

Find the ride that suits you best!

Cyclesolihull rides range from 5 to 30 miles. The route number provides a quick guide to the length of the ride and the start point, so you can easily see which rides are best for you. There is a refreshment stop of about 30 minutes on all rides.

5 miles Taster T routes are introductory rides which are especially suitable for beginners and children. *Total ride time including stops is about 1½ hours.*

10 miles S routes are ideal if you just want a short easy ride. They are also great for families. *Total ride time including stops is about 2 hours.*

These shorter rides are highlighted yellow in the programme.

15 miles M routes are an opportunity to try a slightly longer ride. *Total ride time including stops is about 2½ hours.*

20 miles L routes are our longest Sunday rides. *Total ride time including stops is about 3 hours.*

30 miles Saturday Stretcher rides are our longest rides and at a faster pace with no fixed route. *Total ride time including stops is about 3½ hours.*

Ride distances may vary by +/- 10% depending on the route. Actual ride distances are shown for each ride followed by the Cyclesolihull route number.

Need more confidence to cycle on the road?

Consider having some cycle training, which is available at all levels including for complete beginners who want to learn to ride a bike.

Locally **Purrfect Pedalling** provide friendly training for all ages. Call 07896 885726 or go to www.purrfectpedalling.co.uk.

Cyclesolihull rides are regular free cycle rides organised by volunteers. They are a fun way to explore your local area at a leisurely pace with other people. Just turn up at the start point with a roadworthy bike – there is no need to book.

The rides take place on the basis of all riders accepting responsibility for their own safety. Ride lengths vary from 5 to 30 miles and start from 20 different locations.

Riders travel at their own pace and there are regular short stops so nobody gets left behind. Sunday ride timings are based on a 8 mph average speed but this varies depending on who is on the ride - expect the shorter rides to be a little slower than this and the longer rides a bit faster.

Saturday Stretcher rides are at a faster pace, typically 10-12 mph and are suitable for more experienced cyclists.

See inside for the Autumn & Winter 2018/19 ride dates and times.

Cyclesolihull routes form the basis of the rides.

There are over 50 different routes using quiet roads and cycle paths and are ideal for a half-day out. You can also cycle them alone or with family and friends. Individual leaflets containing a detailed map and directions can be downloaded for most of the routes from www.cyclesolihull.org.uk.

Children Welcome!

Children learning to cycle on the road with their parents are welcome on Sunday rides. Cyclesolihull rides are a great way for children to experience 'real' cycling and it is surprising how far even younger children can go. You are recommended to try the **Taster** and shorter **S** rides first (highlighted in yellow in the programme).

Cyclesolihull was established by volunteers 12 years ago to encourage more cycling. Since then we have organised over 900 free rides with over 12,000 riders taking part. Find out more about the rides and routes at:

www.cyclesolihull.org.uk



Regular FREE cycle rides
in and around Solihull

CycleSolihull

Explore your borough by bike



- Sunday afternoon leisure rides
- Saturday morning rides at a faster pace
- 20 local start points
- Dates & times inside

Autumn & Winter 2018/19

www.cyclesolihull.org.uk

Sunday Cycle Rides

Rides will set off at **1.30 pm** from the following start points. Shorter rides are highlighted in **yellow**.

October

7th Knowle (16 miles, Route M2)

14th Dickens Heath (5 miles, Route T4) Taster

21th Dorridge Station (21 miles, Route L1)

28th Meriden (10 miles, Route S5)

November

4th Cheswick Green (10 miles, Route S9)

11th Dorridge Park (6 miles, Route T1) Taster

18th Monkspath (11 miles, Route S6)

25th Malvern Park (9 miles, Route S7)

December

2nd Knowle (10 miles, Route S2)

9th Balsall Common (8 miles, Route S8)

16th Dorridge Station (9 miles, Route S1)

30th Marston Green (11 miles, Route S12)

January

6th Bentley Heath (11 miles, Route S13)

13th Hockley Heath (16 miles, Route M11)

20th Brueton Park (16 miles, Route M7)

27th Cheswick Green (10 miles, Route S9)

February

3rd Meriden (16 miles, Route M5)

10th Hockley Heath (11 miles, Route S11)

17th Brueton Park (21 miles, Route L7)

24th Catherine-de-Barnes (9 miles, Route S3)

March

3rd Bentley Heath (16 miles, Route M13)

10th Monkspath (6 miles, Route T6) Taster

17th Knowle (21 miles, Route L2)

24th Solihull Lodge (12 miles, Route S10)

31st Cheswick Green (17 miles, Route M9)

Cyclesolihull Autumn & Winter Rides 2018/19

Come Cycling this Autumn!

Cycling is great fun and a good way to keep fit. Cycling is also the perfect way to explore your local area, and Solihull is lucky to be close to attractive countryside with many quiet roads and paths.

Cyclesolihull rides use many of these and are a great way to begin exploring. You don't need to worry about getting lost, and informal help is available if you have a problem with your bike.

The rides are also an opportunity to meet other cyclists and there is always a short refreshment stop during the ride.

To join the rides all you need is a roadworthy bike (any kind of bike, including electric bikes are welcome). The rides are free and there is no need to book.

We hope to see you soon!

Ride Start Points

Balsall Common library CV7 7EL (Routes S8, M8, L8).

Bentley Heath Park car park, Widney Rd B93 9BQ (Routes S13, M13).

Brueton Park car park, Warwick Rd B91 3HW (Route M7, L7).

Catherine-de-Barnes The Boat Inn B91 2TJ (Route S3).

Castle Bromwich church (old) Chester Rd B36 9DE (Route S18, M18).

Chelmsley Wood Asda car park B37 5EX (Routes S17, M17).

Cheswick Green shops B90 4JA (Route S9, M9, L9).

Coleshill Parkfield Rd car park B46 3ND (Routes S15, M15, L15).

Dickens Heath library B90 1SD (Routes T4, S4, L4).

Dorridge Park Arden Rd car park B93 8LJ (Route T1).

Dorridge Station rail station B93 8JA (Route S1, L1).

Saturday Stretcher Rides

Rides will set off at **9.30 am** from the following start points. All rides are about 30 miles long and do not have a fixed route.

October

6th Meriden 13th Hockley Heath

20th Lapworth 27th Coleshill

November

3rd Brueton Park 10th Balsall Common

17th Dorridge Station 24th Dickens Heath

December

1st Knowle 8th Meriden

15th Hockley Heath 29th Lapworth

January

5th Coleshill 12th Brueton Park

19th Balsall Common 26th Dorridge Station

February

2nd Dickens Heath 9th Knowle

16th Meriden 23rd Hockley Heath

March

2nd Lapworth 9th Coleshill

16th Brueton Park 23rd Balsall Common

30th Dorridge Station

Hockley Heath post office B94 6QT (Routes S11, M11, L11).

Knowle parish church B93 0LN (Routes S2, M2, L2).

Lapworth rail station B94 6JJ (Route M16).

Malvern Park playground car park B91 3EA (Route S7).

Marston Green Elmdon Lane car park B37 7DL (Routes S12, M12, L12).

Meriden The Green CV7 7LN (Routes S5, M5, L5).

Monkspath Shelly Farm shops B90 4EH (Routes T6, S6, M6).

Olton Park Brackleys Way B92 8QE (Route S19).

Shirley Park behind Aldi B90 3AG (Route M14).

Solihull Lodge Daisy Farm Park car park, Maypole Lane B14 4PJ (Routes S10, M10).