

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 of confidence or already comfortable on a bike and looking for 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.

breeze@northeastlincs@gmail.com

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, join in the chat on Facebook (Breeze Network - Coast and Wolds East Lincs) or contact our local Breeze Champions at breeze@northeastlincs@gmail.com

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 its 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?

Immingham Loop

14 miles (22½ km)

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

Grimsby Cycle Hub
Station Approach
Grimsby | DN31 1LY

01472 354986 grimsbycyclehub.org.uk
cyclehubcic grimsbycyclehub



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

www.systematieprint.com



Suitable for adults and older children



Cycle Friendly Café
Lilly's Tearoom, Yarborough Rd, Keelby, DN41 8HX



Ride Length: 1 hr 45min



Terrain: Mostly flat

Scan with your smartphone for



more great routes!



Immingham as we see it today came about thanks to the railways and the deep water port companies in the 19th and early 20th centuries. The port which is now nationally and internationally significant links Britain with northern Europe, Scandinavia and the rest of the world beyond.

The historic village grew up around St Andrew parish church which you'll pass on your way back into the town after your ride. Heading out from Immingham you'll soon discover the countryside right on your doorstep. Much of this ride is on quiet countryside roads but please note that you will have to cross the A18 which can be busy with lorries and other vehicles. Please take extra care and look out for any members of your group who may be less confident.

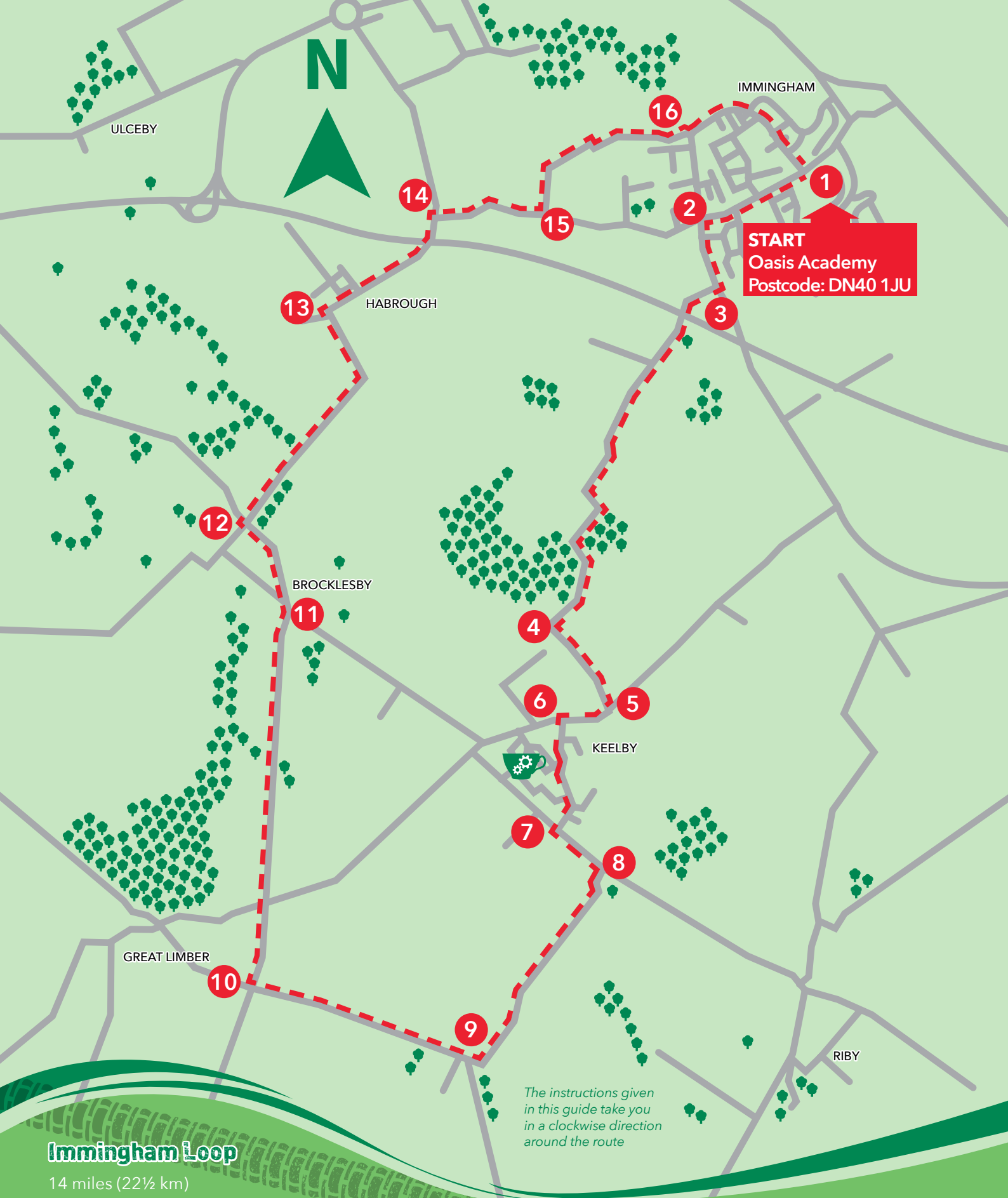
On your way to Keelby you'll pass through Roxton Woods, keep an eye out for the host of wildlife that makes its home amongst the trees. Keelby offers you the chance for a quick stop off for a drink, the village is about 1/3rd of the way around the route so make sure you stock up on drinks especially if it's a hot sunny day.

Further around the route you'll travel through the Brocklesby estate and the villages of Brocklesby and Habrough before heading back into Immingham.

This is the shorter of our two rides that start in Immingham. At around 14 miles its one that should be manageable by most people without the need to slip into some lycra!

Immingham Loop





START
Oasis Academy
Postcode: DN40 1JU

The instructions given in this guide take you in a clockwise direction around the route

Immingham Loop

14 miles (22½ km)

- 1** With the Academy to your left head out along Pelham Road
- 2** Near the Bluestone Pub turn left onto Stallingborough Road
- 3** By the garage turn right towards Keelby
- 4** Pass over the level crossing and continue through Roxton Woods towards Keelby
- 5** Turn right at the junction with Stallingborough Road
- 6** After a short distance turn left onto South Street. Continue past the church and join Riby Road
- 7** Exit the village and turn left onto the A18, take care this may be busy
- 8** Cross the road and take the small lane heading south-westwards
- 9** Look out for the NCN signs and turn right towards Great Limber
- 10** Before entering the village turn right and head north towards Brocklesby
- 11** As you enter Brocklesby, turn left on the B1211
- 12** At the junction with the B1210 turn right and head towards Habrough
- 13** As you reach the station, keep following the main road
- 14** Just after you have ridden over the bridge over the A180 turn right heading to Immingham
- 15** After half an mile turn left onto Mill Lane
- 16** Turn left at the junction then follow Washdyke Lane back to the start of the route at the Academy