

BEFORE SETTING OFF

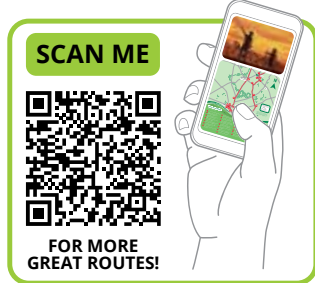
- > It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- > Check the weather before setting off and dress accordingly.
- > Check that the route 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
- Cleethorpes Cycle Hub
Station Road
Cleethorpes
DN35 8AY
01472 696029
- cyclehublincs.org.uk
info@grimsbycyclehub.org.uk
CycleHubCIC
@CycleHubLincs



Working in Partnership



WHY CYCLE?

North East Lincolnshire is perfect cycling country - whether it's taking in the amazing vistas, a sunrise cycle along the coast or an off-road adventure - the area is a great place for fun on two wheels.

We've something for all tastes and abilities, from gentle routes to something more challenging. We're on the edge of the rolling Lincolnshire Wolds, an Area of Outstanding Natural Beauty (AONB). It's easy to get out into the countryside, enjoy the stunning views and explore the country lanes that wind around pretty villages.

North East Lincolnshire is the perfect place to use as a base for a cycling trip. When you're not peddling around, there's a diverse range of things to do and great places to rest your head at the end of a busy day.

Discover what North East Lincolnshire has to offer: visit www.DiscoverNorthEastLincolnshire.co.uk



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.breezebikerides.com, join in the chat on Facebook (Breeze Network - Coast and Wolds East Lincs).

No bike? If you haven't got a bike or are visiting the area, you can hire one from The Cycle Hubs located at both Grimsby town and Cleethorpes railway stations. Adult and children's cycles can be rented by the hour, day or week. They also have secure parking and repair services.



ICE CREAM ON THE PROM

2¾ miles (4½ km)



Suitable for all the family



Cycle Friendly Café
Kingsway Kiosk,
Kingsway, Cleethorpes
DN35 0BY



Ride Length: 45min



Terrain: Flat

ICE CREAM ON THE PROM

This is a great ride for a sunny afternoon ride out with the kids in Cleethorpes. The ride is a little under 3 miles in length, with a stop for an ice cream half-way, making it suitable for just about anyone.

The route begins at Meridian Park before taking you along Marine Walk into Cleethorpes and back again. When cycling in this area please keep to the correct side of the path as it is shared with walkers and on a warm summer day it can be busy with pedestrians as well as cyclists.

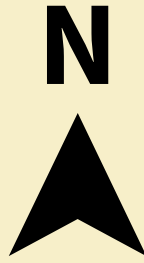
Looking out across the Humber, you'll probably be able to see the lighthouse at Spurn Point on the other side of the estuary as well as the Haile Sand and Bull Sand forts, standing guard at the mouth of the river. The two forts were planned in 1914 to protect the sea entrance to the estuary. Completed in 1919, they were used by the military until the mid-1950s.

As the gateway of the Humber Estuary, our coastline is important to a wide variety of birds. Providing a vital staging post for migratory birds, over 150,000 birds feed here during winter months alone.

As you cycle along, you will notice the railway tracks to your side. These tracks are used by the engines of the Cleethorpes Coast Light Railway. Operating for more than 70 years, it is one of Britain's oldest seaside miniature railways and runs between the Kingsway station and North Sea Lane station at weekends and daily during the summer months.

The Lakeside station plays host to a variety of festivals throughout the year. The station is also home to the Signal Box Inn, reportedly the smallest pub on the planet, measuring just 8ft x 8ft.

A short ride off this route to your left is Cleethorpes Boating Lake. The two lakes are linked by a connecting channel, the northern lake is open for fishing and is used by a local model boat club. If you're feeling energetic, you can hire a rowing boat or pedalo on the southern lake.



☕ Kingsway Kiosk
 Kingsway
 Cleethorpes
 DN35 0BY
 ☎ 07764 581328
 📍 Kingsway-Kiosk

CLEETHORPES
 GOLF CLUB

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

START
 Meridian Park
 Postcode: DN35 0AG

ICE CREAM ON THE PROM 2¾ miles (4½ km)

1. Pass the shops on your right and then turn right along Meridian Road, you soon cross over the miniature railway tracks
2. At the T-junction follow Meridian Road round to the right and continue for 500m keeping the railway line to your left
3. Turn left into a car park and head through a gate over the railway line turning left on the cycle/footpath along the dunes. Please keep to the correct side of the path and be courteous to other users
4. Keep pedalling along this path keeping the dunes to your right. Beware that this path can become covered in sand so please be cautious when riding along here with young children
5. Ice-cream stop, enjoy an ice-cream or a drink at the café before turning round and heading back
6. At the T-junction keep to the left and follow the path keeping the dunes to your left this time
7. At this junction turn right and head over the bridge, you may need to dismount and walk past the gate over the bridge if it is closed
8. Cross the railway line and turn left heading back to Meridian Park