

Cycling is a great way to keep fit whilst at the same time getting from A to B or exploring your local area.

The 19 **Cyclesolihull** routes in this series of leaflets will take you along most of the network of quiet lanes in and around Solihull, introducing you to some places you probably didn't even know existed!

The routes have been carefully chosen to avoid busier roads so are ideal for new cyclists and children learning to cycle on the road.

You can cycle the routes alone or with family and friends, or join one of the regular **Community Cycle Rides**.

## Cycle<sup>to</sup>Solihull Day

Sunday 13 September 2009



A chance to join other cyclists in Solihull town centre for a cycling afternoon. Join one of the special rides or simply head to the town centre on your bike. More details at:

[www.cycletosolihullday.org.uk](http://www.cycletosolihullday.org.uk)

This is one of a series of ride leaflets devised by Solihull Cycling Steering Group which is helping Solihull Council to increase the amount of cycling in the area and consists of representatives from: Birmingham International Airport, Cyclists Touring Club, Pushbikes, Solihull Cycling Club, Solihull Care Trust, Solihull Residents Association and Sustrans.

## Community Cycle Rides

**Cyclesolihull** offers regular opportunities to join with others to ride the routes in this series of leaflets. The rides are organised by volunteers, and during 2008 nearly 900 people (including over 100 children) took part in over 40 rides. To get involved, just turn up and ride!

**Sunday Cycle Rides** take place most Sundays\* throughout the summer starting at 2 pm from one of 13 different starting points. "S" (short) routes are about 10 miles long, "M" (medium) routes are about 15 miles long and "L" (long) routes about 20 miles long.

**Evening Explorer Rides** are on alternate Wednesdays from mid-May to mid-August starting at 7 pm from one of 8 different starting points. They follow the short "S" routes so are about 10 miles long.

**Saturday Stretcher Rides** take place on the first Saturday of every month at 10 am from one of 4 different starting points. They are 20 to 25 miles long and do not follow a fixed route, so are suitable for more experienced cyclists.

**Taster Rides** are an occasional opportunity to try a Cyclesolihull ride without going very far. They are about 5 miles long starting at 2 pm from one of 3 different starting points – an ideal introduction to the rides for new cyclists and small children.

**Refreshment Stops** All Cyclesolihull rides have an en-route refreshment stop of about 30 minutes, either at a pub or a tearoom.

*\* all except those weekends when there is a Saturday Stretcher or Taster Ride.*

For full details of current rides go to:

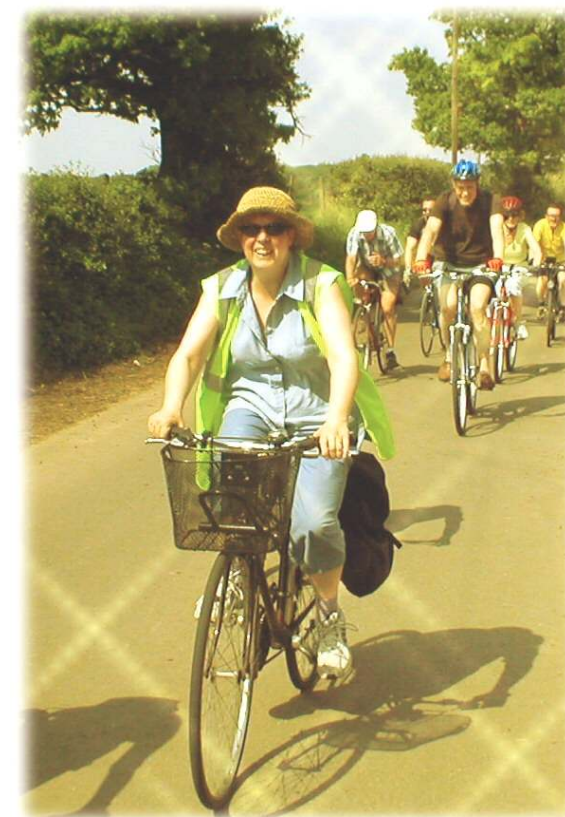
[www.cyclesolihull.org.uk](http://www.cyclesolihull.org.uk)

or pick up a copy of the **Cyclesolihull 'Ride Together'** leaflet on one of the rides or at local libraries and cycle shops.

Route M7

# CycleSolihull

*Explore your borough by bike*



Knowle to Rowington Green & Lawsonford (16 miles)

*Have fun and get fit exploring your local area with this self-guided cycle ride.*

## Route M7

### Knowle to Rowington Green & Lawsonford

**Distance** 14 (75-105 mins) or 16 miles (85-120 mins).

**Start:** Knowle Parish Church in the High Street SP183767.

**Parking:** Village car park behind the church (entrance at other end of High Street).

**Refreshments:** In addition to the facilities in Knowle there are several pubs along the route.

### The Route

**A** Starting at the church. Turn left along Kenilworth Road crossing the Grand Union Canal at Knowle Locks.

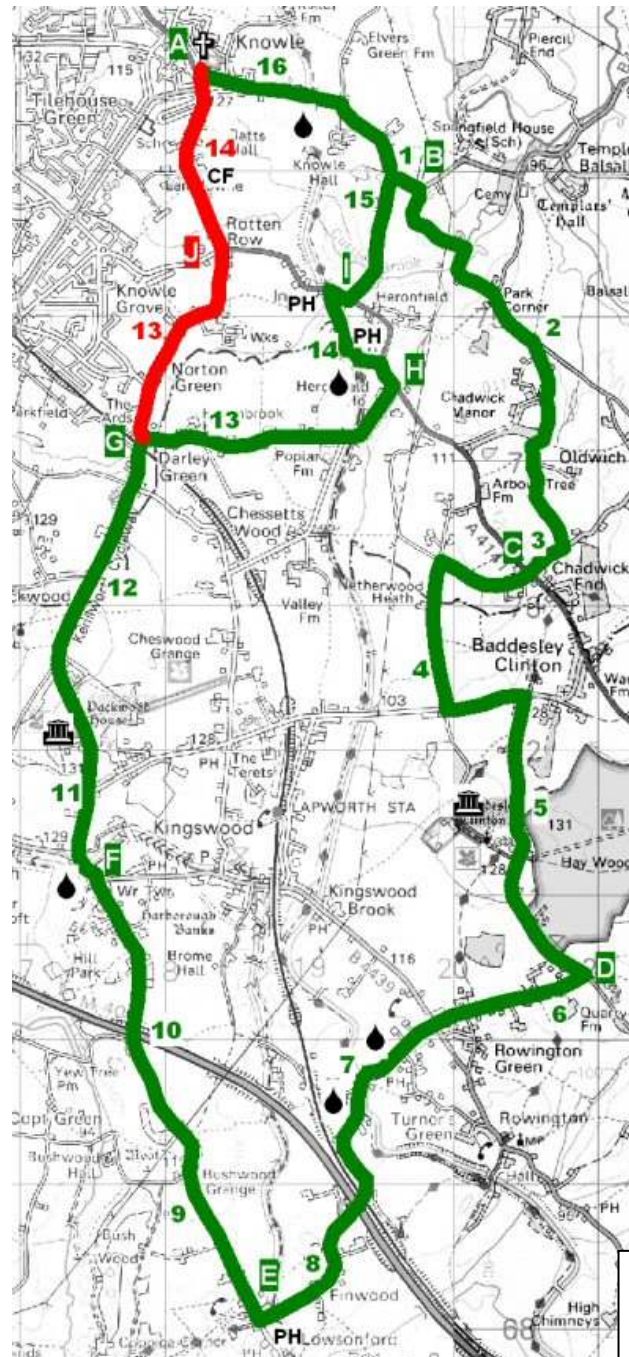
**B** Turn second right into Cuttle Pool Lane and follow this lane up the hill to the end. Turn right and bear right again at the next junction. Follow this winding narrow lane for a mile. At the end turn right towards Chadwick End.

**C** At the A4141 Warwick Road go straight across into Netherwood Lane. At the end turn left and at the end of this lane turn left again (opposite the entrance to Baddesley Clinton National Trust property). Turn next right into Hay Wood Lane. Follow this quiet narrow lane for over a mile, passing Hay Wood picnic area.

**D** Turn next right towards Rowington. Look out for the old windmill (now a house) on the left. At the B4439 go straight-on into Finwood Road, passing the Tom O' The Wood pub. In the next mile you pass over two canals, a railway and a motorway!

**E** At the end of the lane turn right in the village of Lawsonford. Turn right. Follow this road for 2 miles.

**F** At the B4439 turn left and then (with care) first right towards Packwood House. Bearing left at the next junction, follow signs to Packwood House (National Trust), and continue along this road until you pass under a railway.



### Key to Map

- A** Reference point
- 1, 2** Mileage from start, red numbers indicate by the shorter route
- PH** Public house
- CF** Café or tearoom
- +** Historic church
- HB** Historic building
- ◆** Waterway with access point

*From this point there is a choice of routes. The slightly shorter route uses the A4141 for ¾ mile, largely uphill. The longer route is quieter and flatter and uses a short length of the Grand Union Canal towpath*

#### *To continue with the shorter route*

**C** Follow the road until the end. **J** Turn left on to the A4141, which leads back into Knowle. CAUTION! This is a busier road with a steep hill into Knowle. However, the garden centre on the right has a tearoom which is a useful stop on this route.

#### *To continue with the longer route*

**C** Turn first right into Bakers Lane and follow this road, eventually crossing the canal and reaching the A4141.

**H** Turn left along the A road for 100 yards and first left to visit the Black Boy pub. At the pub go onto the canal towpath and turn right. Leave the canal at the next bridge (by the Herons Nest pub) and turn right on to the A4141 for 200 yards (footway available).

**I** Turn first left into Watery Lane. At the end of the lane turn left to retrace the route back to Knowle.

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