A person is riding a bicycle on a gravel path through a wooded area. The person is wearing a red tank top and light-colored shorts. In the background, there is a lake and another person riding a bicycle. The sky is blue with some clouds.

# Explore Kent by bike

Map and guide

# Explore Kent by bike



Bewl Water

*It's healthy, it's fun, it's cheap, it's easy and it's environmentally friendly... how many more reasons do you need to enjoy a day out cycling or take a cycle break in Kent?*

Welcome to the Explore Kent Cycle Guide, your ultimate guide to two-wheeled fun, fitness and adventure in the glorious Garden of England. Pedal along the stunning chalk cliffs of the Kent Downs, discover unspoilt beaches or explore the quiet winding lanes and villages of the beautiful Wealden countryside, all at a relaxed pace.

Kent is just a stone's throw away from London, making it an ideal destination for a day's cycling. The extensive range of good quality accommodation on offer, from B&Bs with oak-beamed barns to first class beach huts and hotels, mean that Kent is also a fabulous location for longer cycling holidays.

Kent also boasts two Areas of Outstanding Natural Beauty (AONB), the Kent Downs and the High Weald. These protected landscapes of national importance offer some spectacular scenery, diverse and vibrant landscapes, locally distinctive villages, unique and precious wildlife and many sites of historic and cultural interest so there is plenty to explore. Visit [www.kentdowns.org.uk](http://www.kentdowns.org.uk) or [www.highweald.org](http://www.highweald.org) to find out more.

## Where can I find cycle routes in Kent?

[www.kent.gov.uk/explorekent](http://www.kent.gov.uk/explorekent) -

Whatever your ability or cycle need, log onto Explore Kent for free cycle routes (on and off road), short break cycle itineraries, a list of cycle clubs in Kent, local cycle schemes, cycle safety training for children and much more. There is also an interactive map where you can plan your own cycle routes.

[www.sustrans.org.uk](http://www.sustrans.org.uk) -

Kent is also well served by the National Cycle Network, the flagship project of Sustrans, the country's leading sustainable transport charity.

## OFF ROAD CYCLING

**Bedgebury Pinetum nr Goudhurst**

[www.bedgeburypinetum.org.uk](http://www.bedgeburypinetum.org.uk)

**Fowlmead Country Park nr Deal**

[www.fowlmead.co.uk](http://www.fowlmead.co.uk)

**Penshurst off Road Centre nr Tonbridge**

[www.ukdirt.com/porc](http://www.ukdirt.com/porc)

**Bewl Water nr Lamberhurst - [www.bewl.co.uk](http://www.bewl.co.uk)**

**Public rights of way (bridleways, byways and restricted byways) - [www.kent.gov.uk/explorekent](http://www.kent.gov.uk/explorekent)**

## Safe cycling tips

- carry a map of the route
- look where you are going
- wear bright clothing
- get off and walk where you need to
- follow the Highway Code, even on traffic free routes
- give way to walkers and horse riders
- be sensible about your capabilities
- make sure you drink plenty of water
- apply a strong sunscreen
- carry your mobile phone
- take a lock and chain

## Travelling by train

- be prepared to carry your bicycle, not all stations have lifts or escalators linking platforms so you will need to use bridges and subways to make some connections
- avoid the rush hour, bicycles may not be permitted on certain trains during peak travel and it will also save you money

## Accommodation

Only a short train ride from London and quick hop across the Channel, Kent's charming countryside is a fabulous location for short break or longer cycling holidays. There are simply too many accommodation providers to list in this guide so for a full list of graded accommodation providers in Kent please visit [www.visitkent.co.uk](http://www.visitkent.co.uk) where you can book your stay online. Alternatively please call the local Visitor Information Centre in the area that you wish to stay using the contact details below.

