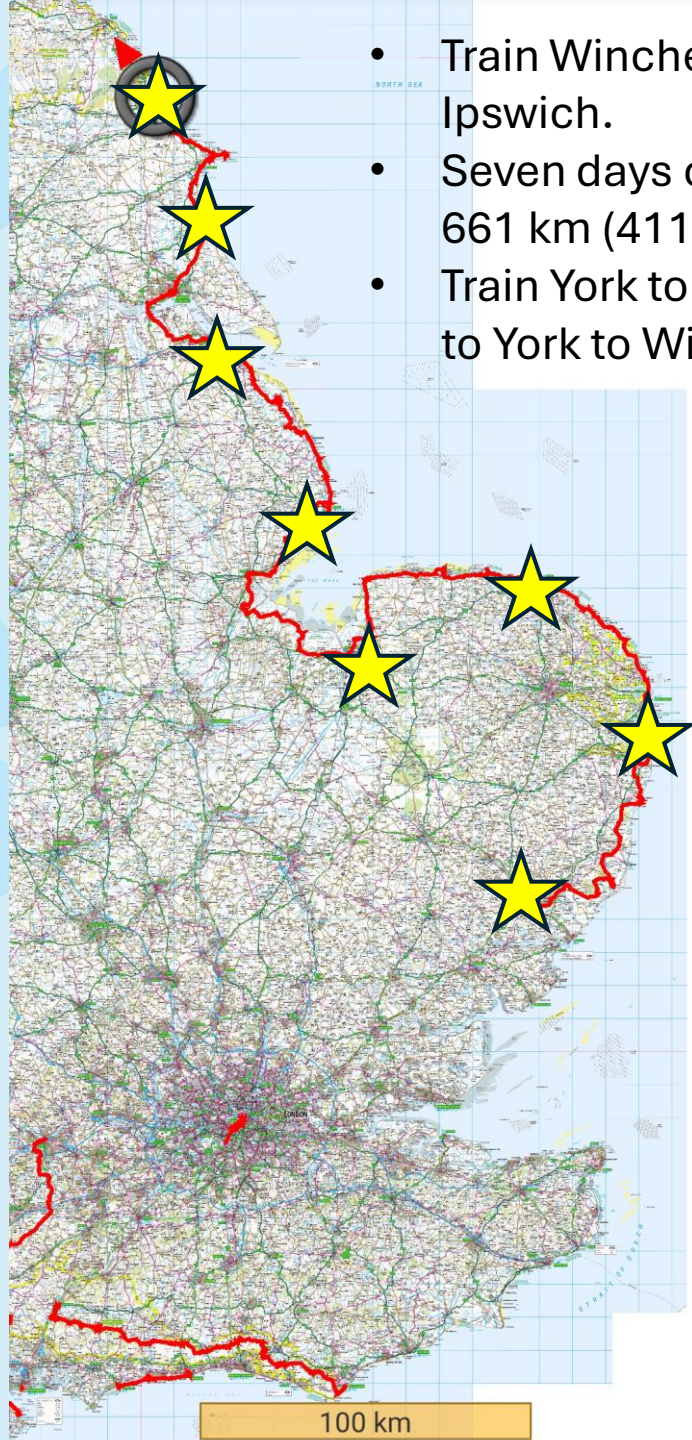


Bike East



Andy French. 22nd - 31st May 2026.



- Train Winchester to Ipswich.
- Seven days cycling 661 km (411 miles).
- Train York to Pannal to York to Winchester.

