of dedicated cycle path you are advised to use them. Much of this ride is on quieter roads and where there are sections

Further along the route you'll travel through the village of Great Coates. The parish church dates from around 1200 and is the site of the Coates family grave, after whom the village is believed to be named. Further along Great Coates Road the route diverts away from the main road and travels along the River Freshney, the river rises at the edge of the Wolds and meanders through the two travers are the edge of the Wolds and meanders through the town before discharging into the Humber near Grimsby's docks.

closed half a century later when buses took over from the trams. On leaving the church square you head out through the town and over Cleveland Bridge. This bridge once carried the vehicles on the Grimsby to Immingham tramway, the terminus for which used to be next to Corporation Bridge. The tramline opened in 1911 and finally elesed balk scattures.

foot if necessary. Choir School. Please note the route past the church is shared with pedestrians so please take extra care and give way to people on toot if poconial. Ill4 and is the only parish church in the country with its own takes you past this Anglican Church which was built in around be able to sort out any problems you've got with your bike. The Cycle Hub is the newest addition to the railway station which has stood in the centre of Grimsby for over 160 years. That's not quite as long at 51 James's Church has been around for! The route soon as long at 51 James's Church has been around for! The route soon Remember that even if you don't have a bike or yours needs some JLC then you can hire one from the Hub for the day, they'll also This is a slightly shorter ride from the Cycle Hub in Grimsby.

West of the Hub



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?

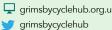


- It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- Check the weather before setting off and dress accordingly.
- Check that the route is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

2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ T 01472 313131 | E pedalandstride@nelincs.gov.uk | www.nelincs.gov.uk



Terrain: Mostly flat



