

- Make sure your bike is safe to ride.
- Ride positively and with confidence. Riding in the gutter only increases the risk - you encourage drivers to pass when it is not appropriate.
- The Highway Code applies to cyclists as well as other road users. Do not ignore road signs and traffic lights. Do not ride on pavements.
- Wear suitable clothing; ideally it should be highly visible.
- Wear a cycle helmet this could save your life.
- Let drivers know what you are going to do and check that it is safe for you to do it.
- Concentrate at all times and be particularly careful when you come across hazards.

## cycle route

## North Lincolnshire Circular Route

A long distance circular cycle ride of around 50 miles through North Lincolnshire's ideal cycling country.

The route takes in the gently rolling wolds, the level carrs of the Ancholme Valley, the soft limestone of the Lincolnshire Edge, riverside villages on the banks of the Trent and the Lincolnshire Cover Sands, which can be seen in eerie movement in times of high wind.

Spectacular views over the Trent and Ancholme valleys reveal a patchwork of fields sprinkled with heritage sites and villages which nestle at the foot of chalk hills. On the northern section, the worldfamous Humber Bridge can be seen spanning one of England's mightiest estuaries. In the two very short off-road stretches, it may be advisable to dismount and walk; elsewhere, away from the larger towns and villages, road traffic is moderate.

Extensive tracts of woodland and heathland serve as valuable habitats for a rich variety of wildlife, and sites rich in history tell the tale of North Lincolnshire's development from Roman times to the present day. For those of you who wish to explore the many side lanes and by-ways off the main route, we recommend you include the Ordnance Survey 1:50,000 Landranger map of Scunthorpe and area as part of your equipment.







