

Shortest distance 208km, suggested route 213km.

There are quieter roads than the A153 east of the River Bain but I think in practice you've got to cross it again near Horncastle, then A153 is the shortest way to Louth. Next A18 dodging to Barton. Entry and exit points for the cyclepath over the Humber are in the GPS file, but the signposting is pretty good. Aim for the Sloop PH in Barton, and you will be close to the southern entry to the cycleway. The A164 at the other end is busy, as are the lanes around it. Getting into the Wolds you will find Thixendale very quiet these days, but the lady whose family used to run the Post Office still opens a small shop, and the pub may still be running. You may be better off getting a GPS fix as proof of passage.

The same lady used to run a cafe that was popular with cyclists and there was also a Youth Hostel.

For a little extra distance there is still a bikers cafe at Fridaythorpe on the A166. Good B roads to Flamborough, then a busier coast road to just south of Scarborough.

Youth Hostel at 9km, <http://www.yha.org.uk/hostel/scarborough>.

E7 (210km). Coningsby, Louth, Humber Bridge, Thixendale, Flamborough, Eastfield..

29/08/07, 134m on clock, 13hr32, 0612-1944, warm and dry with a slight northerly.

ATM in Coningsby then A153 thru Horncastle

to Louth bypass. I followed this north to the first big roundabout before going into Louth for a control. It might have been better to go straight in to the town centre from the A153.

From Louth I decided on the A16 and A18 rather than going thru Binbrook. This worked out well as the views to the coast were good and the traffic very light. I left the main road for the B1211 at Keelby and then picked up the A1077 in Ulceby. I asked the way as I went into Barton on Humber and was sent down towards an industrial estate which led to the railway station. From there north for a few hundred yards and left just before the Sloop pub.

This took me to the East footpath over the Humber Bridge, the other footpath was closed.

At the other end of the bridge I stopped at the tourist info to ask the way to Beverley.

I was given a map, found a garage control on the A164 and was soon on the way towards Beverley.

The A164 was busy, but there was plenty of space at the side.

Made a mess of leaving Beverley but eventually found the B1248 which I left at Lund for Middleton on the Wolds, Huggate then picked up a thorn in front tyre on descent to Thixendale. Here there was a pub (closed) and a shop.

The PO was shut and closing down for good 3 days later. Fortunately the landlord of the pub was outside and signed my card.

Thence up and down to Fridaythorpe where a cafe was open. Here I took the B1251 to Sledmere then B1253 to Bridlington. In Rudston I stopped to get the thorn out of my front tyre, as well as it was 3/8 long and sure to cause trouble if left there.

From just outside Brid I followed signs to Flamborough, a quick detour into the village found a shop with stuff for tomorrows breakfast. After that I followed the B1229 to Reighton before joining the A165 past Filey and turned off for Eastfield where I had to detour south to Morrisons for a stamp. Fed at a nearby pub and continued to YH. Looking at the map I had I didn't think I could use it to find a good route to Alnwick so next day took train home.

