Muston, Gristhorpe, Cayton Bay& Scarborough

Grade: Easy/Moderate

Distance: 34km return

Terrain: Bridleways, designated cycle tracks and minor roads

Description: From the historic and picturesque village of Hunmanby, you’ll pass through farm land and the occasional small village with your first glimpse of the sea being at Cayton Bay, 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.

Coast Railway re you visit small villages and hamlets as you

Refreshments: Pubs, cafes & shops in Hunmanby, pub in Muston, pub in Gristhorpe, farm shop near Lebberston, 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: Hunmanby Village Centre

1. Hunmanby to Muston (approx 4km)

Starting in Hunmanby village centre with the 2 pubs on your left and the church on your right, head up the hill to the mini roundabout. Take the 2nd exit towards Muston. Follow the road downhill until you enter Muston. At the T junction with the pub opposite, turn right and follow the main road through the village, taking care as it can get busy. After passing the church on your left, the road climbs slightly and you will come to a sharp left-hand bend between the cottages. Shortly after this, turn left, following the sign to the village hall.

1. Muston to Gristhorpe (approx 5km)

After a short distance, take the first left and follow the road (sign-posted as a dead end). Continue straight ahead until a fork in the road, where you should veer left onto the bridleway, through a gate and into a field. Continue through the field and through a 2nd gate. Go through the 3rd gate, where it becomes hard to spot the bridleway. Turn left, following the perimeter hedge and keep round to the right as you pass a small gate on your left. Continue with the hedge on your left until you reach a gate in the far left corner of the field. Go through the gate to find the bridleway is once again clearly defined. After approximately 1km, you’ll reach a concrete bridge to your left. Turn right towards the clearly visible farm buildings. As you reach the farm, follow the track, ensuring that you keep the buildings on your right (it can get over-grown in summer) until, after a short distance, it brings you out onto a tarmac road. Turn left and continue across the railway into the picturesque village of Gristhorpe.

1. Gristhorpe to Cayton (approx 4km)

Follow the road through Gristhorpe, keeping left as you pass the Black Bull pub on your left. At the T-junction, turn left and the immediately right onto a small track which runs by the side of the red brick houses. At the end of the short track, there’s a gap in the hedge, which takes you onto the busy A165. Taking extra care, cross the main road and go through the opposite gap in the hedgerow, turning left onto the almost traffic-free old road, which runs parallel with the A165. You’ll pass Crow’s Nest and Flower of May holiday parks on your right. When you reach the service station on your left, turn right and continue along the quiet road (signed to a farm shop and tea rooms). 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 and brings you out at Cayton Bay. If you wish to head to the beach for a break, follow what looks like 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).

1. Cayton Bay to Scarborough (approx 4km)

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, which you’ll find just after the school playing fields, and take 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!