Cycle East. May 2026

DATE	DAY	Itinerary	Distance /km	Accommodation
Fri 22 May 2026	0	Early train to Waterloo. Cycle to Liverpool street. Ipswich train. Get off at Ipswich. Stay overnight. Leave 1500. Train at 1548 Winchester. Arr Waterloo 1649. Cycle to Liverpool Street (16mins). 1747 (or 1800) train to Ipswich. Arr just after 7pm.	10	Premier Inn Ipswich. Inc evening meal and breakfast.
Sa 23 May 2026	1	Cycle Ipswich to Orford to Great Yarmouth.	100	Premier Inn Great Yarmouth. Inc breakfast.
Sun 24 May 2026	2	Great Yarmouth to YHA Sherringham.	70	YHA Sherringham. Inc breakfast.
M 25 May 2026	3	Sherringham to Kings Lynn.	100	Premier Inn Kings Lynn. Inc breakfast.
T 26 May 2026	4	Kings Lynn to Skegness	100	Skegness Travelodge
W 27 May 2026	5	Skegness to Grimsby	75	Grimsby Premier Inn. Inc breakfast.
Th 28 May 2026	6	Grimsby to Bridlington	120	Bridlington Premier Inn. Inc breakfast.
Fri 29 May 2026	7	Bridlington to Scarborough.	35	Scarborough Premier Inn. Inc breakfast.
Sa 30 May 2026	8	0853 Scarborough to York by train. Look around York. Pannal PM.	10	Stay with Auntie Jane
Sun 31 May 2026	9	Return to Winchester. 1003 Pannal to York. Arr 1049. 1117 to Kings Cross (J, seat 03). Note bike in K, 97. Arr 1311. Cycle to Waterloo. 1418 train to Winchester. Arr 1606.	10	

Distance / km	Moving Time
129	7:05:45
Track Avg / km/h	Max Speed / km/h
18.2	41.4



Day 1. Ipswich to Great Yarmouth

Day 2. Great Yarmouth to Sheringham

Distance / km	Moving Time
71.4	3:52:12
Track Avg / km/h	Max Speed / km/h
18.4	44.3



Distance / km	Moving Time
103	5:52:45
Track Avg / km/h	Max Speed / km/h
17.5	48.6



Distance / km	Moving Time
103	5:52:45
Track Avg / km/h	Max Speed / km/h
17.5	48.6



Day 3. Sheringham to Kings Lynn

Distance / km	Moving Time
103	5:52:45
Track Avg / km/h	Max Speed / km/h
17.5	48.6



Distance / km	Moving Time
119	6:32:59
Track Avg / km/h	Max Speed / km/h
18.2	27.5



Day 4. Kings Lynn to Skegness

Day 5. Skegness to Grimsby

Distance / km	Moving Time
84.3	4:48:24
Track Avg / km/h	Max Speed / km/h
17.5	38.6



Distance / km	Moving Time
100	5:53:04
Track Avg / km/h	Max Speed / km/h
17.1	82.5



Day 6. Grimsby to Bridlington

Distance / km	Moving Time
53.9	4:01:32
Track Avg / km/h	Max Speed / km/h
13.4	51.3



