Bempton, Sewerby & Bridlington

Grade: Easy/Moderate

Distance: 42km return (to Bempton cliffs); 50km return (to Sewerby cliffs)

Terrain: All on minor roads

Description: This easy to navigate route (mostly signed by the Blue Route 1 signs) provides excellent sea views of the chalk cliff coastline with a stop at the RSPB nature reserve visitor’s centre. These famous cliffs host one of England’s largest seabird colonies from April to August. Arrive at Sewerby to take another break, enjoying the hall and gardens or picnic on the large expanse of grass cliff tops with spectacular views to Flamborough Head and Bridlington. And, if you have the energy, continue on the beaches of Bridlington, which is just an additional mile each way. Follow the same route back (or you could always cheat and catch the train!!)

Coast Railway re you visit small villages and hamlets as you

Refreshments: Pubs, shops & cafes in Hunmanby & Bempton, trailer cafe at RSPB centre, fish & chips & pub in Sewerby, vast selection in Bridlington

Start: Hunmanby Village Centre

1. Hunmanby to Reighton (approx 5.5)

Starting with the church on your left and the pubs on your right, cycle down the main street. Turn left onto Sands Lane (opposite garage and before mini-roundabout). When you reach the busy A165, you can choose to use the main roundabout and take the second exit or you can turn onto a short marked cycle path on your left, which takes you across the road. Bear right, heading towards Reighton, passing the junction to Hunmanby Gap on your left. Follow the road to the edge of the village of Reighton and turn right when you see the Blue Route 1 sign.

1. Reighton to Grindale (approx 7km)

A bridge takes you back under the A165. After a short distance, you’ll come to cross roads. Go straight ahead towards Grindale. After crossing over the railway bridge, turn left and follow the road until it takes you back over the railway. At the junction, turn right (signed Grindale). Continue for approximately 2km to the junction, where you turn left into Grindale.

1. Grindale to Bempton cliffs via Buckton (approx 8.5km)

Follow the main road through Grindale and turn left, following signs to Buckton. On arriving in Buckton, turn left and cross the railway. At the next T-junction (B1229), turn right heading into Bempton. A few metres on your right is the Richard Burton art gallery and tea shop, which is well worth a stop (check opening times). Turn left opposite the church onto Cliff Lane, following the sign to the RSPB visitor centre and keep going until you reach the small car park where there are bike parking stands. If you’ve had enough, you could head back at this point.

1. Bempton cliffs to Sewerby (approx 5km) & Bridlington (approx 1km)

Travel back up Cliff Lane to the junction. Turn right and then immediate left, passing the church on your left. Cross the railway track and continue about 1km to the next junction. Turn left on to the road, which will take you straight into Sewerby. To stop at Sewerby Hall and Gardens just follow the signs. If you wish to head straight to the cliffs, cycle past Sewerby Hall entrance on your left, following the road past The Ship Inn. When you come to a large public car park on your left, cycle through the car park to the cliffs. You can turn back here but, if you wish to continue to Bridlington, follow the cliff top path, which brings you out at North Marina Promenade. You can’t miss the path as you share it with the land train.