Flamborough Cove Crawl

Grade: Easy/Moderate

Distance: 26km return

Terrain: Minor roads & B Roads (which can get busy during the peak season)

Description: If you’re not staying near Bempton, this ride involves catching a train from Filey or Hunmanby to Bempton... unless you’re a fit and keen cyclist and are happy to ride the 20km or so to get to the start! If so, follow the first half of our Bempton, Sewerby & Bridlington route to get you there. The cove crawl itself has some spectacular scenery and at times you’ll forget you’re in the UK. White chalk cliffs, sea arches and white pebbled beaches make a stunning contrast against the colour of the sea & cliff vegetation. If you get to Thornwick Bay outside high tide, you’ll even be able to explore its caves. Much of this area features in the 2015 film version of Dad’s Army. There’s plenty of wild-life to see and display boards around the area provide an insight into the fascinating history and geography of this unique landscape. Out of season, you’ll have some of the coves to yourself but you’ll have less choice over refreshment stops as many close after October half term.

Coast Railway re you visit small villages and hamlets as you

Refreshments: Pubs, cafes & shops in Bempton; cafe at Thornwick Bay; cafes and pubs North Landing; cafes & bar Flamborough Lighthouse; cafes, pubs & shops Flamborough Village.

Start: Bempton Railway Station

1. Bempton to Thornwick Bay (7km)

On leaving the train station, turn left at the road and head into Bempton village. At the junction, head right onto Church Lane, passing the church on your right. At the T junction, turn right onto High Street Follow the main road as it bears sharp left and then right. Keep on this main road (which can get busy during the summer season) for approximately 3km until you enter Flamborough and pass a school on your left. Turn left at the next junction (Carter Lane), which is sign-posted to Flamborough. At the memorial, turn left onto Chapel Street, which then becomes Woodcock Road (signed North Landing & Thornwick Bay). You will pass an Esso garage on your right. Follow the road to left and onto North Marine Rd. Continue ahead along the straight but undulating road, passing the turn off for Thornwick Bay Caravan Park on your left. Continue ahead, turning left just before The Viking pub, which is signed Thorwick Bay and Caverns. At the end of this road you’ll find Thornwick Bay cafe with its stunning views (worth a look even when its closed). Access to Thornwick Bay with its caves and arches is via a short footpath and is clearly signed to your right as you head towards the cafe. There are no bike parks but a number of secure posts you can lock your bikes to.

1. Thornwick Bay to North Landing (approx 0.5km)

When you’ve explored Thornwick Bay, head back along the road and turn left at The Viking pub. Continue straight ahead until the road comes to a dead end at North Landing Cafe and the large car park. You can enjoy some excellent views without going any further. Alternatively, you can cycle down the ramp to the beach itself or lock your bike to a secure post and explore the cliff tops on foot.

1. North Landing to Flamborough Head (approx 5km)

After your break at North Landing, head back the way you came along North Marine Road. With Woodcock Rd on your right, turn onto North End. After a few metres, turn left immediately after the Rose & Crown Hotel and then first right, following the sign to Lighthouse & South Landing and keeping the village green on your left. Keep on this road until you reach the cross roads. Turn left onto Lighthouse Road, and keep going until it comes to an end, where you’ll find cafes, a bar, Flamborough Lighthouse and yet more spectacular views of the North Sea.

1. Flamborough Head to South Landing (approx 4km)

Head back along Lighthouse Rd until you arrive back at the cross roads, where you turned left. Turn left onto South Sea Rd, signposted to South Landing. Keep following the road. You’ll pass the Living Seas Centre on your left. It is open to the public on weekends and well worth a stop. The road descends steeply from here but it’s only a short ride to the beach with its lifeboat station & shop.

1. South Landing to Danes Dyke (approx 3km)

Yes, you guessed it... you have to cycle back up the hill the way you came. Go back to the crossroads, this time turning left and, at the junction, turn left onto Church St, following the winding road out of Flamborough towards Bridlington. Once out of the village, follow the main road (which can get very busy) for approximately 0.5km until you come to a road on your left which shows a no entry sign for motor vehicles but has a wooden public bridleway sign, directing you this way to Dane’s Dyke. Keep following the road/chalk bridleway as it veers left where you’ll find a public car park and toilets on your right. Continue downhill to get to the beautiful (and often deserted) beach.

1. Dane’s Dyke to Bempton (approx 6.5km)

You’ve now visited all the coves and it’s time to head back to the train. Cycle back into Flamborough the way you came. Soon after passing the Bempton village signs, turn left onto Bempton Lane (signed B1229), follow it all the way back to Bempton itself. You’ll soon recognise the road as you came along it at the start of the ride. Keep to the main road until you arrive in Bempton, where you’ll find the railway station signed to your left. If you’re early for your train, you might wish to continue on the main road where, in approx 0.5km, there’s the Richard Burton Art Centre & cafe on your left.