

Borrow an **E-Bike** or **E-Trike** today!

If you live, work, or study in North East Lincolnshire, you can borrow an **E-Bike** to get about!



HUMBER & WOLDS
RURAL ACTION



NORTH
EAST
LINCOLNSHIRE
COUNCIL

 EQUANS

Working in partnership

**2 WEEK
FREE
TRIAL!**

E-Bikes are a fantastic way to travel, being cheaper and more environmentally friendly to run than a car:

- Travel further than on a traditional bike – without needing a car
- Feel safer in the traffic
- Keep your journey times down with an average town-centre speed of 18 mph
- Take on hills with ease
- Regain fitness after illness or injury
- Low cost – don't get stung by rising fuel prices!
- Kind to the environment

Try out an E-bike, find out how they can benefit your commute and take out a **2 WEEK FREE TRIAL**.

For more information or to book your free trial, visit www.hwrcc.org.uk/e-bike-scheme/, call **07983479362** or email carole.johnson@hwrcc.org.uk today!

"I can no longer ride a bicycle due to poor balance and mobility issues. I have found that being out on my e-tricycle has improved my fitness and it has had an impact on weight loss. With pedal assist I am still able to pedal and use my legs which is important to keep my muscles active and reduce numbness."

"I am able to cycle further including hills – I have enjoyed being able to access local rural areas which has had a positive impact on my mental health and wellbeing."

"It enabled me to get to and from work, it also gave me back independence and freedom. I would definitely recommend the scheme and I have done so to friends who are need of transport to get to work. My experience was great!"

The project is delivered by North East Lincolnshire Council and our regeneration partner EQUANS, funded by the Department for Transport.



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