

To find a SkyRide near you visit www.goskyride.com. To suit everyone from beginners to experienced cyclists. Rides are all free and are grouped in levels for a challenge. Rides are already comfortable on a bike and looking for 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 something for everyone. With different levels, there's Leaders along scenic planned routes. Friendly British Cycling Ride SkyRide Local rides are guided by friendly British Cycling Ride

breeze@breezebikes.com

Personal team at work to see if they are signed up. 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. 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.breezebikes.com, join in the chat on Facebook (Breeze Network - Coast and Wolds East Lines) or contact our local Breeze Champions at breeze@breezebikes.com

Why Cycle?

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.

Peaks Circular

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](https://www.facebook.com/cyclehubcic) | [grimsbycyclehub](https://www.instagram.com/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



Cycle Friendly Café
Lion's Den Café, Weelsby Woods, Grimsby, DN32 8PW



Ride Length: 1 hr 15mins



Terrain: Flat

Scan with your smartphone for



more great routes!



Much of the Peaks Circular route is on off-road cycle paths making it great if you want to build up your confidence on your bike before embarking on something a little more challenging. When using these paths please take note of the signs and instructions, where the path has no line separating the pedestrian and cycle sides then please ride respectfully looking out for other users. Where there is a marked cycle lane please keep to it wherever possible and look out for other cyclists coming the other way. Once you've finished your ride why not head over to the cafe in the park for a drink and something to eat.

Peaks Circular

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



Peaks Circular

8 miles (12½ km)

- 1 On leaving Weelsby Woods, turn left onto Weelsby Road heading westwards
- 2 Just after the pedestrian crossing turn left along Park Avenue, continue over the next junction until you see a gated path to your right
- 3 Turn right along this path towards the Grimsby Swimming Pool. This path is shared with pedestrians so please ride carefully and respect other users
- 4 At the end of this path turn left onto Scartho Road and head south
- 5 Just after the second set of traffic lights you may wish to join the off road path on your left hand side. Please keep to the side of the path closest to the road
- 6 At the roundabout take the second exit along Waltham Road. Less experienced cyclists may wish to dismount and cross on foot at this point. Follow Waltham Road for 1½ miles until you come to another roundabout
- 7 Turn left and join the off-road path heading eastwards
- 8 At Tollbar Roundabout continue straight ahead, please take care when crossing at this point
- 9 Continue along the off-road path until the junction with Peaks Lane where you should turn left. Continue until you come to a set of traffic lights
- 10 Turn right here and join the off road path to your left hand side
- 11 At the next roundabout turn left again. Less experienced cyclists may wish to cross the road here and use the off road path on the opposite side of the road. Either way continue along Humberston Road to the junction with Clee Road
- 12 At this roundabout turn left and head back to the start of the ride at Weelsby Woods