

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:

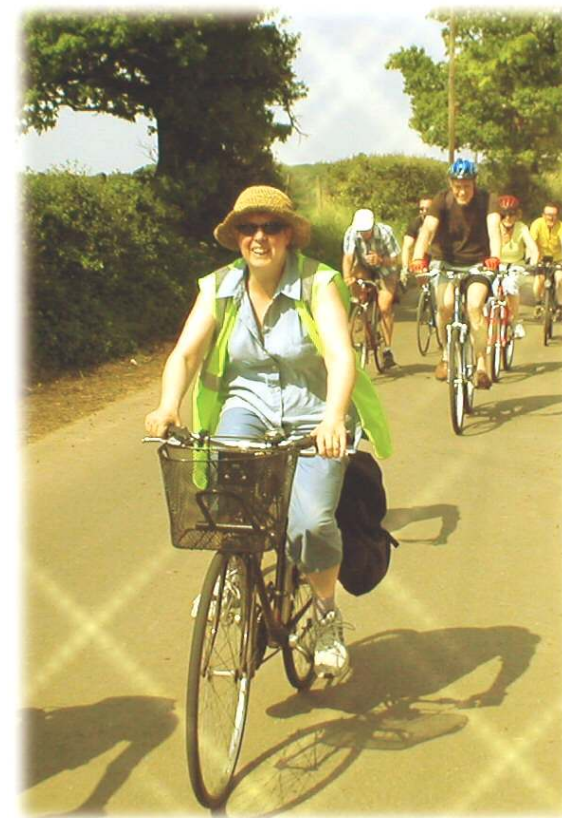
www.cyclesolihull.org.uk

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

Route S7

CycleSolihull

Explore your borough by bike



Solihull to Catherine-de-Barnes & Henwood (9 miles)

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

Route S7 Solihull (Malvern Park) to Catherine-de-Barnes & Henwood

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

Start: Malvern Park car park (next to the play area), off New Road near Solihull Town Centre SP156793.

Route Summary: A ride through Solihull's town centre parks and then on mainly quiet country lanes, crossing the River Blythe and Grand Union Canal. There are two short lengths on busier roads but no difficult turns to make.

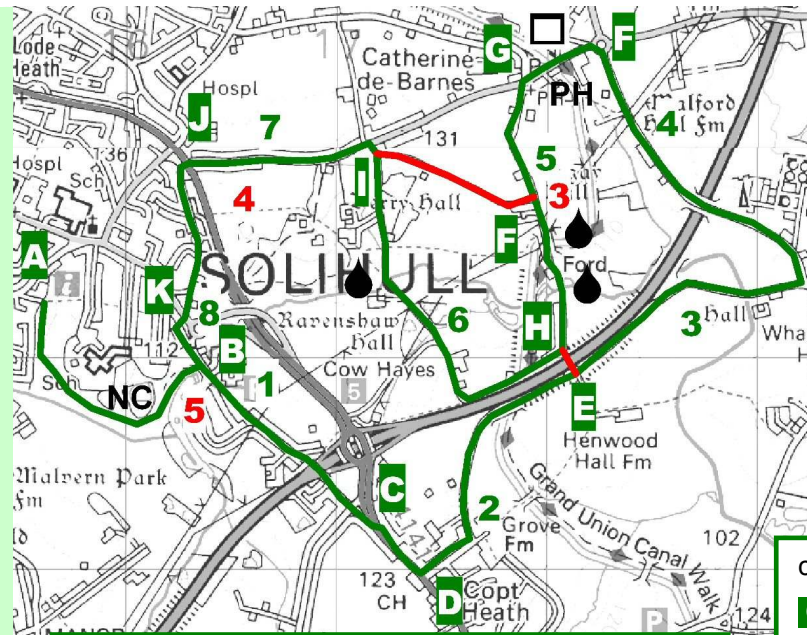
The first section forms an off-road mini-ride through the park and past the Parkridge Nature Centre. This section is suitable for small children unable to cycle on the road.

Refreshments: In addition to the facilities in Solihull Town Centre there is a café at the Parkridge Centre. The main route takes you past The Boat Inn at Catherine-de-Barnes.

The Route

A From the car park join the segregated cycle/pedestrian track heading south. At the junction of the cycle tracks go left and continue past the Parkridge Centre and through the car park to reach Warwick Road at **B**. **For the mini-ride retrace your route back to the start.**

B Turn right along Warwick Road which is now a quiet cul-de-sac, and follow the road to the end. Go up the spiral ramp on the



Key to Map

- A** Reference point
- 1, 2** Mileage from start, red numbers indicate by the shorter route
- PH** Public House
- Shop selling drinks, sweets etc.
- NC** Parkridge Nature Centre with cafe
- Waterway with access point

Doing the shorter ride?

Follow the red links for a shorter ride using quieter roads.

left and over the M42 pedestrian bridge (please dismount on the bridge). Continue straight ahead crossing Lady Byrom Lane to reach the main A4141 Warwick Road.

C Carefully cross Warwick Road, turning right, joining the cycle lane for 300 yards. CAUTION! Warwick Road can be busy so cross and cycle with care.

D Turn next left into Jacobean Lane. Follow the road for 0.8 miles.

To continue with the shorter route

E Take the first turn left into Henwood Lane passing under the M42. Follow the road across the ford (an alternative bridge is available) and across the Grand Union canal. Take the first turn left down Berry Hall Lane and at the end of the lane turn right to rejoin the main route at **I**.

To continue with the main route

E Ignoring the first left turn (under the motorway) take the second left turn into Friday Lane.

F At the roundabout turn left with care and cross the

canal, passing The Boat Inn on the left.

G Take the next left and follow the lane across the canal and the ford (an alternative bridge is available).

H Just before the motorway bridge turn right. Follow the road across the canal until it becomes a path. Follow the path past Whale Tankers. Where the road bends to the left go straight-on crossing the river at another ford. Continue straight-on to reach the main road.

I Turn left into Hampton Lane. CAUTION! This section can be busy. Take particular care when crossing the Solihull Bypass at the traffic lights.

J Go straight-on at the traffic lights into Marsh Lane, continuing straight-on at the small roundabout. Close to the end of the road, bear left and join the short length of cycle path to reach Warwick Road.

K Cross Warwick Road with care and join the short length of cycle path into the road which leads back to the car park. Go through the car park and re-trace your route using the cycle path through Brueton Park to the start.

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