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 properly.

- 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.

To find a specific ride visit www.goskyride.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 long ride.

The instructions given in this guide take you in a clockwise route around the route. The instructions are written to suit everyone from beginners to experienced cyclists.

Breeze is the biggest programme ever to get more women into cycling.women's cycling club that was set up in 2008 to give women of all ages a chance to cycle and make new friends. In the south east of England there are now 30 Breeze clubs, and a range of events and courses run throughout the year.

For more information please contact:
Transport Team
2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TJ
T 01472 313131 | E pedalandsstride@lincs.gov.uk | W www.lincs.gov.uk
Head west along Laceby Road
After about 1 mile turn left, off the main road along a track towards Manor Top Farm
At the farm, pass through the farmyard and continue south before turning right into the golf course grounds
Continue along Lopham Lane, turn right then take the first track on your left
Continue straight ahead, taking care when crossing the A18. Follow the track towards Irby upon Humber
In the village go along Church Lane and Old Main Road
Opposite Irby Dales Farm turn left along Trunkass Lane
At the junction turn left on the road towards Beelsby along NCN 1
Continue straight ahead then turn right towards Hatch Willie
Go through Hatch Willie and continue south towards Gunnerby
At the junction with the B1203 turn left towards East Ravendale
Continue along the B1203 across the A18 up Ashby Hill
Pass through Brigsley and head north along Waltham Road
Continue along Brigsley Road then in Waltham turn left at the second mini roundabout along Barnoldby Road
At the junction with Bradley Road turn right and head back along Bradley Road towards the start of the route