

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

cyclehublincs.org.uk
info@grimsbycyclehub.org.uk
CycleHubLincsCIC
[Ask about cycle hire](#)



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).



WEST OF THE HUB

6½ miles (11 km)



Suitable for adults and older children



Refreshments available



Ride Length: 45min



Terrain: Mostly flat

WEST OF THE HUB

This is short ride that starts at the Cycle Hub at Grimsby station. You'll ride past the Grimsby Minster, a 13th century building which was granted minster status in 2010 and is the parish church dedicated to St James. The church welcomes all – for worship, for coffee, for peace and reflection, for music and art and much more.

If you visit the Minster, see if you can spot the St James imp. Associated with a folk tale, it is said the Imp played tricks in the church and was turned to stone by an angel. Take time to visit St James Square outside the Minster, and look at the public art in the Square, including the etched words in the paving. 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 Minster, you head out through the town and over Cleveland Bridge. This bridge once carried the vehicles on the Grimsby to Immingham tramway, the terminus for which used to be 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 1200AD 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.

WEST OF THE HUB 6 ½ mile (11 km)

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

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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

