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.

Ice Cream on the Prom
2⅓ miles (4⅔ km)

Cycling is great for fitness, weight loss, saving money and the environment. It’s also good for your mental and physical health. There are loads of benefits associated with riding bikes for fun. The aim is to help thousands more women feel confident or already comfortable on a bike and looking forward to suit everyone from beginners to experienced cyclists.

Suitable for all the family

Cycle Friendly Café
Kingsway Kiosk, Kingsway, Cleethorpes, DN35 0BY

Ride Length: 45min
Terrain: Flat

Grimsby Cycle Hub
Station Approach
Grimsby | DN31 1LY

01472 354986
grimsbycyclehub.org.uk
cyclehubic
grimsbycyclehub

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

Breeze is a bigger, stronger version of the women’s network that is turbo-charging women with cycling confidence. Breeze groups are run by women for women, with the support of women’s organisations and local authorities, and designed to get women who feel they’d like to ride bikes but don’t think they can do it alone or with male riders, out on the road and helping them to build their confidence, skills and enjoy the benefits of a healthy and active lifestyle.

www.breezeappleciderchic.com
1 Pass the shops on your right and then turn right along Meridian Road, you soon cross over the miniature railway tracks.
2 At the T-junction follow Meridian Road round to the right and continue for 500m keeping the railway line to your left.
3 Turn left into a car park and head through a gate over the railway line turning left on the cycle/footpath along the dunes. Please keep to the correct side of the path and be courteous to other users.
4 Keep pedalling along this path keeping the dunes to your right. Beware that this path can become covered in sand so please be cautious when riding along here with young children.
5 Ice cream stop, enjoy an ice cream or a drink at the café before turning round and heading back.
6 At the T-junction keep to the left and follow the path keeping the dunes to your left this time.
7 At this junction turn right and head over the bridge, you may need to dismount and walk past the gate over the bridge if it is closed.
8 Cross the railway line and turn left heading back to Meridian Park.