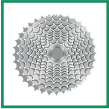


CYCLE MAINTENANCE TIPS : how to keep your bike in optimum condition

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

GREAT COATES VILLAGE ROUTE



START POINT	Cycle Hub, Grimsby
SUITABILITY	Adults and older children
DISTANCE	6.5 miles (11 km)
RIDE TIME	45 mins
TERRAIN	Mostly flat

Green Grimsby

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.

facebook.com/freshneyplace
@freshney_place_

freshneyplace.co.uk



Great Coates Village Route

6.5 miles (11km)

- 1 From the Hub, head out towards Freshney Place 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 After the underpass, 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 Turn right down Cleveland Street then left onto Gilbey Road.
- 9 After you go over the bridge keep right and take the right hand fork proceeding along Gilbey Road.
- 10 At the roundabout turn left.
- 11 Take care at this sharp left hand turn, follow the road over the bridge and through Great Coates village.
- 12 After leaving the village turn left at the mini roundabout. You may wish to join the off road cycle track after a few metres.
- 13 Go over a bridge and turn left before you get to the church.
- 14 At the end of this path turn right, keeping the fence to your left.
- 15 Turn left onto Yarrow Road.
- 16 Turn left onto the shared cycle/footpath. Take care and please give way to pedestrians when using this facility.
- 17 At the toucan crossing cross to the other side of the road and immediately turn down Norman Road.
- 18 Turn left along Marklew Avenue then take the first right along Morton Avenue.
- 19 Turn left along Marshall Avenue.
- 20 Take the second turn on the right and cycle down Rosalind Avenue.
- 21 At the junction with Littlefield Lane turn left towards the traffic lights.
- 22 Go straight ahead at the lights, go over the level crossing and then turn back down Chantry Lane, through the underpass, past the Minster and back to Freshney Place.

KEY

-  School
-  Church
-  Golf Course

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



 Safe cycle parking available at The Hub and Freshney Place

START
Cycle Hub,
Railway Station,
Grimsby, DN31 1LY