

### Crouch End & District U3A Longer Walks Group

<b>Walk number/title</b>	N094 Headland Way -Flamborough Head
<b>Date</b>	Wednesday 4 September 2024
<b>Distance</b>	13 miles / 21.0 km
<b>Travel</b>	<ul style="list-style-type: none"> <li>• Walk starts from <b>Bempton Village</b></li> <li>• Train from Scarborough rail station (journey time 30 mins)</li> <li>• Return train from Bridlington to Scarborough (40 minutes)</li> </ul>
<b>Timings</b>	<ul style="list-style-type: none"> <li>• Approx 6 hours plus stops</li> </ul>
<b>Route</b>	<ul style="list-style-type: none"> <li>• From Bempton station follow minor roads through village to Bempton Cliffs</li> <li>• Head SE along cliff top path to Thornwick Bay and North Landing</li> <li>• Continue SE to Flamborough Head &amp; lighthouse.</li> <li>• Round the head and follow path SW to South Landing continuing past Danes Dyke to Sewerby and Bridlington</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Packed lunch and drinking water required</li> </ul>
<b>Dropping out</b>	<ul style="list-style-type: none"> <li>• Possible to leave clifftop path and pick up hourly 14 bus service from North Landing to Bridlington</li> <li>• Walk from South Landing into Flamborough village to access same service</li> <li>• Service 14 also calls at Sewerby Hall near end of walk</li> </ul>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• Public toilets at N. Landing, Lighthouse &amp; S. Landing (Flamborough)</li> <li>• Also, at Sewerby Hall and along Bridlington sea front.</li> </ul>
<b>Suitability</b>	<ul style="list-style-type: none"> <li>• Well maintained cliff top paths with paved seafront promenade at the end of the day.</li> <li>• Cliff top at start approx 100m OD, descends to 30 m at Thornwick Bay then undulates around headland (total 250 m ascent)</li> <li>• Paths are narrow in parts and cliff subject to erosion – need to take care and stay on path</li> <li>• <b>Beware overhanging cliff-tops</b></li> <li>• Take special care in windy weather when close to cliff edge</li> <li>• Section from South Cliff to Sewerby gradually eases</li> <li>• Comfortable waterproof walking shoes/boots and a waterproof jacket required (see equipment list on web site)</li> <li>• Check weather forecast and WhatsApp group on day</li> </ul>
<b>Maps/Sources</b>	<ul style="list-style-type: none"> <li>• OS Explorer 301 Scarborough, Bridlington &amp; Flamborough Head</li> </ul>
<b>Leader/contact</b>	<ul style="list-style-type: none"> <li>• Leader's contact details provided to those walking</li> </ul>