

the park for a drink and something to eat. Once you've finished your ride why not head over to the café in

possible and look out for other cyclists coming the other way. Where there is a marked cycle lane please keep to it wherever sides then please ride respectfully looking out for other users. where the path has no line separating the pedestrian and cycle using these paths please take note of the signs and instructions, before embarking on something a little more challenging. When it great if you want to build up your confidence on your bike Much of the Peaks Circular route is on off-road cycle paths making

and Cleethorpes before heading back to the Woods. outskirts of Waltham before turning back through New Waltham The route starts from Weelsby Woods and heads out towards the

Peaks Circular

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

with buying a new bike and accessories, check with your HR or Personnel team at work to see if they are signed up. 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

Mhy Cycle?

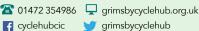


- It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- Check the weather before setting off and dress accordingly.
- Check that the route is 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

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