For more information please contact: Transport Team 2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ T 01472 313131 | E pedalandstride@nelincs.gov.uk | www.nelincs.gov.uk

ireen Transport

Before setting off

 It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if

you're going out at night that your lights work.

that you carry a fully charged mobile phone.

**LE CYCLE** 

walk home if something goes wrong.

energy snack is advisable

Grimsby Cycle Hub Station Approach

Grimsby DN31 1LY

Check that the route is suitable for you and your party.

Check the weather before setting off and dress accordingly.

If possible let someone know where you are going and make sure

Carrying a small cycle toolkit and puncture repair kit can save a long

If you're going on a longer ride then carrying a drink and an

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www.systematicprint.com

Suitable for adults

**Ride Length: 3hrs** 

**Terrain: Hilly** 

**Cycle Friendly Café** 



more great routes!

26 miles (42 km)

## **A Hint of** the Wolds

## Why Cycle?

Personnel team at work to see if they are signed up. with buying a new bike and accessories, check with your HR or environment. With the "Cycle to Work" scheme there's even help a ride. Cycling its cheap, can save you time and is good for the and sense of wellbeing can also be greatly improved by going for heart disease, stroke, diabetes and obesity. Your mental health are fitter and have a reduced risk from conditions such as your bike instead of the car. People who cycle regularly There are loads of benefits associated with using

.moว.lismp@sวniltzseadt1onsabi1s5951d Lincs) or contact our local Breeze Champions at chat on Facebook (Breeze Network - Coast and Wolds East about local rides please visit **www.breezebikerides.com**, join in the cafe, so everyone can have a drink and a chat. For more information at a speed that suits everyone, and they usually include a stop at a Champions organise fun, social, local bike rides for women. Rides go confident and comfortable about going on a ride. Our local Breeze riding bikes for fun. The aim is to help thousands more women feel Breeze is the biggest programme ever to get more women into

100

To find a Skyride near you visit www.goskyride.com. to suit everyone from beginners to experienced cyclists. for a challenge. Rides are all free and are grouped in levels confidence or already comfortable on a bike and looking something for everyone - whether you're building your Leaders along scenic planned routes. With different levels, there's Sky Ride Local rides are guided by friendly British Cycling Ride



## On leaving Caistor you head north along the National Cycle Network Route 1 that runs the length of the country from Dover right up to northern Scotland and the Shetland Islands. Caistor, there are several places to stop for a drink and something to eat. If you've got a few minutes the Arts & Heritage Centre is well worth a look around.

with its extensive wood and parklands, look out for the 128ft tall Pelham Pillar and the Brocklesby Mausoleum which are both only a short ride off the route. The rest of the route is mainly through the Brocklesby Estate,

The half way point on this ride comes as you enter the town of sections that will require you to cycle along busier sections. Please take care when cycling along them.

century the town grew into what you see today. Today, the port of Immingham is one of the most important in the country.

and the emergence of the deep water dock at the turn of the last

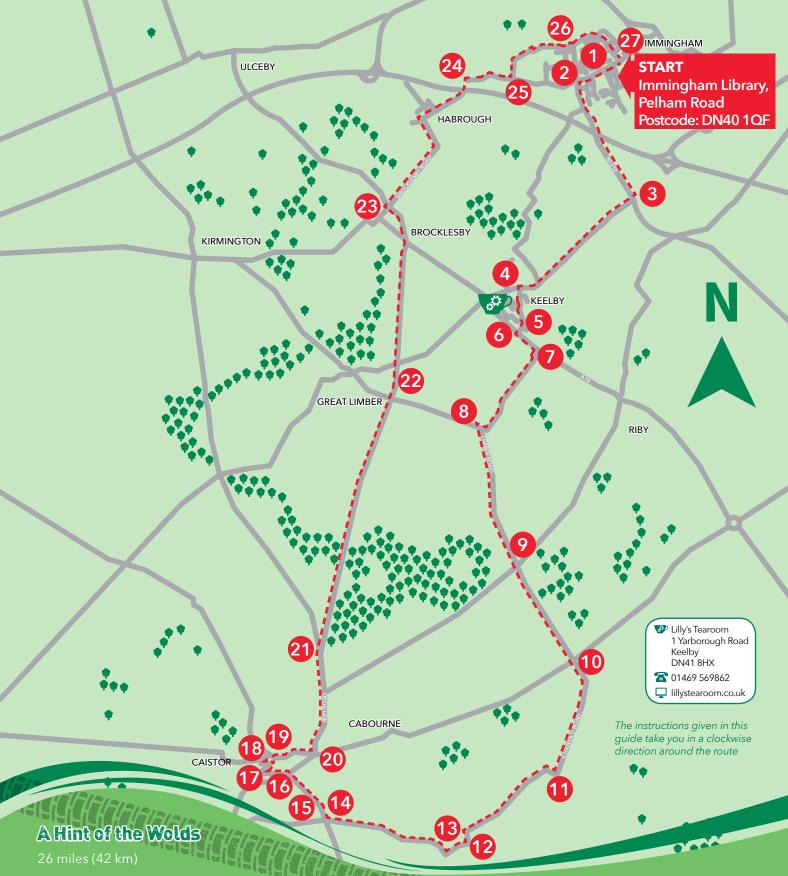
The start of this route is in Immingham, originally a small village built around St Andrew's Church but with the arrival of the railways

The ride takes you from Immingham up into the foothills of the Lincolnshire Wolds before a café stop in the picturesque town of Caistor and a return ride along the National Cycle Route, through Great Limber, Brocklesby and Habrough.

If you fancy a challenge this weekend then this is the one for you.

sblow and to mill A

Whilst much of this ride is on quieter roads there are some



- At the end of the track swing right **15** Take the first left onto then turn left towards Swallow
- Turn right then immediately
- 11 In Cuxwold turn right and follow the road to Rothwell
- 12 Turn right onto partridge Drive in Rothwell
- After the pub turn right and
- Turn right onto the B1225

- Whitegate Hill towards Caistor
- 16 Cross the A46 then turn left onto South Dale
- Continue up Plough Hill into

- Take care when crossing the
- 23 Go straight ahead through Brocklesby and turn right onto the B1210 towards Habrough
- Continue along the B1210 past Habrough and turn right at the mini roundabout