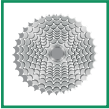


CYCLE MAINTENANCE TIPS : how to keep your bike in optimum condition

Most gears are pre-indexed but it's worth checking they properly shift across all the gear ratios. You don't want to get caught out on a steep climb if you can't get your lowest gears.



Your saddle takes a lot of wear. To keep it in tip top condition remove the saddle from the clamp, clean the rails then apply a couple of drops of light oil before wiping off. Make sure to clamp the saddle back on securely.



To help keep the jockey wheels moving freely, clean them and apply a lubricant. This is often neglected and can quickly build-up oily compacted dirt and an annoying squeak!



Regularly check your tyres aren't worn, look for cuts and remove flints/stones/glass in the tread. Make sure they're pumped up to a good pressure (90-100psi is ideal).



Check your brake blocks. There will be a point when the block is worn down so much you are in danger of braking with metal on metal or carbon. You will feel a 'grittiness' to your braking and a screeching sound. As well as not stopping you properly (or at all) you could also ruin your wheels.



Keep your bike clean; this will make it easier to maintain. A bucket of hot soapy water and a sponge is all you need. Rinse and dry the bike off then add a light lubricant to the gears and chain before wiping off with a cloth. A thorough wash like this is essential after a ride in wet weather, particularly in the winter months when corrosive salts from the road coat the moving parts of your bike.

CYCLING TIPS

Follow the Highway Code - don't jump red lights and don't cycle on the pavement unless it's a designated cycle path.

In wet weather watch your speed as surfaces may be slippery and it will take you longer to stop.

Make sure motorists can see you: use lights and consider wearing bright or reflective clothing, especially in towns, at night and in bad weather.

Be aware of vehicles; collisions happen when a cyclist is on the inside of a vehicle which is turning left. Don't assume the vehicle is going straight ahead just because it isn't signalling left. Always avoid 'undertaking' any vehicle in this situation - it's better to hang back until the vehicle has moved off.

Never cycle along the inside of large vehicles, such as lorries and buses, especially at junctions, where most accidents happen.

CYCLE MAP

BEACH CRUISE



START POINT	Cycle Hub, Grimsby
SUITABILITY	Adults and older children
DISTANCE	12 miles (19.5 km)
RIDE TIME	1 hour 30 mins
TERRAIN	Mostly flat



Freshney Place Green Grimsby is a campaign aimed at driving greater awareness of the environment, sustainability and a greener approach to living, in line with the town's reputation as a renewable energy capital. Combining events, key partnerships and activities, the initiative hopes to educate and create awareness of these important issues amongst the local population.

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freshneyplace.co.uk



START

Cycle Hub,
Railway Station,
Grimsby, DN31 1LY



Safe cycle parking
available at The Hub
and Freshney Place

KEY

- Park
- School
- Football Ground
- Church
- Cemetery
- Golf Course
- Thorpe Park
- Caravans
- The Jungle Zoo



Beach Cruise 12 miles (19.5 km)

- | | | |
|--|---|--|
| <p>1 From the Hub, head across the car park, keeping the railway line on your left. Turn left across the level crossing onto Wellowgate.</p> <p>2 Turn right onto Abbey Road.</p> <p>3 Take your fourth turning on the left along Abbey Park Road.</p> <p>4 Go straight ahead at the crossroads and keep the park to your left.</p> <p>5 About three quarters of the way around the park take the small cutting on your right then head along Patrick Road.</p> <p>6 At the junction with Convamore Road turn left.</p> <p>7 Take the first right along Granville Street.</p> | <p>8 Turn right at the junction with Ladysmith Road.</p> <p>9 After 0.25 miles join the cycle track alongside Clee Fields.</p> <p>10 Past the barrier turn right.</p> <p>11 Take the first turning to the left towards the church.</p> <p>12 Turn right along Church Lane then Clee Crescent.</p> <p>13 Use the crossing to cross the road and head up the small path straight in front of you.</p> <p>14 Turn left onto Lady Frances Crescent then straight on at the cross roads.</p> <p>15 Follow the road onto Bentley Street then right onto Beacon Avenue keeping the cemetery to your right.</p> | <p>16 Turn left onto Highgate just before the pedestrian crossing.</p> <p>17 At the first mini roundabout turn right and follow this road straight ahead over another mini roundabout.</p> <p>18 Keep following the road and at the end turn left.</p> <p>19 Take the first right towards Cleethorpes Country Park.</p> <p>20 Cross the small bridge at the end of Links Road into the Country Park. Follow the path straight ahead along a tree lined path.</p> <p>21 After exiting the park follow Bedford Road and turn left at the junction onto Seaford Road.</p> |
| <p>22 At the end of the road turn right.</p> <p>23 Take the first left, North Sea Lane.</p> <p>24 At the roundabout turn right towards Thorpe Park.</p> <p>25 Follow this road until you reach a car park on your left. Take care going through the car park.</p> <p>26 Cross the light railway line and turn left keeping the estuary to your right.</p> <p>27 After passing the Leisure Centre turn right along the seafront.</p> <p>28 At the end of the path re-join the road and continue with the estuary on your right hand side.</p> <p>29 Opposite Cleethorpes Pier turn left along Sea Road.</p> | <p>30 Go straight across the roundabout through the Market Place.</p> <p>31 At the junction with St Peter's Avenue, turn right then immediately left along Bentley Street.</p> <p>32 Turn right up Wollaston Road and go straight on at the traffic lights.</p> <p>33 Turn left at the first mini roundabout.</p> <p>34 Take your second exit at the next roundabout along Durban Road.</p> <p>35 After the second pedestrian crossing turn right onto Humberstone Road with the park to your right.</p> <p>36 At Julian Street turn left and follow the road straight ahead as it turns into Sixhills Street.</p> | <p>37 At the junction with Heneage Road turn left.</p> <p>38 Take the second turn on your right along Catherine Street.</p> <p>39 At the end of Catherine Street go straight ahead under the subway and along "Gas Alley".</p> <p>40 Turn right onto Doughty Road.</p> <p>41 Go under the bridge then turn left at the junction with Bethlehem Street back towards the start of the route.</p> |

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