

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



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Working in Partnership



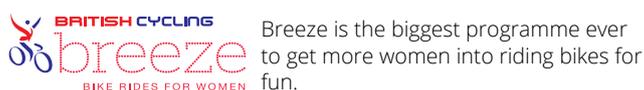
WHY CYCLE?

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 pedalling 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.



Suitable for adults and older children



Refreshments available



Ride Length: 1 hour



Terrain: Mostly flat

MILLER'S LOOP

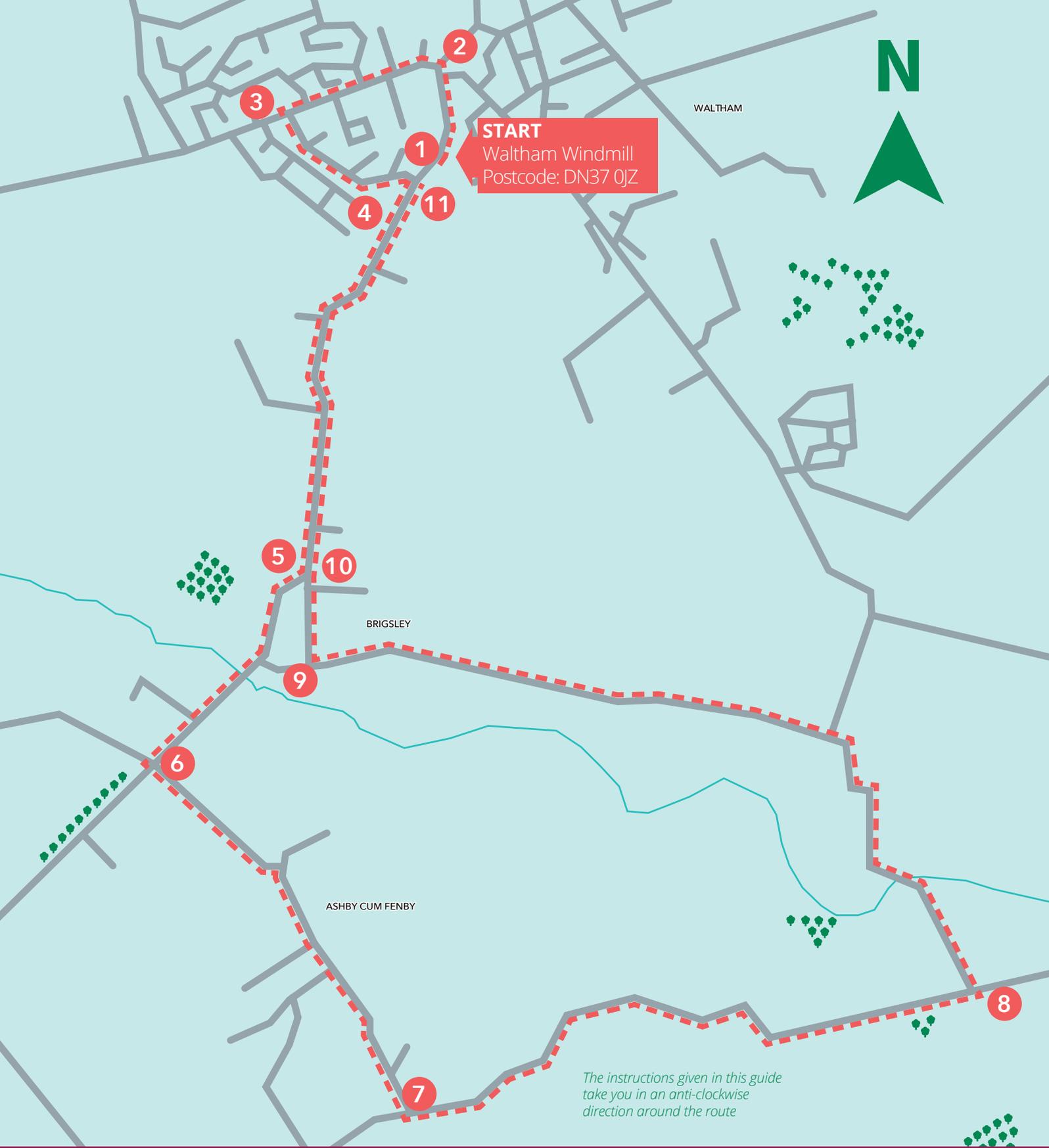
The Miller's Loop is a popular ride and it's not surprising.

At a distance of 8 miles on mostly flat, quiet roads, the ride is ideal for most people, and will take you around the countryside south of Waltham.

The start of the ride is at Waltham Windmill. There has been a mill on the site since 1666 but the present six-storied mill was built in the 1880s by John Saunderson of Louth. The sails drive the grinding stones to produce flour which is still milled today.

Alongside the mill, you can visit the Museum of Rural Life, which features many exhibits from the 1930s and 1940s and also the RAF Grimsby exhibition.

Heading out of Waltham, you soon pass through Brigsley and then on to quiet countryside roads, so relax and enjoy the ride!



MILLER'S LOOP 8 miles (12½ km)

1. Exit the windmill entrance and turn right heading towards the centre of Waltham
2. Go straight ahead at the first mini-roundabout and turn left at the second heading down Barnoldby Road
3. At the junction with Westfield Road turn left
4. Follow the road until you come to the junction with Brigsley Road, turn right here
5. Just before you get into Brigsley turn right and continue along the B1203
6. After half a mile take the turning on your left towards Ashby-cum-Fenby. Beware of on-coming traffic along this route. Larger vehicles may use the whole width of the road
7. After cycling through the village you'll come to a T-junction where you should turn left
8. Continue along this road for around 1 ½ miles then turn left and follow Waithe Lane back to Brigsley
9. As you enter the village turn right towards the church
10. Follow the road straight ahead back towards Waltham
11. Turn right and head back to the Windmill