Day 7. Bridlington to Scarborough

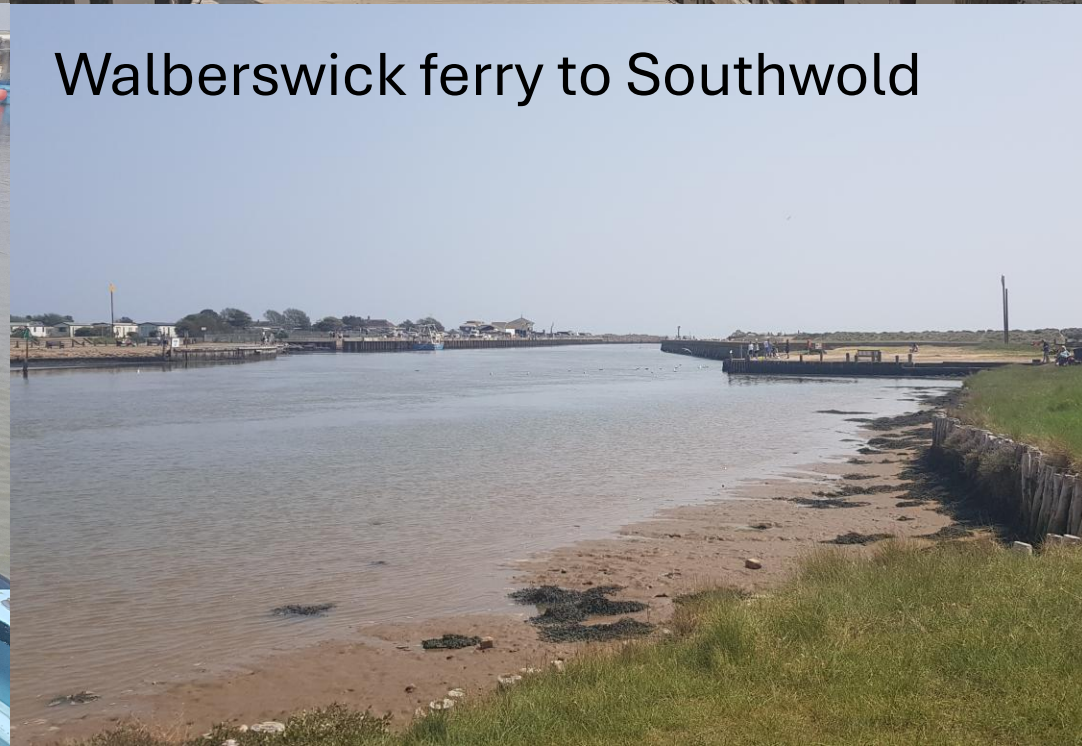


Seven days cycling, 661 km.



Orford





Walberswick ferry to Southwold



Southwold

Southwold





Great Yarmouth





Great Yarmouth

Great Yarmouth



Caister



California



Horsey – with seals!





Sea Palling



Keswick





Sheringham



Sheringham



Sheringham YHA



Sheringham





Sheringham



Sheringham



Sheringham

Cley



Cley





Good Quality Service
Ethically Sourced
Locally Supplied
Produce
Thank You Very Much

THE CLEY SMOKEHOUSE



Have you visited our deli?
Our second store in Glandford is just a 5 minute drive away. Here you will find yet more delicious treats to eat in or take away. With plenty of parking & other unique business such as:
• Cley Spy, Art Cafe, Birdscapes Gallery & much more to see.



Visit us at
High Street, Cley
or
7, Manor Farm Barns, Glandford

01263 740282
www.cleysmoke.house

Find us on
Facebook Google Instagram
good food - hand crafted - ethically sourced





Blakeney



Wells Next The Sea



Wells beach (that is actually next to the sea)



