





Recreational cycle routes location map

Route grading system



The routes in this pack have been graded according to four levels of ability and experience: **ride easy**, **ride steady**, **ride well** and **ride strong**. These grades have been developed by British Cycling to help cyclists to decide whether a particular route is appropriate for them. The routes shown on the North Lincolnshire map have been designed and approved by North Lincolnshire Council, and the colour grading system serves only as a guide as to the terrain, duration and nature of the ride.

	 RIDE EASY	 RIDE STEADY	 RIDE WELL	 RIDE STRONG
Time				
Minimum	30 mins	50 mins	1 hr 20 mins	1 hr 40 mins
Maximum	1 hr	1 hr 30 mins	2 hrs	2 hrs 30 min
Distance				
Minimum	3 miles	6 miles	12 miles	20 miles
Maximum	6 miles	12 miles	20 miles	30 miles
Route Type				
Traffic-free	✓	✓	✓	✓
Traffic-free & suburban roads		✓	✓	✓
Road			✓	✓
Topography				
Mostly flat	✓	✓	✓	✓
Rolling		✓	✓	✓
Some hills			✓	✓
Hilly				✓
Terrain				
Tarmac (paths)	✓	✓	✓	✓
Packed shale	✓	✓	✓	✓
Other (eg tracks)	✓	✓	✓	✓
Tarmac (roads)		✓	✓	✓
Equipment suitable for	Child trailers		Road bikes	Road bikes

Health & Safety

Making cycling part of our lifestyle can bring many health benefits

- Regular cycling, as a form of physical activity, can contribute to longer life and protect us against many chronic and disabling conditions.
- Cycling can help reduce our health risk of coronary heart disease, strokes and osteoporosis (thinning bones):
- Cycling can help control blood pressure and maintain joint flexibility and muscle strength.
- Cycling can also help reduce anxiety, depression and stress. Keeping fit can actually give us more energy for everyday activities. This makes us feel less tired and helps us cope better with everyday pressures.
- Cycling can help weight loss by burning off extra and can help us physical shape.
- Cycling can help to cut down the volume of traffic on the roads, help us access open spaces and create opportunities to meet others, which all contribute to improving and maintaining a healthy environment.
- Last, but not least, cycling gives us a feeling of achievement, builds up stamina and helps create an active lifestyle. Getting out of doors and feeling good!



How to develop cycling as part of your healthy active lifestyle

- Choose a cycle route you will enjoy.
- Look out for the local attractions en-route.
- Cycle regularly – make cycling part of your lifestyle.
- Don't ride if you have been drinking alcohol or feel too tired.
- Any health worries, please consult your doctor first.
- Warm up – Be aware of how your body feels and remember to build up slowly and gradually to progress onto the more demanding longer routes. (It's OK to reach a pace that makes you breathe a little harder and faster – this will raise your pulse rate – but don't push yourself too hard.)
- The pre-measured route maps are a guide to meet everybody's level of fitness.
- Remember to take care in the sun – wear sunscreen (SPF15+), cover up and seek shade between 12 and 3pm.
- Drink plenty of fluids.

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