

### Crouch End & District U3A Longer Walks Group

<b>Walk number/title</b>	N095 Filey to Scarborough
<b>Date</b>	Thursday 5 September 2024
<b>Distance</b>	10.0miles / 16.0 km
<b>Travel</b>	<ul style="list-style-type: none"> <li>• Walk starts from <b>Filey Railway Station</b></li> <li>• Hourly train from Scarborough (journey time 15 mins)</li> <li>• Walk finishes at Scarborough harbour close to town centre</li> </ul>
<b>Timings</b>	<ul style="list-style-type: none"> <li>• Approx 4.5 hours plus stops</li> </ul>
<b>Route</b>	<ul style="list-style-type: none"> <li>• A linear coastal walk from <b>Filey to Scarborough</b></li> <li>• Walk to Filey sands &amp; take promenade to Coble Landing</li> <li>• Climb to Filey Country park then cliff top to start of Cleveland Way</li> <li>• Head NW along cliff top via Gristhorpe to Cayton Sands</li> <li>• Descend to beach at Cayton then climb Osgodby Hill</li> <li>• Rejoin coast at White Nab continuing on to the Spa (South Bay)</li> <li>• Pass high-level Spa Bridge and continue along sea front to harbour</li> <li>• Optional 30 minutes extra to round Castle and walk on to North Bay</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>• Frequent bus service into Scarborough from Cayton Bay or Osgodby</li> <li>• Open topped double decker from Spa to Harbour/N Bay</li> </ul>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• Several public toilets in Filey town centre also at Filey Country Park</li> <li>• In season toilets open at Cayton Beach</li> <li>• South Bay Gardens and at Harbour in Scarborough</li> </ul>
<b>Suitability</b>	<ul style="list-style-type: none"> <li>• From sea level at Filey ascend to cliff top at Filey County Park</li> <li>• Walk along undulating cliff top with height gradually increasing to 85 metres before descent to sea level at Cayton Bay</li> <li>• Steepish climb up Osgodby Hill then more cliff top before descent to South Bay Scarborough</li> <li>• Total ascent of 390 metres (1200 feet)</li> <li>• Good well marked paths but narrow in parts and cliff subject to erosion – need to stay on path and in single file on occasion</li> <li>• Take special care in windy weather</li> <li>• High tides may require a short higher diversion by the Spa</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>