

Come Cycling this Summer!

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

All abilities and ages are welcome - to join the rides all you need is any kind of roadworthy bike (including electric). The rides are free and there is no need to book.

We hope to see you soon!

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.

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 21 different locations.

Riders travel at their own pace and there are regular short stops so nobody gets left behind. Sunday and evening 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 Spring & Summer 2019 ride dates and times.

All Abilities and Ages Welcome!

Cyclesolihull rides are a great way for people to enjoy cycling on the borough's quieter roads and paths. **Children** learning to cycle on the road with their parents are welcome on Sunday rides. Less experienced riders and those bringing children are recommended to try the **Taster** and shorter **S** rides first (highlighted in yellow in the 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.

Cyclesolihull was established by volunteers 14 years ago to encourage more cycling. Since then we have organised over 950 free rides with nearly 13,000 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 & weekday evening leisure rides
- Saturday morning rides at a faster pace
- 21 local start points
- Dates & times inside

Spring & Summer 2019

www.cyclesolihull.org.uk

Sunday Cycle Rides

Rides will set off at **2 pm** from the following start points. Shorter rides are highlighted in **yellow**.

April

7th Monkspath (15m/M6)

14th Dickens Heath (5m/T4) Taster

21st Knowle (21m/ L2)

28th Dorridge Station (9m/S1)

May

5th Balsall Common (17m/M8)

12th Vélo Birmingham in Solihull – no Cyclesolihull ride

19th Dorridge Station (21m/L1)

26th Knowle (9m/S2)

June

2nd Hockley Heath (16m/M11)

9th Dorridge Park (6m/T1) Taster

16th Dickens Heath (22m/L4)

23rd Cheswick Green (10m/S9)

30th Solihull Lodge (16m/M10)

July

7th Shirley (15m/M14)

14th Monkspath (6m/T6) Taster

21st Coleshill (23m/L15)

28th Meriden (11m/S5)

August

4th Lapworth (16m/M16)

11th Dickens Heath (5m/T4) Taster

18th Cheswick Green (22m/L9)

25th Knowle (9m/S2)

September

1st **NEW** Lyndon (14m/M20)

8th Dorridge Park (6m/T1) Taster

15th Balsall Common (18m/L8)

22nd Sept at 2 pm Dickens Heath (10m/S4)

29th Sept at 2 pm Meriden (16m/M5)

Cyclesolihull Spring & Summer Rides 2019

Evening Explorer Rides

Rides will set off at **7 pm** from the following start points. Shorter rides are highlighted in **yellow**.

Tuesday 7th May Cath-de-Barnes (9m/S3)

Thursday 16th May Dorridge Station (9m/S1)

Tuesday 21st May Bentley Heath (11m/S13)

Thursday 30th May Dickens Heath (10m/S4)

Tuesday 4th June Meriden (10m/S5)

Thursday 13th June Monkspath (11m/S6)

Tuesday 18th June Malvern Park (9m/S7)

Thursday 27th June Solihull Lodge (12m/S10)

Tuesday 2nd July Balsall Common (8m/S8)

Thursday 11th July Olton (12m/S19)

Tuesday 16th July Knowle (10m/S2)

Thursday 25th July Hockley Heath (11m/S11)

Tuesday 30th July Marston Green (11m/S12)

Thursday 8th August Cheswick Green (10m/S9)

Tuesday 13th August Cath-de-Barnes (9m/S3)

Thursday 22nd August Bentley Heath (11m/S13)

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.

April

6th Dickens Heath

13th Knowle

20th Meriden

27th Hockley Heath

May

4th Lapworth

11th Coleshill

18th Knowle

25th Balsall Common

June

1st Dorridge Station

8th Dickens Heath

15th Brueton Park

22nd Meriden

29th Hockley Heath

July

6th Lapworth

13th Coleshill

20th Brueton Park

27th Balsall Common

August

3rd Dorridge Station

10th Dickens Heath

17th Knowle

24nd Meriden

31st Hockley Heath

September

7th Lapworth

14th Coleshill

21st Brueton Park

28th Balsall Common

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).

NEW Lyndon recreation ground, Richmond Rd B92 7SA (Route M20)

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 former Aldi B90 3AG (Route M14).

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