

Walmer Castle and **Deal Castle** (see over) were built by Henry VIII in 1539-40 as artillery platforms to guard against a threatened French invasion. They were never permanently occupied and saw only minor military action. Walmer Castle later became the official residence of the Lord Warden of the Cinque Ports (the ancient association of port towns in the South East of England, which were given special privileges by the crown in exchange for providing ships for the country's defence). The Duke of Wellington, victor of the Battle of Waterloo, died here in 1852, as much later did WH Smith, founder of the newsagents: both men were Lord Wardens. The castle has fine 18th century gardens and is open to the public, as is Deal Castle, also passed on this walk. Both castles are owned by English Heritage.

56. 400 metres further on, just after passing the Port Arms pub to the left, and 30 metres before you reach the pier, you come to a roundabout, marking the junction with Broad Street, which goes inland.
57. The recommended tea stop is **the café at the end of Deal Pier**. (Even if you are not stopping for tea here, it is worth walking to the end of the pier for a stunning view of Deal). **Dunkerley's Hotel** on the left-hand corner of Broad Street is another tea option.
58. After tea, you have a choice:
- **to go directly to the station**, walk inland up from the roundabout up Broad Street. In 80 metres, you cross the pedestrianised High Street. In 200 metres more you come to a five way road junction. **Deal station** is the exit straight ahead, to the right of the main road.

- However, **if you want a brief flavour of old Deal**, with its atmospheric narrow streets, the detour in paragraphs 59 to 63 (which takes 15 minutes or so) might be of interest. It also passes a highly recommended traditional fish and chip shop.

Deal has a rather sleepy air these days, but was a major port in the days of sailing ships, when it had a reputation for drinking, vice and smuggling. Convoys of ships used to collect in the area just off its beach, which offered a sheltered anchorage due to the sandbanks of the Goodwin Sands offshore, and cargo would be loaded or offloaded from them using rowing boats.

Because of the sandbanks, the area was known among sailors as The Downs (Downs coming from the same Saxon word as the word dune). At times up to 1000 ships could apparently be seen in the bay. The centre of Deal still retains some fine buildings from this era, best seen by taking the short detour at the end of this walk, as well as many cosy nautical pubs. The town has many information boards explaining its history.

59. Coming off the pier turn right along the seafront (or cross the road and turn left along it if coming out of Dunkerley's). In 200 metres pass the Royal Hotel on its seaward side.
60. 130 metres beyond the hotel turn left off the seafront up Coppin Street (the fourth road on the left after the Royal, just before the Three Compasses restaurant/pub).
61. In 60 metres you come to a junction with Middle Street (not identified as such here). To the right about 150 metres up this road is the charming old **Ship Inn**, if you fancy some refreshment: otherwise, to continue the walk, turn left on Middle Street. (The traditional fish and chip shop is on the left on this section.)
62. In 100 metres turn right up Oak Street. This brings you in 50 metres to the High Street, where you go left. The High Street is full of old-fashioned shops and has a 1950s air about it.

63. In 200 metres you come to a pedestrianised section of the High Street (with modern chain shops) and go straight on for 120 metres until this is crossed by a car road. Turn right up this road and in 200 metres you come to a five way road junction. **Deal station** is the exit straight ahead, to the right of the main road.

Deal to the Zetland Arms (4.6km/2.9 miles)

*This is the start of the **Deal to Dover walk***

64. Coming out of Deal station turn right across a car park, and then left at its far end to come to a five-way road junction. Keep straight on down the main road to the sea
65. Turn right on the seafront, just in front of the pier (which incidentally has a **café** with magnificent views right at its end, if you want to stop this early in the walk)
66. Follow first the road and then the tarmac paths all the way (4km/2.5 miles) to the bottom of Deal (later Walmer and Kingsdown) Beach, where you find the **Zetland Arms**, a possible lunch stop, with tables by the sea in summer.

The Zetland Arms to St M's Bay (4.7km/2.9 miles)

67. Turn right inland on a track just beyond the pub to get to a road. Turn left on the road (the first road, going level to the left, not the one behind it slanting uphill), with the beach to your left.
68. In 600 metres, just after the road turns right inland past some houses, climb steps onto the cliff and carry on with the sea to your left along the coast path on top of the cliffs. This gradually gets higher and higher, with one major dip midway.

Warning: from now until the outskirts of Dover **your mobile phone may switch to a French network**. Under current rules you probably won't incur roaming charges but your phone may also switch to **French time** (one hour ahead of the UK), so be aware of that.

69. In 3km/1.9 miles, after a long gentle climb, you come to the top of a hill

with an obelisk memorial (to those who served in the navy and merchant navy in the Dover Straits in both world wars) and pass a white building on the left, a former coastguard hut, now home to the **Bluebirds** tea room (Friday to Sunday, 10 to 3pm only).

70. 40 metres beyond the hut look out for a kissing gate in the fence to the left, opposite the memorial. Go through this and turn right to resume the clifftop path.
71. Slant down left to bushes at the bottom edge (ie the sea side) of the clifftop open space, as houses start uphill to the right.
72. In 350 metres the slope starts to descend steeply and in 50 metres more the path is enclosed by foliage, with the wooded cliff edge to your immediate left. In another 50 metres you pass through a kissing gate.
73. In 150 metres turn left down some steps which take you down to St Margaret's Bay beach. Turn right on this. There is a **seasonal tea kiosk** on the right, or the **Coastguard** pub at the far end of the beach.