## Kent Visitor Information Centres

<b>Ashford</b> tel: 01233 629165 <a href="http://www.ashford.gov.uk">www.ashford.gov.uk</a>	<b>Gravesend</b> tel: 01474 337600 <a href="http://www.towncentric.co.uk">www.towncentric.co.uk</a>	<b>Sandwich (summer only)</b> tel: 01304 613565 <a href="http://www.open-sandwich.co.uk">www.open-sandwich.co.uk</a>
<b>Broadstairs</b> tel: 0870 2646111 <a href="http://www.visitthetant.co.uk">www.visitthetant.co.uk</a>	<b>Herne Bay</b> tel: 01222 361911 <a href="http://www.visitthebay.co.uk">www.visitthebay.co.uk</a>	<b>Sevenoaks</b> tel: 01732 450305 <a href="http://www.heartofkent.org.uk">www.heartofkent.org.uk</a>
<b>Canterbury</b> tel: 01222 378100 <a href="http://www.canterbury.gov.uk">www.canterbury.gov.uk</a>	<b>Maidstone</b> tel: 01622 602169 <a href="http://www.tour-maidstone.com">www.tour-maidstone.com</a>	<b>Swanley</b> tel: 01322 614660
<b>Deal</b> tel: 01304 369576 <a href="http://www.whitecliffscountry.org.uk">www.whitecliffscountry.org.uk</a>	<b>Margate</b> tel: 0870 2646111 <a href="http://www.visitthetant.co.uk">www.visitthetant.co.uk</a>	<b>Tenterden (summer only)</b> tel: 01580 763572 <a href="http://www.ashford.gov.uk">www.ashford.gov.uk</a>
<b>Dover</b> tel: 01304 205108 <a href="http://www.whitecliffscountry.org.uk">www.whitecliffscountry.org.uk</a>	<b>New Romney</b> tel: 01797 362353 <a href="http://www.discoverfolkestone.co.uk">www.discoverfolkestone.co.uk</a>	<b>Tonbridge</b> tel: 01732 770929 <a href="http://www.tmbc.gov.uk">www.tmbc.gov.uk</a>
<b>Faversham</b> tel: 01795 534542 <a href="http://www.faversham.org.uk">www.faversham.org.uk</a>	<b>Ramsgate</b> tel: 0870 2646111 <a href="http://www.visitthetant.co.uk">www.visitthetant.co.uk</a>	<b>Tunbridge Wells</b> tel: 01892 515675 <a href="http://www.visitunbridgewells.com">www.visitunbridgewells.com</a>
<b>Folkestone</b> tel: 01303 258594 <a href="http://www.discoverfolkestone.co.uk">www.discoverfolkestone.co.uk</a>	<b>Rochester</b> tel: 01634 843666 <a href="http://www.medway.gov.uk">www.medway.gov.uk</a>	<b>Whitstable</b> tel: 01227 275482 <a href="http://www.visitwhitstable.co.uk">www.visitwhitstable.co.uk</a>

## Cycle Hire

<b>Ashford</b>	<b>Ashwood Cycle Centre</b>	01233 639558	TN23 6LZ	
<b>Bedgebury</b>	<b>Quench Cycles @ Bedgebury</b>	01580 879694	TN17 2SL	<a href="http://www.quenchuk.co.uk">www.quenchuk.co.uk</a>
<b>Bewl Water</b>	<b>Cuckmere Cycles</b>	01892 891446	TN3 8BH	<a href="http://www.cuckmere-cycle.co.uk">www.cuckmere-cycle.co.uk</a>
<b>Canterbury</b>	<b>Downland Cycles</b>	01222 479643	CT2 8AN	<a href="http://www.downlandcycles.co.uk">www.downlandcycles.co.uk</a>
<b>Cranbrook</b>	<b>Cranbrook Cycles</b>	01580 715500	TN17 2AF	<a href="http://www.cranbrookcycles.co.uk">www.cranbrookcycles.co.uk</a>
<b>Deal</b>	<b>Hutchings Cycles</b>	01304 364945	CT14 7RW	
<b>Deal</b>	<b>Deal Cycles</b>	01304 366080	CT14 9EW	
<b>Folkestone</b>	<b>Renham's Cycle Hire</b>	01303 241884	CT20 1HA	<a href="http://www.renhamscycles.co.uk">www.renhamscycles.co.uk</a>
<b>Margate</b>	<b>Kens Bikes</b>	01843 221422	CT9 1XA	
<b>Penshurst</b>	<b>Penshurst Off Road Centre</b>	01892 870136	TN11 8DU	<a href="http://www.porc-online.co.uk">www.porc-online.co.uk</a>
<b>Tonbridge</b>	<b>Cycle Ops</b>	01732 500533	TN9 1BL	<a href="http://www.cycle-ops.co.uk">www.cycle-ops.co.uk</a>
<b>Tonbridge</b>	<b>CyclesUK</b>	01732 365718	TN9 1DL	<a href="http://www.cyclesuk.com">www.cyclesuk.com</a>

