end point of this ride. the outskirts of Waltham turn left back up Bradley Road towards the The Bover in the sount to morning and start to head back to Waltham. At the junction with the M18 please use the small off road cycle path opposite. The A18 is often very busy with lornies and other fast moving treffic, take care when crossing the road sond other fast moving treffic, take care when crossing the road specially if your party contains less experienced cyclists. Finally on the purgitly of Waltham turn left back in Bradley Boad towards the purgitly the outskirts of Waltham turn left back in Bradley Boad towards the purgitly the purgitly and the party in the purgitly of waltham turn left back in Bradley Boad towards the

before getting back on your bike for the second half of the ride. After leaving Binbrook you'll soon pick up the route of the NCN Route 1, long distance cycle route that runs along the east coast from Dover in the south to northern Scotland. village has plenty of places to stop for a rest, and some refreshment Roughly half way around the route you'll come into Binbrook, the the Dambusters 617 squadron. Since its closure the former RAF housing has been turned into the current village you see today. was home to a number of well know bomber squadrons including Keep going and you'll pass through the village of Brookenby, until the 1980s the site was RAF Binbrook. During the Second World War the airfield was part of Bomber Command and later in its life see the coast at Cleethorpes from along this route.

towards Waitham before passing Waitham Windmill and Brigaley's Ice Cream Shop before you start climbing into the small foothills of the Wolds themselves. Once there the route is quite hilly, the views from the tops of the climbs should more than make up for the effort needed to get up there in the first place! On a clear day you should be able to Starting from the Football Development Centre the route heads south of the quiet lanes in the countryside around the Lincolnshire Wolds. The Bradley Wolds Loop is one of our longer rides and takes in many

Bradley Wolds Loop



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



breezeridesnortheastlincs@gmail.com.

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

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

MPA CACIES

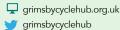


- · It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- Check the weather before setting off and dress accordingly.
- Check that the route is suitable for you and your party.
- If possible let someone know where you are going and make sure that you carry a fully charged mobile phone.
- Carrying a small cycle toolkit and puncture repair kit can save a long walk home if something goes wrong.
- If you're going on a longer ride then carrying a drink and an energy snack is advisable



Grimsby Cycle Hub Station Approach Grimsby DN31 1LY



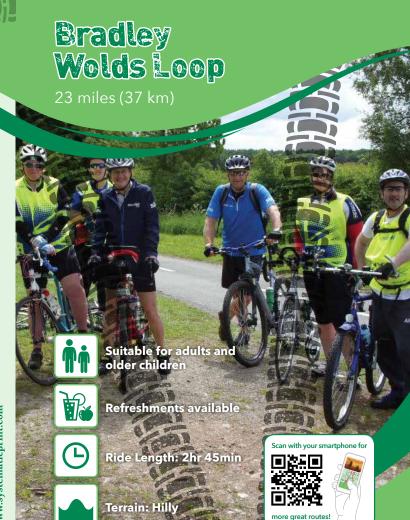


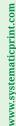




For more information please contact: Transport Team

2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ T 01472 313131 | E pedalandstride@nelincs.gov.uk | www.nelincs.gov.uk







- 10 Follow the road straight
- 13 On the outskirts of Croxby go straight ahead back towards Beelsby
- 15 Turn right then first left here.
 You are advised to use the small
 off road cycle path at this point.
 The A18 is a very busy road and
 cycling along it is not advised
- 16 Pass through Barnoldby-le-