

BEFORE SETTING OFF

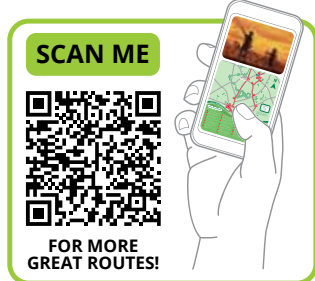
- > It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- > Check the weather before setting off and dress accordingly.
- > Check that the route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

PEAKS CIRCULAR

8 miles (12½ km)



Suitable for adults and older children



Cycle Friendly Café
Lion's Den Café,
Weelsby Woods,
Grimsby, DN32 8PW



Ride Length: 1hr 15mins



Terrain: Flat

PEAKS CIRCULAR

The circular route starts at Weelsby Woods and heads out towards the outskirts of Waltham before turning back through New Waltham and Cleethorpes and back to the Woods.

Much of the Peaks Circular route is on off-road cycle paths, making it great if you want to build up your confidence on your bike before embarking on something a little more challenging.

When using these paths please take note of the signs and instructions. Where the path has no line separating the pedestrian and cycle sides, please ride respectfully looking out for other users. Where there is a marked cycle lane please keep to it wherever possible and look out for other cyclists coming the other way.

Once you've finished your ride why not head over to the café in the woods for a drink and something to eat. Alternatively, you could stop either at Scartho or Waltham, both of which have cafes for a stop off.



PEAKS CIRCULAR 8 miles (12½ km)

1. On leaving Weelsby Woods, turn left onto Weelsby Road heading westwards
2. Just after the pedestrian crossing turn left along Park Avenue, continue over the next junction until you see a gated path to your right
3. Turn right along this path. This path is shared with pedestrians so please ride carefully and respect other users
4. At the end of this path turn left onto Scartho Road and head south
5. Just after the second set of traffic lights you may wish to join the off road path on your left hand side. Please keep to the side of the path closest to the road
6. At the roundabout take the second exit along Waltham Road. Less experienced cyclists may wish to dismount and cross on foot at this point. Follow Waltham Road for 1 ½ miles until you come to another roundabout
7. Turn left and join the off-road path heading eastwards
8. At Tollbar Roundabout continue straight ahead, please take care when crossing at this point
9. Continue along the off-road path until the junction with Peaks Lane where you should turn left. Continue until you come to a set of traffic lights
10. Turn right here and join the off road path to your left hand side
11. At the next roundabout turn left again. Less experienced cyclists may wish to cross the road here and use the off road path on the opposite side of the road. Either way continue along Humberston Road to the junction with Clee Road
12. At this roundabout turn left and head back to the start of the ride at Weelsby Woods