

Cyclesolihull was established by volunteers over 10 years ago to encourage more cycling. Since then we have organised over 800 free rides with over 12,000 riders taking part. Find out more about the rides and routes below.

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 (electric bikes are welcome) – there is no need to book.

The rides take place on the basis of all riders accepting responsibility for their own safety. Ride lengths range 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 behind. Most ride timings are based on an 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 Spring & Summer 2018 ride programme.

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**).

Need more confidence to cycle on the road?

Consider some cycle training, which is available at all levels including for complete beginners who want to learn to ride. Locally **Purrfect Pedalling** provide friendly training for all ages. Call 07896 885726 or go to www.purrfectpedalling.co.uk.

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 so you can easily see which rides are best for you.

5 miles Taster T routes are introductory rides which are especially suitable for beginners and children.

10 miles S routes are ideal if you just want a short easy ride. They are also great for families.

*These shorter rides are highlighted **yellow** in the programme.*

15 miles M routes are an opportunity to try a slightly longer ride.

20 miles L routes are our longest Sunday rides.

30 miles Saturday Stretcher rides are our longest rides and at a faster pace with no fixed route.

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

Evening Explorer rides are short weekday rides along the **S** routes during the months with lighter evenings.

Rides are free and no booking is required. There is a refreshment stop of about 30 minutes on all rides.

Start Points

See inside for full details of the ride start points.

Information about rides and routes is available at:

www.cyclesolihull.org.uk



Regular **FREE** cycle rides
in and around Solihull

CycleSolihull

Explore your borough by bike



- Sunday Cycle Rides
- Saturday Stretcher Rides
- Taster Rides
- Evening Explorer Rides

Spring & Summer 2018

www.cyclesolihull.org.uk

Saturday Stretcher Rides

- 7 April at 9.30 am Coleshill (30m/SS)
14 April at 9.30 am Brueton Park (30m/SS)
21 April at 9.30 am Balsall Common (30m/SS)
28 April at 9.30 am Dorridge Station (30m/SS)
5 May at 9.30 am Dickens Heath (30m/SS)
12 May at 9.30 am Knowle (30m/SS)
19 May at 9.30 am Meriden (30m/SS)
26 May at 9.30 am Hockley Heath (30m/SS)
2 June at 9.30 am Lapworth (30m/SS)
9 June at 9.30 am Coleshill (30m/SS)
16 June at 9.30 am Brueton Park(30m/SS)
23 June at 9.30 am Balsall Common (30m/SS)
7 July at 9.30 am Dorridge Station (30m/SS)
14 July at 9.30 am Dickens Heath (30m/SS)
21 July at 9.30 am Knowle (30m/SS)
28 July at 9.30 am Meriden (30m/SS)
4 Aug at 9.30 am Hockley Heath (30m/SS)
11 Aug at 9.30 am Lapworth (30m/SS)
18 Aug at 9.30 am Coleshill (30m/SS)
25 Aug at 9.30 am Brueton Park (30m/SS)
1 Sept at 9.30 am Balsall Common (30m/SS)
8 Sept at 9.30 am Dorridge Station (30m/SS)
15 Sept at 9.30 am Dickens Heath (30m/SS)
22 Sept at 9.30 am Knowle (30m/SS)

Ride Start Points

Balsall Common library CV7 7EL, **Bentley Heath** park car park, Widney Rd B93 9BQ, **Brueton Park** car park, Warwick Rd B91 3HW, **Catherine-de-Barnes** The Boat Inn B91 2TJ, **Cheswick Green** shops B90 4JA, **Coleshill** Parkfield Rd car park B46 3ND, **Dickens Heath** library B90 1SD, **Dorridge Park** Arden Rd car park B93 8LJ, **Dorridge Station** rail station B93 8JA, **Hockley Heath** post office B94 6QT, **Knowle** parish church B93 0LN, **Lapworth** rail station B94 6JJ, **Malvern Park** playground car park B91 3EA, **Marston Green** Elmdon Lane car park B37 7DL, **Meriden** The Green CV7 7LN, **Monkspath** Shelly Farm shops B90 4EH, **Olton** park entrance Brackleys Way B92 8QE, **Shirley** park car park behind Aldi B90 3AG, **Solihull Lodge** Daisy Farm Park car park, Maypole Lane B14 4PJ.

Cyclesolihull Summer Rides 2018

Evening Explorer Rides

- Tuesday 8 May at 7 pm Cath-de-Barnes (9m/S3)
Thursday 17 May at 7 pm Olton (12m/S19)
Tuesday 22 May at 7 pm Bentley Heath (11m/S13)
Thursday 31 May at 7 pm Dickens Heath (10m/S4)
Tuesday 5 June at 7 pm Meriden (10m/S5)
Thursday 14 June at 7 pm Monkspath (11m/S6)
Tuesday 19 June at 7 pm Malvern Park (9m/S7)
Thursday 28 June at 7 pm Solihull Lodge (12m/S10)
Tuesday 3 July at 7 pm Balsall Common (8m/S8)
Thursday 12 July at 7 pm Dorridge Station (9m/S1)
Tuesday 17 July at 7 pm Knowle (10m/S2)
Thursday 26 July at 7 pm Hockley Heath (11m/S11)
Tuesday 31 July at 7 pm Marston Green (11m/S12)
Thursday 9 August at 7 pm Cheswick Green (10m/S9)
Tuesday 14 August at 7 pm Cath-de-Barnes (9m/S3)
Thursday 23 August at 7 pm Bentley Heath (11m/S13)

Note: Where applicable there is no **Saturday Stretcher** ride on the 5th Saturday of the month.

Sunday Cycle Rides

- 1 April at 2 pm Monkspath (15m/M6)
8 April at 2 pm Dickens Heath (5m/T4) Taster
15 April at 2 pm Knowle (21m/L2)
22 April at 2 pm Dorridge Station (9m/S1)
29 April at 2 pm Malvern Park (16m/M7)
6 May at 2 pm Balsall Common (17m/M8)
13 May at 2 pm Monkspath (6m/T6) Taster
20 May at 2 pm Meriden (22m/L5)
27 May at 2 pm Knowle (9m/S2)
3 June at 2 pm Hockley Heath (16m/M11)
10 June at 2 pm Dorridge Park (6m/T1) Taster
17 June at 2 pm Dickens Heath (22m/L4)
24 June at 2 pm Cath-de-Barnes (9m/S3)
1 July at 2 pm Shirley (15m/M14)
8 July at 2 pm Dickens Heath (5m/T4) Taster
15 July at 2 pm Coleshill (23m/L15)
22 July at 2 pm Cheswick Green (10m/S9)
29 July at 2 pm Solihull Lodge (16m/M10)
5 Aug at 2 pm Lapworth (16m/M16)
12 Aug at 2 pm Dorridge Park (6m/T1) Taster
19 Aug at 2 pm Cheswick Green (22m/L9)
26 Aug at 2 pm Knowle (9m/S2)
2 Sept at 2 pm Bentley Heath (16m/M13)
9 Sept at 2 pm Monkspath (6m/T6) Taster
16 Sept at 2 pm Balsall Common (18m/L8)
23 Sept at 2 pm Dickens Heath (10m/S4)
30 Sept at 2 pm Meriden (16m/M5)

