

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.



breeze@northeastlincs@gmail.com

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?

Millers Loop

8 miles (12½ 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.systematicprint.com



Suitable for adults and older children



Refreshments available



Ride Length: 1 hr



Terrain: Mostly flat

Scan with your smartphone for



more great routes!



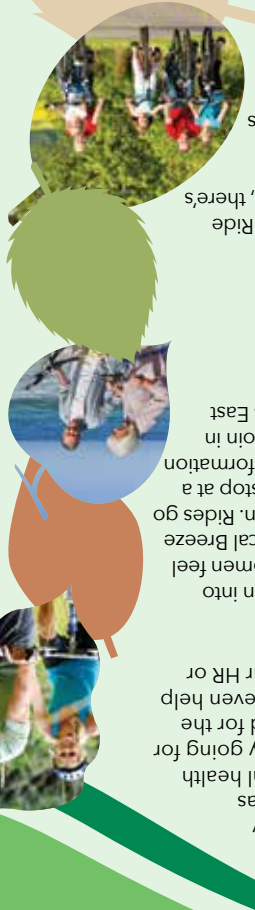
The Millers Loop is one of our most popular Breeze rides and it's not surprising. At a distance of 8 miles on mostly flat, quiet roads the ride is ideal for anyone, you don't need to be the next Bradley Wiggins or Victoria Pendleton to enjoy this ride around the countryside south of Waltham.

The start of the ride is at Waltham Windmill, the mill has had several different looks over the years, early records from the 1600's show a smock mill and bakery on the site. The present mill was completed in 1880 by John Saunderson from Louth. It had six double sided sails and a traditional Lincolnshire ogee shaped cap. The mill is still used today with the present miller grinding best-quality grain to produce flour using traditional methods.

Heading out of Waltham you soon pass through Brigstley and its famous Ice Cream Shop, don't worry if you miss it on the way out, the route brings you back though the village later on so there's two chances to stop for a treat on this route.

The rest of the route is on quiet countryside roads so relax and enjoy the ride!

Millers Loop





Millers Loop

8 miles (12½ km)

- 1** Exit the windmill entrance and turn right heading towards the centre of Waltham
- 2** Go straight ahead at the first mini-roundabout and turn left at the second heading down Barnoldby Road
- 3** At the junction with Westfield Road turn left
- 4** Follow the road until you come to the junction with Brigsley Road, turn right here
- 5** Just before you get into Brigsley turn right and continue along the B1203
- 6** After half a mile take the turning on your left towards Ashby-cum-Fenby. Beware of on-coming traffic along this route. Larger vehicles may use the whole width of the road
- 7** After cycling through the village you'll come to a T-junction where you should turn left
- 8** Continue along this road for around 1½ miles then turn left and follow Waithe Lane back to Brigsley
- 9** As you enter the village turn right towards the church
- 10** Follow the road straight ahead back towards Waltham
- 11** Turn right and head back to the Windmill

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