

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

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

### Why Cycle?

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

## Fishermen & Ships

12 miles (19km)



Suitable for adults and older children



Refreshments available



Ride Length: 1hr 30min



Terrain: Mostly flat

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This ride takes in views across the Humber and the picturesque local villages of Great Coates, Stallingborough and Healing. The start of the ride is at Grimsby Leisure Centre on Cromwell Road making it an ideal ride for anyone living in the Willows or Wybers Wood areas. If you are coming from further away there is free car parking available at the Leisure Centre.

When you join the seawall stop for a moment and take in the view. The Humber Estuary in front of you is one of the busiest areas of water in the country with ships from all over the Europe and beyond visiting the nearby ports of Grimsby and Immingham. The river itself drains around 20% of the total land surface of England and is a relatively new addition to the coastline of the country. The estuary is around 100,000 years old and was formed during the last Ice Age when it is believed that an ice sheet plugged the mouth of the river causing the build-up of silt and debris behind it. When the ice melted the sea flooded in covering much of the low lying land creating the estuary as we see it today.

As well as being busy with industry the river is also home to a host of wildlife. As you ride along you may be lucky enough to see flocks of wading birds feeding on the tiny invertebrates that inhabit the estuary/mudflats. At high tide when the area is covered in water you are likely to see local fishermen looking for a catch.

As the route turns away from the water it passes through the village of Stallingborough. Dating back to before the Domesday Book the ancient village site is still visible in a series of earthworks to the west of the village Church. You may wish to stop off at the village shop or nearby pub for some refreshments before heading back to the start of the ride via Healing.

### Fishermen & Ships

#### 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.
- 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

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# Fishermen & Ships

12 miles (19km)

- 1 Leave the Leisure centre grounds and turn left onto Cromwell Road
- 2 To your left is a small cutting through to Great Coates. Please dismount and walk your bike through the cutting, at the end turn right and re-join the road along Station Road
- 3 At the junction of Wood Lane and Moody Lane go straight ahead along the Public Bridleway towards the sea
- 4 At the end of this path turn left and cycle along the seawall
- 5 After approximately 1 ¼ miles turn left off the seawall. At this point you may need to dismount to pass around a barrier
- 6 Follow the track to the junction of South Marsh Road and Hobson Way, turn right then immediately turn left towards Stallingborough. Head straight along South Marsh Road and Station Road through the village for approximately 2 ½ miles
- 7 At the roundabout turn left onto the B1210 towards Healing
- 8 As you enter Healing you may wish to join the off road cycle path on the left-hand side of the road. You can follow this path all the way to Grimsby
- 9 At St Michael's Church turn left onto the path alongside the Freshney passing through a small wooded area
- 10 Follow the path until you reach a T-junction, turn right here and keep the fence to your left-hand side, at the end of the path turn left onto Yarrow Road
- 11 At the junction with Yarborough Road turn left and join the off road path, at the next junction turn left onto Sorrell Road
- 12 Follow this road to the junction with Spark Street where you should turn left.
- 13 At the junction with Cromwell Road turn left and head back towards the start point at the Leisure Centre



The instructions given in this guide take you in an anti-clockwise direction around the route