

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. Leaders along scenic planned routes. With different levels, there's Sky Ride local rides are guided by friendly British Cycling Ride



breezenortheastlincs@gmail.com
Lincs) or contact our local Freeze Champions at
chat on Facebook (Freeze Network - Coast and Wolds East
about local rides please visit www.breezebikerides.com, join in the
caf e, so everyone can have a drink and a chat. For more information
Champions organise fun, social, local bike rides for women. Rides go
confident and comfortable about going on a ride. Our local Freeze
riding bikes for fun. The aim is to help thousands more women feel
Breeze is the biggest programme ever to get more women into

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 its 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.

Why Cycle?

West of the Hub

This is a slightly shorter ride from the Cycle Hub in Grimsby. Remember that even if you don't have a bike or you need some TLC then you can hire one from the Hub for the day, they'll also 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 St James's Church in the country with its own takes you past this Anglican Church which was built in around 1114 and is the only parish church in the country with its own Choir School. Please note the route past the church is shared with pedestrians so please take extra care and give way to people on foot if necessary.

On leaving the church square you head out through the town and over Cleveland Bridge. This bridge once carried the vehicles on the next to Corporation Bridge. The tramline opened in 1911 and finally closed half a century later when buses took over from the trams. 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 town before discharging into the Humber near Grimsby's docks. Much of this ride is on quieter roads and where there are sections of dedicated cycle path you are advised to use them.

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

 **THE CYCLE HUB** PROFESSIONAL REPAIRS at ECONOMY PRICES
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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

West of the Hub

6½ miles (11km)



Suitable for adults and older children



Refreshments available



Ride Length: 45min



Terrain: Mostly flat

Scan with your smartphone for



more great routes!



West of the Hub

6 ½ mile (11 km)

- 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