Everyone in Norfolk is going to Wells Next The Sea



Old Hunstandon



Castle Rising



Kings Lynn



Kings Lynn Premier Inn



Sutton Bridge



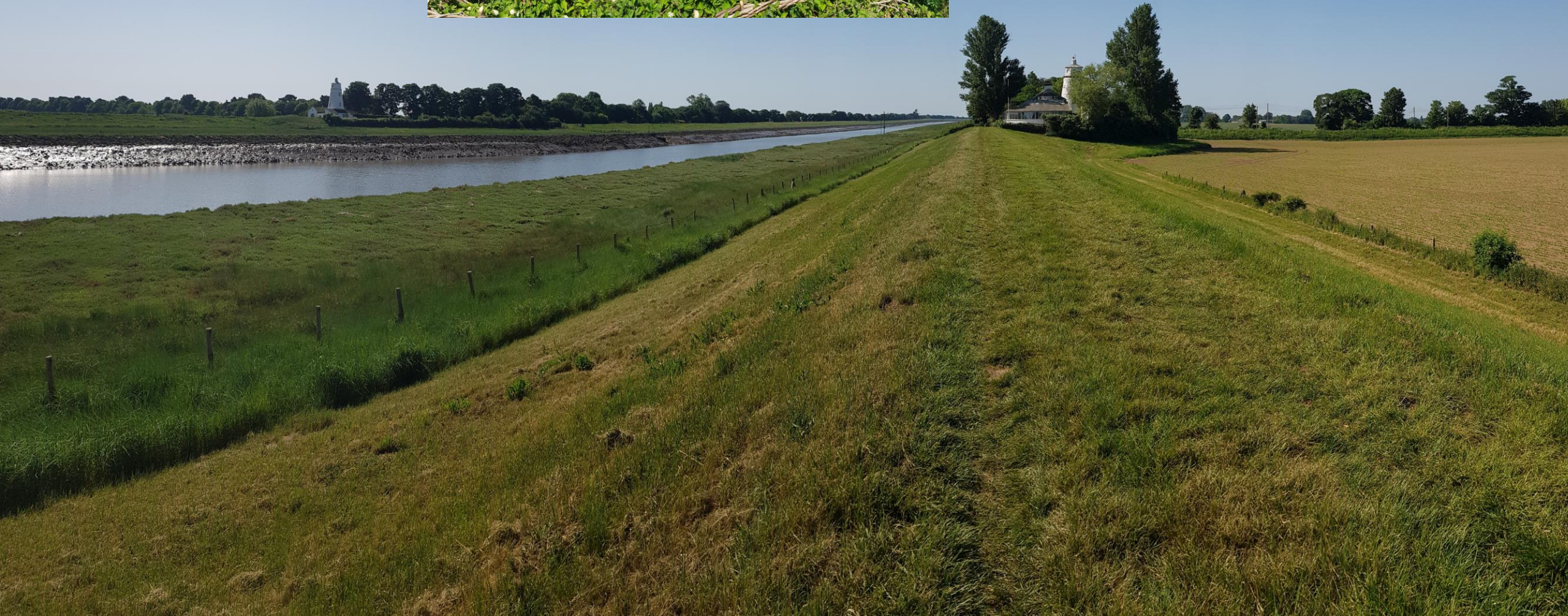
River Nene



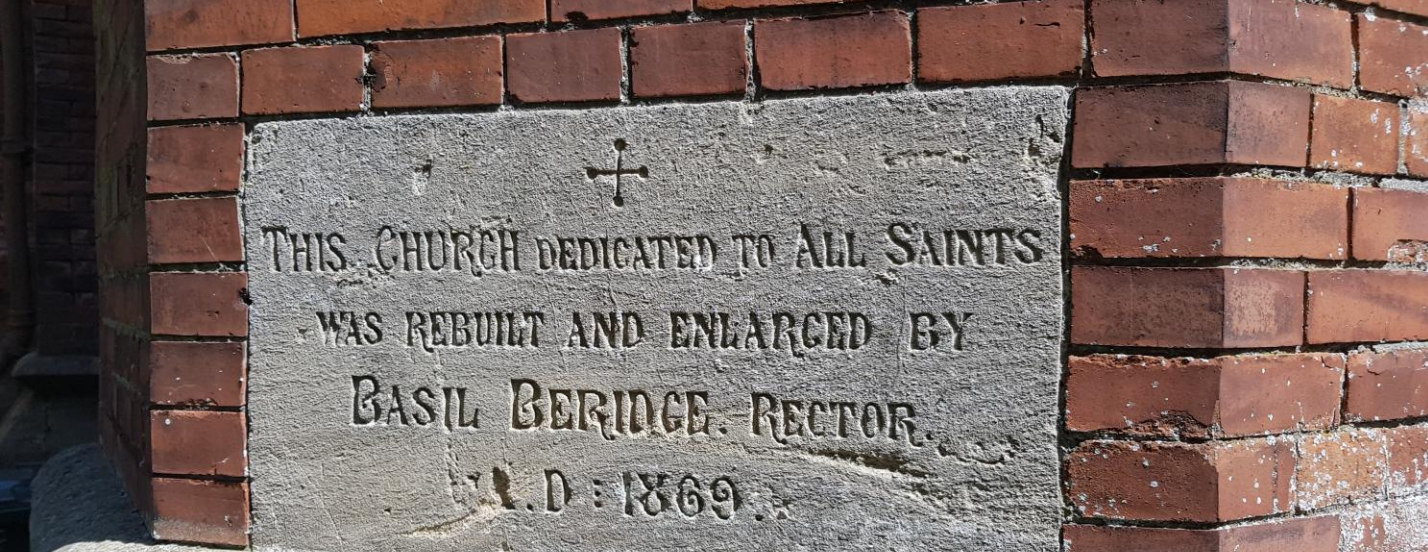
The Wash, from Guy's Head



Lighthouse home at Guy's Head



Fosdyke



John (Fosdyke church warden) and Maise (church security consultant)





Boston



Boston



Wind farms east of Skegness



Skegness



Skegness beach



Skegness beach



Skegness beach



Skegness beach



Skegness beach



Skegness



Skegness (looking south)



Ingoldmells



Chapel St Leonards





Chapel Six Marshes and the Sound Tower



Mabelthorpe



Newton Marsh lane from Tetney Lock



Newton Marsh lane from Tetney Lock



Humberston Fitties



Cleethorpes



Possibly a huge power station!



Grimsby Premier Inn

Humber bridge – 2200m long!





Humber bridge – 2200m long!