## Cycle Repair

<b>Ashford</b>	<b>Cycle Mart</b>	01233 662800	TN23 1UJ	
<b>Broadstairs</b>	<b>The Bike Shop (St. Peters)</b>	01843 865769	CT10 2UT	
<b>Bexleyheath</b>	<b>White's Cycle Centre</b>	01322 558331	DA7 6BU	<a href="http://www.whitescyclecentre.co.uk">www.whitescyclecentre.co.uk</a>
<b>Bromley</b>	<b>Bigfoot Bikes</b>	020 8462 5004	BR2 7LD	<a href="http://www.bigfootbikes.com">www.bigfootbikes.com</a>
<b>Canterbury</b>	<b>Tibbs Cycle Store</b>	01222 787880	CT1 2NZ	<a href="http://www.tibbscyclestore.com">www.tibbscyclestore.com</a>
<b>Canterbury</b>	<b>Downland Cycles</b>	01222 479643	CT2 7JA	<a href="http://www.downlandcycles.co.uk">www.downlandcycles.co.uk</a>
<b>Canterbury</b>	<b>Cyber Cycle</b>	01222 712128	CT2 0AH	
<b>Cranbrook</b>	<b>Cranbrook Cycle Centre</b>	01580 713646	TN17 3BH	<a href="http://www.cranbrookcycles.co.uk">www.cranbrookcycles.co.uk</a>
<b>Deal</b>	<b>Curwen's Cycles</b>	01304 365823	CT14 6RL	
<b>Folkestone</b>	<b>Trevis Cycle Centre</b>	01303 276484	CT9 4EY	
<b>Folkestone</b>	<b>Renham's Cycles</b>	01303 241884	CT20 1HA	<a href="http://www.renhamscycles.co.uk">www.renhamscycles.co.uk</a>
<b>Folkestone</b>	<b>ACTIV</b>	01303 240110	CT20 2DA	<a href="http://www.activfolkestone.com">www.activfolkestone.com</a>
<b>Headcorn</b>	<b>Woods Cycles (Headcorn) Ltd</b>	01622 890664	TN27 9NN	
<b>Herne Bay</b>	<b>Bikes Bikes Bikes</b>	01227 373736	CT6 5EX	
<b>Herne Bay</b>	<b>Cycle Fix</b>	01227 749649	CT6 8QG	
<b>Larkfield</b>	<b>Larkfield Cycles</b>	01732 847438	ME20 6UJ	<a href="http://www.larkfieldcycles.co.uk">www.larkfieldcycles.co.uk</a>
<b>Maidstone</b>	<b>Senacre Cycles</b>	01622 752695	ME15 8QF	<a href="http://www.senacrecycles.co.uk">www.senacrecycles.co.uk</a>
<b>Margate</b>	<b>Ken's Bike Shop</b>	01843 221422	CT9 1XA	
<b>Margate</b>	<b>Cliftonville Cycles</b>	01843 291650	CT9 2ON	<a href="http://www.cliftonvillecycles.co.uk">www.cliftonvillecycles.co.uk</a>
<b>Margate</b>	<b>The Bike Shed</b>	01843 228866	CT9 5AS	
<b>New Romney</b>	<b>Romney Cycles</b>	01797 362155	TN28 8AZ	<a href="http://www.romneycycles.co.uk">www.romneycycles.co.uk</a>
<b>Ramsgate</b>	<b>Holyoak Cycles</b>	01843 591684	CT11 7SU	
<b>Sandwich</b>	<b>Locks of Sandwich (1890) Ltd</b>	01304 617161	CT13 9BT	
<b>Sidcup</b>	<b>Sidcup Cycle Centre</b>	0208 300 8113	DA15 7AB	<a href="http://www.sidcupcycles.co.uk">www.sidcupcycles.co.uk</a>
<b>Tenterden</b>	<b>Apollo Cycle Sport</b>	01580 765612	TN30 6AB	<a href="http://www.apollocyclesport.co.uk">www.apollocyclesport.co.uk</a>
<b>Tonbridge</b>	<b>Evernden Cycles</b>	01892 832823	TN12 6AF	<a href="http://www.everndencycles.co.uk">www.everndencycles.co.uk</a>
<b>Tonbridge</b>	<b>Cycle Ops</b>	01732 500533	TN9 1BL	<a href="http://www.cycle-ops.co.uk">www.cycle-ops.co.uk</a>
<b>Tunbridge Wells</b>	<b>Wild Side Cycles</b>	01892 527069	TN1 20L	<a href="http://www.wildside-online.co.uk">www.wildside-online.co.uk</a>
<b>Whitstable</b>	<b>Herberts Cycles</b>	01227 272072	CT5 1AF	<a href="http://www.herbertscycles.co.uk">www.herbertscycles.co.uk</a>

