Canterbury is an ancient city, most famous for its cathedral which has UNESCO World Heritage status. It has been a focus for pilgrims for many centuries, famously providing the setting for Chaucer’s *Canterbury Tales*. Many footpaths in the area are old pilgrimage trails.

Our demanding day takes us north-east to the Thames Estuary and Reculver. After a stretch along the coast, we loop back south through hills and valleys, farmland and ancient woodland, passing Canterbury and its impressive cathedral before returning to our Hub.

At 26 miles, this is a challenging but beautiful and very memorable day’s walk. A more moderate half-distance option is also available.

### Detailed Itinerary

We meet at our Event Hub near Herne Common for registration and a briefing, and after warming up our muscles, we set off! Our route takes us through farmland and small villages, heading for Reculver, with its impressive towers on the site of an ancient Roman fort. We follow this famous Saxon Shore, where defences have been built through history to repel invaders.

Heading south again after Herne Bay, we take hilly paths through villages and woodland, crossing small streams and finally coming to the outskirts of Canterbury. This is predominantly low-lying countryside, but you’d be mistaken to assume it’s flat! After a short steep hill up to the historic city, we take in the views of the cathedral before walking north again, and back to our Hub.

The half-marathon route heads south-west, picking up the main route before Canterbury and returning to the Hub. There will be refreshments at the end and plenty of room to relax and celebrate before saying our farewells and heading home.

**Total distance: 26 miles / 13 miles**

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*
FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Trekking Information

We trek mainly on grass paths or gravel tracks, but also on some quiet roads, with road crossings. Some sections may be muddy. There are some significant hills, though the majority of the route is flat or gently undulating.

Groups may set off at staggered intervals. The full marathon walk should take approximately 8-9 hours for fit and strong walkers; others should allow longer. It may take some walkers up to 12 hours.

This is not a competitive event! You can go at your own pace, but if we are concerned about you being able to finish the distance safely, we will recommend you stop early. Those less confident of their ability to complete the full marathon distance can opt for a half-marathon walk of 13 miles.

This is a long and tough one-day walk and it is consequently vital that you train sufficiently for it. The more training that you do the more you will enjoy the experience!

There will be full support throughout the challenge with marshals and water stops along the route.

You will need appropriate, good quality footwear and clothing for hot, cool or wet conditions; you will get very tired as the day progresses and having the right kit can make all the difference with coping well.