Filey to Scarborough via Cayton Bay

Grade: Easy

Distance: 24 km return

Terrain: Designated cycle tracks and minor roads

Description: From Filey Town centre, you’ll head out to Scarborough via Cayton Bay, which is a stunning beach renowned for its excellent surf conditions. You’ll then continue to the bustling town of Scarborough via a traffic-free road, enjoying some excellent sea views along the way. If you skip the road down to the beach at Cayton Bay itself which does involve a steep climb back up, it’s a relatively flat route with just a few short climbs. It’s also fairly easy to navigate. The down-side to this route is that you do have to cycle alongside the busy main A165 for several km but you are on a cycle path.

Coast Railway re you visit small villages and hamlets as you

Refreshments: Pubs, cafes & shops along the whole route with a farm shop at Redcliffe and a snack shack at Cayton Bay (if you take a detour into the village of Cayton itself, there are shops, pubs and a stained glass centre with tea room – just head for the B1261 from Cayton Bay), vast selection in Scarborough

Start: BikeAbout Filey Shop

1. Heading out of Filey (approx 2.5km)

Turn right out of the BikeAbout shop and go left at the T junction. Follow the road round as it bears right and, after a short distance, turn left at the junction. You will immediately pass The Star Inn on your right and will come to another junction, where you should turn right (Mitford Street). Cycle past all the shop until you arrive at Church Street. Go round to your left, passing Cammish Outdoor shop on your left and you will immediately arrive a mini-roundabout, where you will see a fuel station on your left. Take care here as it can get busy with traffic. Go straight ahead (2nd exit) onto West Avenue, which takes you through a quiet housing estate. Continue all the way along West Avenue until, after about ½ km, the road takes a sharp right and brings you out at the main Scarborough Road. At the main road, which is usually busy, we would recommend that families/less confident cyclists cross the road to get to the other side, which is a designated shared cycle path. Having crossed the road, turn left and continue cycling on the path against the flow of the traffic. A few metres up the road, on your left (and back across the road), is the Filey Bird & Animal Garden, which is worth a visit if you have time. If you’re not stopping, continue along the path and you will reach a large roundabout, where Scarborough Road meets the A165. Stay on the path and follow it as it bears right. You will now be following the A165 against the flow of the traffic. While verges separate the cycle path from the main road, keep a close eye on the children for this stretch, as the road itself is extremely busy and is national speed limit at this point.

1. Scarborough Road to Redcliffe Farm (approx 5km)

Keep going straight along the cycle path for about 3.5km as it runs parallel with the road and it will bring you to a dropped kerb at a round-about, sign-posted to The Blue Dolphin Holiday Park. Cross this quiet road. Most of you will want to go straight on at this point, continuing to follow the path straight ahead. However, for those who enjoy cycling up hills and feel like adding a km onto the ride, turn right here and cycle up the road. At the top of the climb you will pass the holiday park on your right. Keep following the road left and it will then drop you back down hill, where the road takes you to the right and then runs parallel to the A 165 (at this point those who didn’t opt for the hill will join you here). For those, who chose to avoid the hill, keep cycling along the A165 cycle path and, after approximately ½ km, keep an eye out for a small path to your right, which takes you through the hedgerow and onto the almost traffic-free old road. It can be easy to miss but, if you do, the path takes you through the hedge a short distance further up. Having gone through the hedgerow, turn left onto the road and follow it. You will pass Crow’s Next and Flower of May Holiday Park on your right. The Scarborough Fair attraction is based here and may be another stopping point for you, if you have the time. If not, continue ahead and, as you pass the fuel station on your left, turn right onto Redcliffe Lane (signed farm shop and tea rooms).

3) Redcliffe to Cayton (approx 1.5km)

Pass the farm shop/tea rooms on your right, where the road becomes a tarmac track which is inaccessible to cars. Follow this until it once again becomes a road. The road drops downhill and brings you out at Cayton Bay, but take your time here as there are some spectacular views to the right. If you wish to head to the beach for a break, follow what looks like a path sign-posted to the snack shack (this is actually a road so in theory you can cycle but it gets busy with pedestrians in summer). It’s also very steep so remember that you have to get back up it!

4) Cayton Bay to Scarborough (approx 3km)

After your break at Cayton Bay, come back up the steep hill and turn right just before the main A165 roundabout (opposite the track you arrived on). Continue straight ahead along what was the old A165 but is now blocked off to cars. The road closure sign does not apply to cyclists! You’ll eventually pass through a barrier and onto a road, which takes you through Osgodby. Keep going straight ahead uphill until, on the descent, you’ll spot that you’re approaching the large A165 roundabout. Before reaching the roundabout, turn right, following the blue signed cycle route into Scarborough. After a short distance, this takes you onto a shared pedestrian path, which you can then follow all the way into Scarborough town centre. If you’d prefer a quieter, more picturesque route, ignore the cycle route signs by passing the toucan crossing (just after the school playing fields) and taking the first road on your right (Wheatcroft Avenue). At the T junction, turn left onto Holbeck Hill and continue downhill until you turn right onto Esplanade Crescent – a road that soon provides stunning views over Scarborough Bay and takes you to the edge of Scarborough and its range of attractions. If you miss Esplanade Crescent, most streets on the right take you onto it.

1. Return Route

Sorry! It’s the same route back but it’s a chance to appreciate all those amazing views once more!