## Attractions along the cycle routes

<b>Battle of Britain Memorial</b> <a href="http://www.2fourmuseum.org.uk">www.2fourmuseum.org.uk</a> 01303 249292	<b>High Weald AONB</b> <a href="http://www.highweald.org">www.highweald.org</a> 01580 879500	<b>Sandwich River Bus &amp; Seal Spotting</b> <a href="http://www.sandwichriverbus.blogspot.com">www.sandwichriverbus.blogspot.com</a> 07958 376183
<b>Bedgebury Forest</b> <a href="http://www.bedgebury.org">www.bedgebury.org</a>	<b>Hole Park Gardens</b> <a href="http://www.holepark.com">www.holepark.com</a> 01580 241344	<b>Scotney Castle and Gardens</b> <a href="http://www.nationaltrust.org.uk">www.nationaltrust.org.uk</a> 01892 893820
<b>Bewl Water</b> <a href="http://www.bewl.co.uk">www.bewl.co.uk</a> 01892 890232	<b>Howlets Wild Animal Park</b> <a href="http://www.howlets.net">www.howlets.net</a> 01227 721286	<b>Smallhythe Place Ellen Terry Museum</b> <a href="http://www.nationaltrust.org.uk">www.nationaltrust.org.uk</a> 01580 762334
<b>Biddenden Vineyards and Cider Works</b> <a href="http://www.biddendenvineyards.com">www.biddendenvineyards.com</a> 01580 291726	<b>Kent Downs AONB</b> <a href="http://www.kentdowns.org.uk">www.kentdowns.org.uk</a> 01303 815170	<b>Shell Grotto</b> <a href="http://www.shellygrotto.co.uk">www.shellygrotto.co.uk</a> 01843 220008
<b>Blean Woods</b> <a href="http://www.theblean.co.uk">www.theblean.co.uk</a> 01227 862015	<b>Kent and East Sussex Railway</b> <a href="http://www.kesr.org">www.kesr.org</a> 0870 6006074	<b>The Sinden Theatre</b> <a href="http://www.sindentheatre.biz">www.sindentheatre.biz</a> 01580 763826
<b>Canterbury Castle</b> <a href="http://www.canterbury.co.uk">www.canterbury.co.uk</a> 01227 378100	<b>Marine Tours</b> <a href="http://www.bayblast.co.uk">www.bayblast.co.uk</a> 01227 373732	<b>Sissinghurst Castle Garden</b> <a href="http://www.nationaltrust.org.uk/sissinghurst">www.nationaltrust.org.uk/sissinghurst</a> 01580 710700
<b>Canterbury Cathedral</b> <a href="http://www.canterbury-cathedral.org">www.canterbury-cathedral.org</a> 01227 762862	<b>The Marlowe Theatre</b> <a href="http://www.marlowetheatre.com">www.marlowetheatre.com</a> 01227 787787	<b>Silcocks Farm Shop</b> <a href="http://www.silcocksfarm-organics.co.uk">www.silcocksfarm-organics.co.uk</a> 01580 763351
<b>Canterbury Environmental Education Centre</b> <a href="http://www.kent.gov.uk/eplorekent">www.kent.gov.uk/eplorekent</a> 01227 452447	<b>Margate Museum</b> <a href="http://www.margatemuseum.org.uk">www.margatemuseum.org.uk</a> 01843 231213	<b>St. Augustine's Abbey</b> <a href="http://www.english-heritage.org.uk">www.english-heritage.org.uk</a> 01227 767345
<b>Canterbury Festival</b> <a href="http://www.canterburyfestival.co.uk">www.canterburyfestival.co.uk</a> 01227 452853	<b>Monkton Nature Reserve</b> <a href="http://www.monkton.net">www.monkton.net</a> 01843 822666	<b>Stodmarsh National Nature Reserve</b> <a href="http://www.kent.gov.uk/eplorekent">www.kent.gov.uk/eplorekent</a> 01233 812525