Hull to Hornsea old railway line



Hornsea



Fraisthorpe



Fraisthorpe



Bridlington Premier Inn



Bridlington harbour

Bridlington harbour at high tide



... and at low tide

Bridlington South Beach





Bridlington harbour



Bridlington South Beach



Bridlington South Beach



Bridlington South Beach



Bridlington South Beach





Bridlington North Beach

Bridlington North Beach





Bridlington North Beach



Bridlington North Beach (again!)

Bridlington South Beach



Flamborough Head



Flamborough Head



Flamborough Head



Filey



Cleveland Way to Scarborough



Cayton Bay



Scarborough



Scarborough





Scarborough



Scarborough North Sands



Scarborough Castle





Scarborough moonset



Scarborough moonset



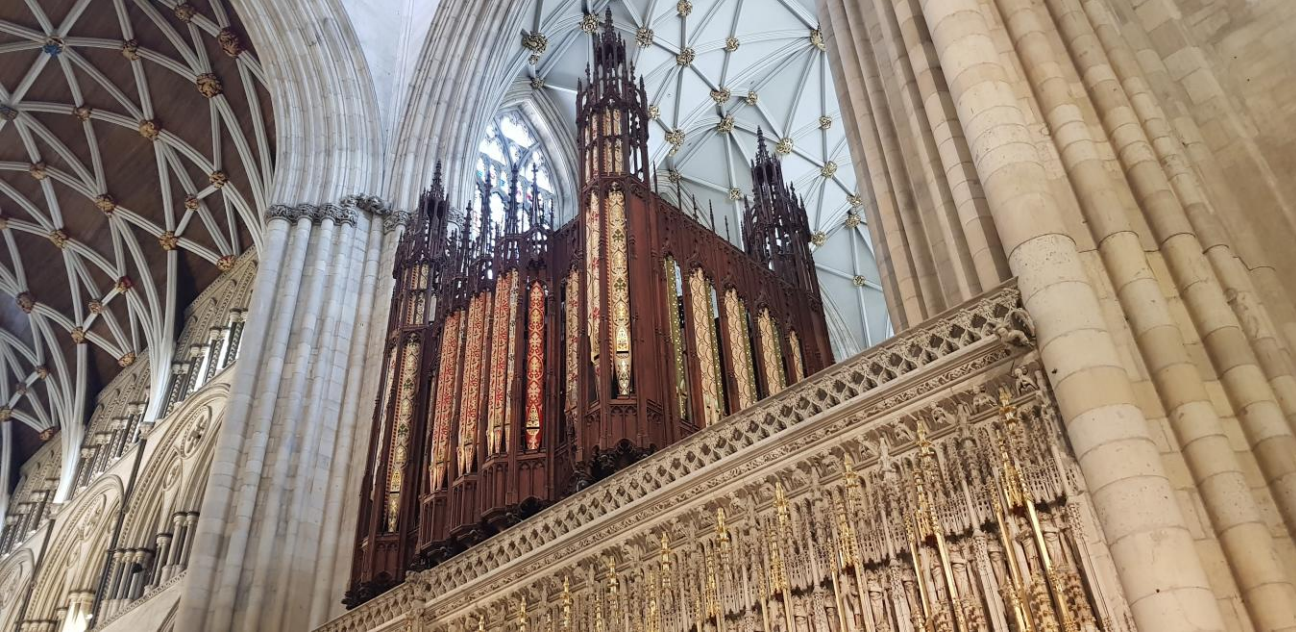


Scarborough
once-grand hotel

York station



York Minster







York Minster Chapter House



York Minster Undercroft museum

THE DOOMSTONE

The Doomstone survives from the first Norman Minster. It shows the 'mouth of Hell' - a gruesome scene of lost souls slowly pushed into a boiling cauldron by devils and demons.

At the top left you can see a man carrying two bags of money, showing the sign of greed. To his right is a woman showing the sin of lust. The stone is also decorated with toads. Thought to be creatures of magic, they were associated with evil and darkness.

It is thought that this formed part of a much larger image on the west front of the 12th century Minster.

The York Gospels

This book is 1,000 years old and describes the life of Jesus. It came to York shortly after it was made and has survived wars, fires and the ravages of time. It is still used in the Minster today – a powerful symbol of continuity.



York Minster tower tour





