

# Zippy Bike Hire

**Cycling is fun for everyone  
& healthy too!**

*Come and explore 7 miles of flat easy  
traffic-free cycle routes in beautiful country-  
side following the River Nord...*

**Whatever bike** you fancy, ZIPPY has the right one for you. Great choice...mountain bikes, tandems, children's bikes, trailers for kids and child seats. Trekking bikes for ladies and gents, soft comfortable seats and 21 easy gears.

**All ZIPPY bikes** are replaced every year and regularly serviced. Cycle helmets, pumps, rucksacks and locks are free to all.



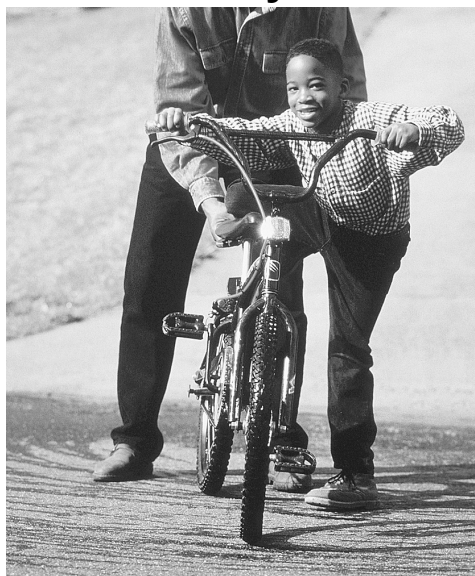
*Trailer*

**For children under 7** we have bikes that attach to an adult bike—great for keeping children where they should be and helping them out on long rides. **For children under 5** we have comfortable child seats and trailers that attach to the adult's bike. For the more able young cyclist we have little bikes with or without stabilisers.

**What does it cost to hire a bike?**  
(Prices in £)

Bicycle Hire	Half Day	Full Day	Per Week
Adults / Trailer	8	12	50
Children (under 16)	6	9	30
Child Seat	2	3	12

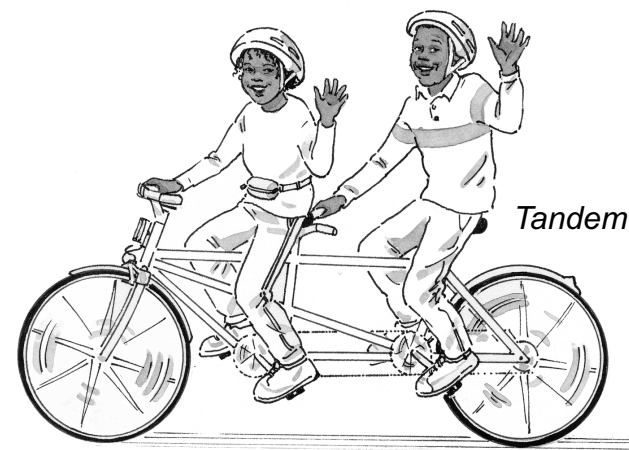
**TRY before you BUY**



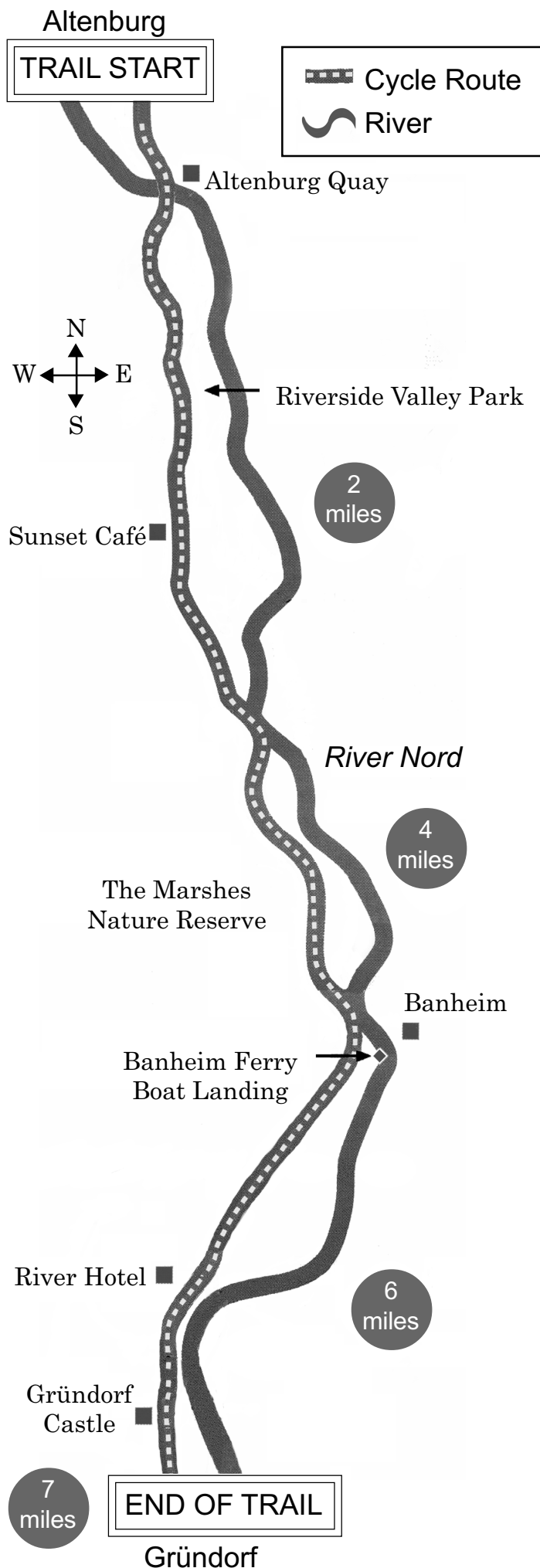
# Follow

*the River Nord*

Trail



*with Zippy*  
**Bike Hire**



## The River Nord Trail

**The River Nord Trail** is flat and easy to cycle on, with plenty to see along the way.

Start from **Altenburg**, keeping to the east bank of the river. Go over the bridge at **Altenburg Quay**.

This takes you to the **Riverside Valley Park**. Approximately 2 miles from the start you reach the **Sunset Café**. To proceed further you need to continue on the west bank (see map).

You then proceed past **The Marshes Nature Reserve**.

You can stop to visit the historic port of **Banheim** by catching the little ferry boat across the River Nord.

Continue along the trail and enjoy the wildlife area—full of birds—which is on the way to the **River Hotel**.

A little further on you reach **Gründorf**. You can now follow a quiet country lane around **Gründorf Castle** grounds. You will see part of the large herd of fallow deer, often at close quarters.

This brings you to the end of the trail.