St Margaret's Bay to the White Cliffs Visitor Centre (4.7km/2.9 miles)

74. To continue the walk take the steep road uphill from the Coastguard pub. In 100 metres, at a hairpin bend to the right, take a road straight ahead, and in 50 metres turn left onto Beach Road.
75. In 80 metres you pass the **St Margaret's Museum** on the left, which has a café. In another 70 metres the road becomes a track.
76. In another 150 metres, at a track junction, go half left ahead through a kissing gate, signposted Saxon Shore Way, onto a grassy path that slants up a steep hillside.
77. In 150 metres, at the top of the hill, cross a track and go through a slightly hidden kissing gate into a field. Turn right in 30 metres to walk uphill, parallel to the cliff edge to your left.
78. In 400 metres, 20 metres before the end of the open space, turn right

through a kissing gate and left on a gravel track.

- 79.** In 400 metres just after the track starts to descend, turn left through an unmarked gap in the hedge into a small grassy area.
- 80.** In 70 metres the entrance to **South Foreland Lighthouse** is ahead of you. If you want to visit it or **Mrs Knott's Tea Room**, go through the gate: otherwise **turn left** up an enclosed footpath just before the entrance
- 81.** This path brings you down to the cliff edge, where you turn right and follow the clifftop path all the way to Dover.
- 82.** In 500 metres the path veers around a big depression in the clifftop, and 500 metres after the end of depression, it crests a rise and rounds a slight headland. You are now descending, with the port straight ahead.
- 83.** In another 200 metres you pass through a kissing gate and follow the main path as it cuts across the hummocky top of Langdon Hole, another big depression in the clifftop.
- 84.** On the far side of the depression, slant left up steps with wooden railings, and at the top of them keep straight on along the fence.
- 85.** In 150 metres more there is a kissing gate on the left. **Here there is a choice:**
- **Going through the gate** takes you onto an exciting (perhaps a little vertiginous) path along the cliff face. In 300 metres, at the far end of this, follow a level path for 70 metres until you come to a gate (beyond which is a path leading to a car park): **do not pass through the gate**, but take the path forking left just before it onto a shelf that slopes very gently downhill through shrubs, with fine views of Dover Harbour soon to your left.
 - Or for a safer, non-vertiginous route **ignore the kissing gate** and carry on over the hill, passing through another kissing gate in 100 metres. Beyond, follow a gravel path downhill. But in 150 metres, when the path veers right towards a car park, **veer left to leave the path and go down across the**

grass. In 40 metres ignore a gate on your right and take a path straight ahead (**not** the one forking right from the gate, which again goes to the car park) onto a shelf that slopes very gently downhill through shrubs. There are soon fine views of Dover Harbour to your left.

- 86.** After 250 metres on this shelf, the **White Cliffs Visitor Centre**, a possible tea stop, can be seen uphill to the right.

White Cliffs Visitor Centre to Dover station (3km/1.9 mi)

- 87.** Carrying on along the shelf, 100 metres beyond the Visitor Centre you come out into a green space. Here turn right through a gate and then left, passing to the right of a telescope, and then go straight on through another gate just beyond an English Coast Path arrow on a post.

If you get confused here, go uphill to the car park and turn left to its westernmost end to find the tarmac path mentioned in the next paragraph.

- 88.** Follow the path through scrub for about 200 metres until it veers right to a kissing gate. Beyond this turn left downhill on a tarmac path.
- 89.** Stay on the path as it descends downhill, passing under a road flyover in 200 metres, and then along under the cliff face, with the port entrance to the left.
- 90.** The path eventually terminates in a small terrace of houses overlooking the port entrance. At the end of this keep on down East Cliff, a narrow road between the cliff right and the back of a row of seafront houses left.
- 91.** At the end of East Cliff veer left to cross the main road and turn right on the seafront promenade.
- 92.** In 350 metres you pass a large shelter with a curved roof and slanting spire. 40 metres further on, by a monument with swimmers on top, turn right inland, passing over the official starting point of the North Downs Way (a line in the pavement).
- 93.** Cross a small plaza, going down a pedestrian underpass beyond. This brings you to King Street, the start of

Dover's shopping area. In 80 metres a plaza opens out to the left. Veer left across this and carry on up Dover's pedestrianised high street.

94. In 80 metres you pass, the **Eight Bells**, a Weatherspoons pub, on the left. In another 120 metres or so, just after a car road emerges from the right and ends the pedestrian section, there is a **Costa Coffee** on the right
95. To get to the station, take the next road left after Costa Coffee, Priory Street.
96. At the end of this, you come to a large roundabout and turn right. In 60 metres turn left to cross the road at traffic lights, and on the far side turn left. Carry on past the roundabout and on to the right up Folkestone Road.
97. In 100 metres ignore Effingham Road to the right after a petrol station, but in another 120 metres fork right down the approach road to **Dover station**.