A walk of 1.8 miles (3km) following the estuary from Grain village. After a short ramped descent with occasional stones up to 20mm, the rest of the walk follows a concrete surface on the sea wall. There are occasional potholes up to 40mm, but these can be avoided. Please take care on the sea wall as there is no barrier on the seaward side.
How to get to Grain

Bus: 194 (Gillingham to Grain) Mon-Sat: hourly; Sun: 2 hourly
796 (Chatham to Grain) Mon-Sat: 3 journeys

Road: From the A2 take the A228, then B2001. On reaching Grain, turn left at the High Street sign posted to the beach. Go past the shops on the left and a church to the right, to reach the car park on your left.

Road map: www.streetmap.co.uk - 588900,176950

Route description

START From the car park take the right hand path sign posted ‘To the seafront.’

A. Follow the ramp down to the sea wall

B. At the sea wall turn right
   - 1 No barrier on seaward side

C. Continue along the sea wall through the yellow posts

D. Continue until you reach the wire mesh fence and then retrace your steps. FINISH

Points of interest

The foreshore lies at the meeting point between the Thames and the Medway rivers. The name Medway derives from Medu meaning mead, signifying a river with sweet water.

The variety of habitats around the foreshore is home to a wide variety of plant and animal life. Mudflats attract Oystercatchers and Redshank. A nationally scarce plant Sea Clover is found in the rich coastal grasslands. The estuary is designated as a Special Protection Area (SPA) because of its rare and vulnerable birdlife.

Remains of the 19th century coastal artillery fortifications can be seen from the shore. These are comprised of a mid-1850’s gun tower located in a tidal mudflat projecting into the river channel, and a fort which acted as the main garrison accommodation and three batteries. Later 20th century additions included two searchlight emplacements close to the Sea wall.

Additional information - This route is in an exposed location. Please dress appropriately in cold or wet weather. For more information about the walk, call Medway Public Rights of Way team on 01634 331470