If possible let someone know where you are going and make sure your route is suitable for you and your party. Check the weather before setting off and dress accordingly. It's well worth giving your bike a quick once-over to make sure it's in good condition. Your tyres are pumped up properly and if you're going out at night that your lights work. Remember that even if you don't have a bike or yours needs some attention, you can hire one from the Cycle Hub in Grimsby. If something goes wrong you'll have a fully charged mobile phone.

Why Cycle?

By cycle instead of car you'll: reduce your carbon emissions, get fit and feel good, save money on fuel, parking and insurance, reduce traffic congestion, reduce your risk of heart disease, stroke, diabetes and obesity. Your mental health and sense of wellbeing can also be greatly improved by going for a ride. Cycling isn't just good for you, it's good for others too.

You can hire a bike for £5, buy one for £15, buy accessories and join a club for £10. With the Cycle to Work scheme there's even help with buying a new bike and accessories, check with your HR or contact cyclehubcic grimsbycyclehub.

Grimsby Cycle Hub
Station Approach
Grimsby DN31 1LY

01472 359486
grimsbycyclehub.org.uk

cyclehub@me.com
grimsbycyclehub

Gree Transport
Working in Partnership

West of the Hub

6½ miles (11km)

Suitable for adults and older children

Refreshments available

Ride Length: 45min

Terrain: Mostly flat

For more information please contact:
Transport Team
2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ

T 01472 313131 | E pedalstrides@nelincs.gov.uk | www.nelincs.gov.uk
West of the Hub
6 ½ mile (11km)

1. Head out from the Hub and turn left onto Bethlehem Street
2. Before the pedestrian crossing turn right through St James Square keeping the Minster to your left. Take care here as the route is shared with pedestrians
3. Turn right onto Cartergate
4. Take your second left and cycle along Lord Street
5. At the church turn off Lord Street down Richard Street towards the River Freshney and the Duke of York Gardens
6. Turn left at the end of Richard Street keeping the river to your right
7. Turn right, go over the bridge and then immediately left. The river should now be to your left
8. After you go over the bridge keep right and take the right hand fork proceeding along Gilbey Road
9. At the roundabout turn left
10. Take care at this sharp left hand turn, follow the road over the bridge and through Great Coates village
11. After leaving the village turn left at the mini roundabout. You may wish to join the off road cycle track after a few metres
12. Go over a bridge and turn left before you get to the church
13. At the end of this path turn left keeping the fence to your left
14. Turn left onto Curry Road past the school
15. Turn left onto the shared cycle/footpath. Take care and please give way to pedestrians when using this facility
16. At the toucan crossing cross to the other side of the road and immediately turn down Norman Road
17. Turn left along Marklew Avenue then take the first right along Morton Avenue
18. Turn left along Marshall Avenue
19. Take the second turn on the right and cycle down Rosalind Avenue
20. At the junction with Littlefield Lane turn left towards the traffic lights
21. Go straight ahead at the lights, go over the level crossing and then turn back down Chantry Lane and the Minster back to the Hub

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