<b>Canterbury River Tours</b> <a href="http://www.canterburyrivertours.co.uk">www.canterburyrivertours.co.uk</a> 07790 534744	<b>Pegwell Bay Country Park</b> <a href="http://www.kent.gov.uk/eplorekent">www.kent.gov.uk/eplorekent</a> 01303 266327	<b>South Foreland Lighthouse</b> <a href="http://www.nationaltrust.org.uk">www.nationaltrust.org.uk</a> 01304 852463
<b>Canterbury Tales</b> <a href="http://www.canterburytales.org.uk">www.canterburytales.org.uk</a> 01227 479227	<b>Perry Wood</b> <a href="http://www.faversham.org.uk">www.faversham.org.uk</a> 01795 534542	<b>Timeball Tower Museum</b> <a href="http://www.whitecliffscountry.org.uk/heritage/timeball">www.whitecliffscountry.org.uk/heritage/timeball</a> 01304 360897
<b>Chiddingstone Castle</b> <a href="http://www.chiddingstonecastle.org.uk">www.chiddingstonecastle.org.uk</a> 01892 870347	<b>Penshurst Place &amp; Gardens</b> <a href="http://www.penshurstplace.com">www.penshurstplace.com</a> 01892 870307	<b>Tenterden Vineyard</b> (Chapel Down Winery) <a href="http://www.englishwinery.co.uk">www.englishwinery.co.uk</a> 01580 763033
<b>Crabbe Corn Mill</b> <a href="http://www.ccmr.org.uk">www.ccmr.org.uk</a> 08701 453857	<b>Penshurst Off-Road Centre</b> <a href="http://www.porc-online.co.uk">www.porc-online.co.uk</a> 01892 870136	<b>Tenterden and District Museum</b> <a href="http://www.ukpages.net/kent/museum.htm">www.ukpages.net/kent/museum.htm</a> 01580 764310
<b>Crampton Tower Museum</b> <a href="http://www.cramptontower.co.uk">www.cramptontower.co.uk</a> 01843 871133	<b>Punt Trips</b> <a href="http://www.pmc.co.uk">www.pmc.co.uk</a> 07816 760869	<b>Tonbridge Pool</b> <i>Open all swimming from June to September</i> 01732 367449
<b>Deal Castle</b> <a href="http://www.english-heritage.org.uk">www.english-heritage.org.uk</a> 01304 372762	<b>Quex Museum, House &amp; Gardens</b> <a href="http://www.quexmuseum.org">www.quexmuseum.org</a> 01843 842168	<b>Turner Contemporary</b> <a href="http://www.turnercontemporary.org.uk">www.turnercontemporary.org.uk</a> 01843 294208
<b>Deal Maritime Museum</b> <a href="http://home.freeuk.com/deal-museum">home.freeuk.com/deal-museum</a> 01304 381344	<b>The Rare Breeds Centre</b> <a href="http://www.rarebreeds.co.uk">www.rarebreeds.co.uk</a> 01233 861493	<b>Walking Tours</b> <a href="http://www.canterbury-walks.co.uk">www.canterbury-walks.co.uk</a> 01227 459779
<b>Deal Pier</b> <a href="http://www.dealpier.com">www.dealpier.com</a> 01304 363815	<b>RAF Manston Spitfire &amp; Hurricane Museum</b> <a href="http://www.spitfire-memorial-museum.com">www.spitfire-memorial-museum.com</a> 01843 821940	<b>Whitstable Information Centre</b> <a href="http://www.canterbury.co.uk">www.canterbury.co.uk</a> 01222 275482
<b>Dickens House Museum</b> <a href="http://www.dickenshouse.com">www.dickenshouse.com</a> 01843 861232	<b>RAF Manston Spitfire &amp; Hurricane Museum</b> <a href="http://www.spitfire-memorial-museum.com">www.spitfire-memorial-museum.com</a> 01843 821940	<b>Whitstable Oyster Festival - July</b> <a href="http://www.whitstableoysterfestival.co.uk">www.whitstableoysterfestival.co.uk</a> 01227 862267
<b>Dover Museum</b> <a href="http://www.dover.gov.uk/museum">www.dover.gov.uk/museum</a> 01304 201066	<b>Rowing Boats</b> <a href="http://www.tonbridge-kent.com/waterways">www.tonbridge-kent.com/waterways</a> 01732 360630	<b>White Cliffs of Dover</b> <a href="http://www.whitecliffs.org.uk">www.whitecliffs.org.uk</a> 01304 202756
