

Find the ride that suits you best!

Cyclesolihull rides range from about 10 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. Please bring your own refreshments, although where facilities allow there is a refreshment stop of 20-30 minutes at a suitable pub or cafe.

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 longer more challenging rides. *Total ride time including stops is about 3 hours.*

25 miles **XL** routes are our longest Sunday rides. *Total ride time including stops is about 3½ hours.*

30 miles **Saturday Stretcher** rides are our longest regular rides and go 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.

Like traffic-free cycling?

Try the 5-mile **3Parks Cycle Route** between **Elmdon** and **Meriden Parks in Solihull** via **Sheldon Country Park in Birmingham**. There's lots to see and do and no need to worry about traffic so it is ideal for beginners and families. Find out more about the route and Cyclesolihull weekday rides along the route at 3parks.org.uk.

The 3Parks Cycle Route is being promoted by Cyclesolihull



New Short Route from Shirley this Summer

New route **S14** from Shirley Park heads towards Earlswood Lakes via Dickens Heath. We will be riding this route on Sunday 9th June and Thursday 25 July.

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 over 20 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.

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 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 in 2005 to encourage more cycling. Since then we have organised over 1,300 free rides with over 15,000 riders taking part. Find out more at:

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
- Over 20 local start points
- Dates & times inside

Spring & Summer 2024

cyclesolihull.org.uk

Spring & Summer Rides 2024

Sunday Cycle Rides

Rides will set off at 2 pm (1.30 pm for XL rides only) from the following start points. Shorter rides are highlighted in yellow.

April

7th Shirley Park (15 miles, Route M14)

14th Knowle (10 miles, Route S2)

21st Cheswick Green (22 miles, Route L9)

28th Dorridge Station (11 miles, Route S1)

May

5th Bentley Heath (17 miles, Route M13)

12th Cheswick Green (10 miles, Route S9)

19^{sh} Brueton Park (21 miles, Route L7)

26th Lapworth (26 miles, Route XL16)

June

2nd Meriden (16 miles, Route M5)

9th Shirley Park (9 miles, **NEW!** Route S14)

16th Hockley Heath (21 miles, Route L11)

23rd Balsall Common (25 miles, Route XL8)

30th Olton (12 miles, Route S19)

July

7th Knowle (16 miles, Route M2)

14th Bentley Heath (11 miles, Route S13)

21st Coleshill (23 miles, Route L15)

28th Hockley Heath (26 miles, Route XL11)

August

4th Lyndon (14 miles, M20)

11th Meriden (10 miles, