

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^{to}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

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:

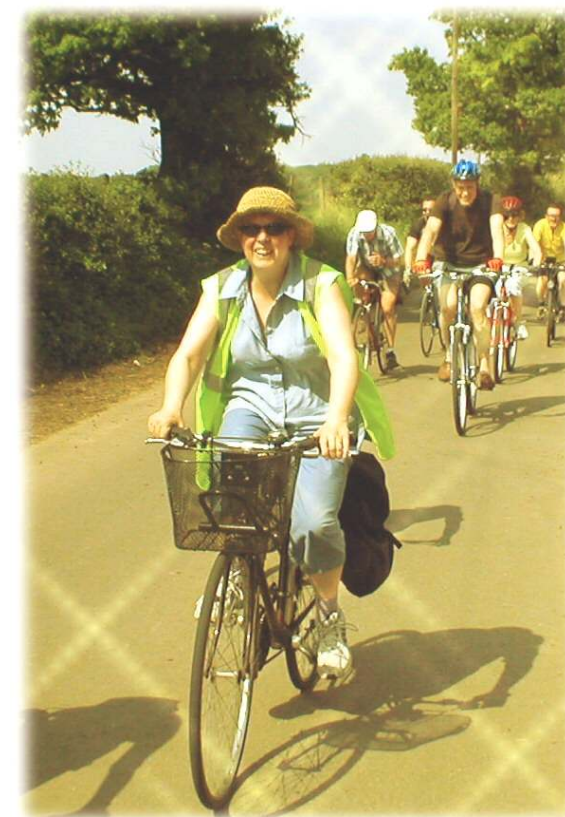
www.cyclesolihull.org.uk

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

Route S3

CycleSolihull

Explore your borough by bike



Catherine-de-Barnes to
Hampton & Barston (9 miles)

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

Route S3 Catherine-de-Barnes to Hampton in Arden & Barston

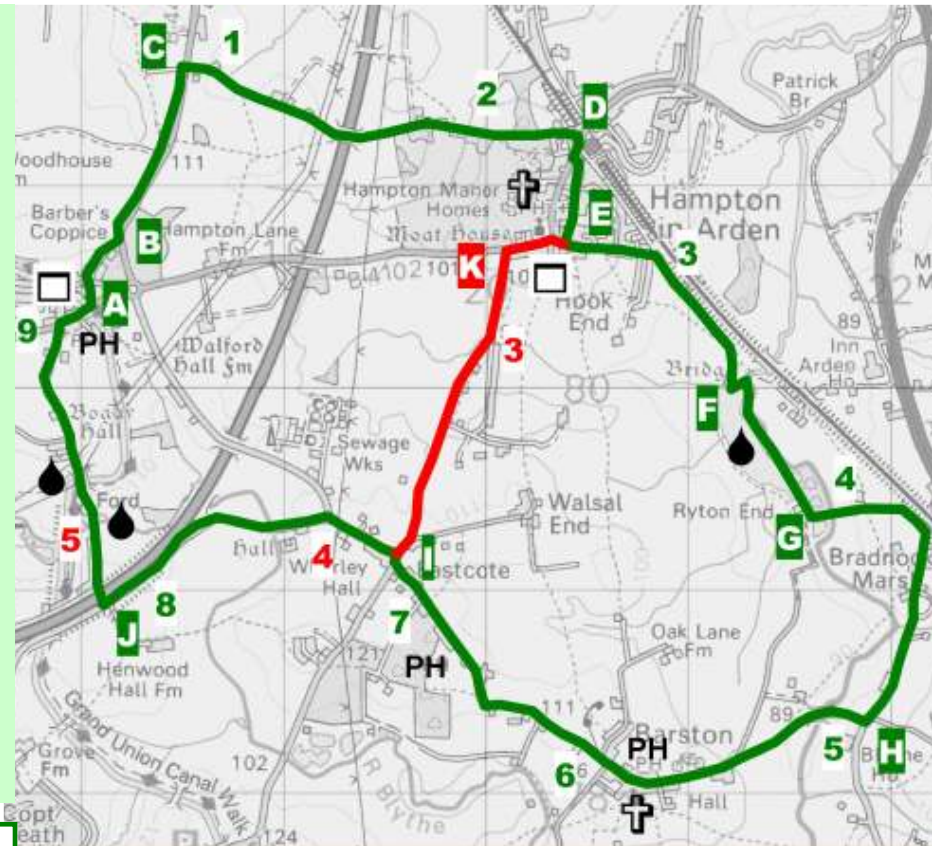
Distance: 6 miles (30-40 mins) or 9 miles (45-60 mins).

Start: The Boat Inn, Catherine-de-Barnes, SP180803.

Parking: At the pub for customers. Limited parking on the road outside.

Route Summary: A ride along a roadside cycle track, quiet country lanes and an attractive lakeside path at Ryton End, passing the River Blythe and Grand Union Canal. Please note that the track alongside the lake can be muddy after wet weather.

Refreshments: In addition to the pub and shop at Catherine-de-Barnes there is a pub and a shop in Hampton and two pubs in Barston.



Key to Map

- A** Reference point
- 1, 2** Mileage from start, red numbers indicate by the shorter route
- PH** Public House
- +** Historic church
- Shop selling drinks, sweets etc.
- Waterway with access

Doing the shorter ride?

Follow the red link route from Hampton back to Eastcote.

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The Routes

A From the Boat Inn turn right over the canal bridge and then immediately left into (old) Bickenhill Lane.

B At the end of the lane turn left on to the cycle track alongside Catherine-de-Barnes Lane.

C After 0.6 miles take the first turn right into Shadowbrook Lane. Follow the lane over the motorway into Hampton in Arden.

D On reaching the High Street bear right, crossing the main road into Fentham Road almost opposite.

To continue with the shorter route
At the end of the road turn right. On reaching the High Street turn left.

K Take the first turn left into Eastcote Lane. These roads can be quite busy at certain times of the day – please take extra care. After one mile turn right at the staggered crossroads to rejoin the main route at **L**.

To continue the main route

E At the end of the road turn left into the lane and follow it down the hill. Note: turn right to first visit the shops on the High Street.

F At the very end of the lane (at the car park), turn right on to a recently improved track, cross the footbridge and turn left so that the lake is on your right. The section along the lake is rough in sections and can be muddy.

G At the clubhouse and restaurant turn left on to the access road. At the end of the lane turn right (do not

go under the railway bridge).

H At the crossroads turn right. Continue through Barston village past the Bulls Head pub on the right and St Swithin's Church on the left. This dates from the 1720s and replaced a much earlier church that was destroyed by fire. Continue past the Malt Shovel pub on the left.

I At the staggered crossroads turn right and then immediately left, continuing along Barston Lane. Follow the road round to the left, passing the right turn into Friday Lane, until the road runs alongside the M42 motorway.

J Take the next right turn under the motorway into Henwood Lane. Cross the ford at the River Blythe (a footbridge is available) and then the Grand Union Canal. At the end of the lane turn right to return to the Boat Inn.