

48. The Royal Military Canal

Distance **29 miles/46.5km**

Ascent **115 metres**

Start **West Hythe, CT21 5NN**

Finish **Cliff End, TN35 4HF**

This route is very easy to follow as it sticks to the bank of the canal the whole way. Often you can run on either side but in some sections it's best on a particular side which is how we have directed you.

Start on the southern bank and follow the canal west to a footbridge in Pennypot (3.2 miles/5.1km). Cross and follow the north bank to a small road bridge near Ruckinge (10.5 miles/16.9km). Cross and follow the south bank to the A2070 bridge (12.4 miles/19.9km). Cross and follow the north bank to a lock near Bosney Farm (19.5 miles/31.4km). Cross and follow the eastern bank of the River Rother and the Sussex Border Path south into Rye (22.2 miles/35.7km). Cross with the A259 and stay L along the River Brede, cross again on the road and stay L still following the Royal Military canal path then turn L, crossing to the east bank at Brede Sluice. Follow the path south from here, briefly joining Sea Road near Winchelsea and staying on the eastern bank and canal path to the end of the canal at Cliff End.

Miles	Km	Directions
0.0	0.0	Start on the southern bank and follow the canal west to a footbridge in Pennypot.
3.2	5.1	Cross and follow the north bank to a small road bridge near Ruckinge.
10.5	16.9	Cross and follow the south bank to the A2070 bridge.
12.4	19.9	Cross and follow the north bank to a lock near Bosney Farm.
19.5	31.4	Cross and follow the eastern bank of the River Rother and the Sussex Border Path south into Rye.
22.2	35.7	Cross with the A259 and stay left along the River Brede through Rye.
23.1	37.2	Turn left crossing with the road and stay left still following the Royal Military canal path then turn left to Brede Sluice.
23.4	37.7	Cross to the eastern bank and turn right following the canal path south to the end of Sea Road in Winchelsea Beach.
25.2	40.5	Turn right following the road and canal path west to the road bridge. Turn left before the bridge and follow the canal path south-west to Cliff End and the finish.