

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.

Local routes for you to cycle

There are over 50 FREE route leaflets for you to download as pdfs from www.cyclesolihull.org.uk. GPS users can also download gpx files for most of the routes.

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 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 2019/20 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 1000 free rides with over 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 leisure rides
- Saturday morning rides at a faster pace
- 21 local start points
- Dates & times inside

Autumn & Winter 2019/20

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

6th Knowle (16 miles, Route M2)

13th Monkspath (6 miles, Route T6) **Taster**

20th Dorridge Station (21 miles, Route L1)

27th Malvern Park (9 miles, Route S7)

November

3rd Hockley Heath (16 miles, Route M11)

10th Dickens Heath (5 miles, Route T4) **Taster**

17th Balsall Common (8 miles, Route S8)

24th Marston Green (11 miles, Route S12)

December

1st Hockley Heath (11 miles, Route S11)

8th Monkspath (11 miles, Route S6)

15th Knowle (10 miles, Route S2)

29th Bentley Heath (11 miles, Route S13)

January

5th Cheswick Green (10 miles, Route S9)

12th Dorridge Station (9 miles, Route S1)

19th Brueton Park (16 miles, Route M7)

26th Meriden (10 miles, Route S5)

February

2nd Shirley (15 miles, Route M14)

9th Dicken Heath (10 miles, Route S4)

16th Hockley Heath (21 miles, Route L11)

23rd Catherine-de-Barnes (9 miles, Route S3)

March

1st Bentley Heath (16 miles, Route M13)

8th Dorridge Park (6 miles, Route T1) **Taster**

15th Knowle (21 miles, Route L2)

22nd Solihull Lodge (12 miles, Route S10)

29th Cheswick Green (17 miles, Route M9)

Cyclesolihull Autumn & Winter Rides 2019/20

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 3NT (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).

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

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

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

5th Dorridge Station 12th Dickens Heath

19th Knowle 26th Meriden

November

2nd Hockley Heath 9th Lapworth

16th Coleshill 23rd Brueton Park

30th Balsall Common

December

7th Dorridge Station 14th Dickens Heath

28th Knowle

January

4th Meriden 11th Hockley Heath

18th Lapworth 25th Coleshill

February

1st Brueton Park 8th Balsall Common

15th Dorridge Station 22nd Dickens Heath

29th Knowle

March

7th Meriden 14th Hockley Heath

21st Brueton Park 28th Balsall Common

Lapworth rail station B94 6JJ (Route M16).

Lyndon Barn Lane Recreation Ground car park, 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).

Oilton 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).