<b>Dover Transport Museum</b> <a href="http://www.dovertransportmuseum.homestead.com">www.dovertransportmuseum.homestead.com</a> 01304 822409	<b>Rare Species Conservation Centre</b> <a href="http://www.rare-species-conservation-centre.org">www.rare-species-conservation-centre.org</a> 01304 611578	<b>Western Heights</b> <a href="http://www.western-heights.com">www.western-heights.com</a> 01304 241802
<b>Drapers Windmill</b> <a href="http://www.open-sandwich.co.uk/mills/margate.htm">www.open-sandwich.co.uk/mills/margate.htm</a> 01843 291696	<b>Revolution Skate Park &amp; Climbing Centre</b> <a href="http://www.revolutionskatepark.co.uk">www.revolutionskatepark.co.uk</a> 01843 866707	<b>Walmer Castle &amp; Gardens</b> <a href="http://www.english-heritage.org.uk">www.english-heritage.org.uk</a> 01304 364288
<b>Fire Fox Fishing Charters</b> <a href="http://www.firefox-fishingcharters.co.uk">www.firefox-fishingcharters.co.uk</a> 01580 891198	<b>Ramsgate Maritime Museum</b> <a href="http://www.kent.gov.uk/museum">www.kent.gov.uk/museum</a> 01843 570622	<b>White Cliffs Boat Tours</b> <a href="http://www.whitecliffsboatours.co.uk">www.whitecliffsboatours.co.uk</a> 01303 271388
<b>Finchcocks</b> <a href="http://www.finchcocks.co.uk">www.finchcocks.co.uk</a> 01580 211702	<b>Roman Painted House</b> <a href="http://www.dover-kent.co.uk">www.dover-kent.co.uk</a> 01304 203279	<b>White Mill Heritage Centre</b> <a href="http://www.whitemill.open-sandwich.co.uk">www.whitemill.open-sandwich.co.uk</a> 01304 612076
<b>The Grange</b> <a href="http://www.landmarktrust.org.uk">www.landmarktrust.org.uk</a> 01628 825925	<b>Rupert Bear Museum</b> <a href="http://www.rupertbear.com">www.rupertbear.com</a> 01227 452747	
<b>Groombridge Place</b> <a href="http://www.groombridge.co.uk">www.groombridge.co.uk</a> 01892 861444	<b>Sampshire Hoe</b> <a href="http://www.sampshirehoe.com">www.sampshirehoe.com</a> 01304 225649	
<b>Hever Lakeside Theatre</b> <a href="http://www.heverlakeside.co.uk">www.heverlakeside.co.uk</a> 01732 866114	<b>Sandwich Guildhall Museum</b> <a href="http://www.sandwichtowncouncil.gov.uk">www.sandwichtowncouncil.gov.uk</a> 01304 617197	
<b>Hever Castle</b> <a href="http://www.hevercastle.co.uk">www.hevercastle.co.uk</a> 01732 865224	<b>Sandwich &amp; Pegwell Bay Nature Reserve</b> <a href="http://www.kentwildlifetrust.org.uk">www.kentwildlifetrust.org.uk</a> 01622 662012	



Penshurst Off Road Centre

Bowl Water

Bedgebury Pinetum

Fowmead Country Park

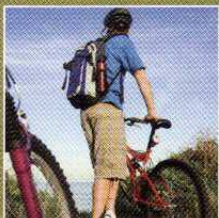
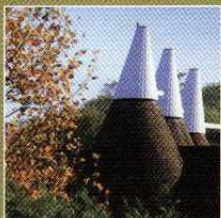
- National Cycle Network (On-road)
- National Cycle Network (Traffic-free)
- Regional Cycle Route (On-road)
- Regional Cycle Route (Traffic-free)
- Railway (station/recreational station)
- Cycle shop
- Places with a Tourist Information Centre
- Historic house
- Castle
- Cathedral, Abbey or Priory
- Gardens
- Museum
- Other place of interest



0 5km 10km 20km

0 5miles 10miles

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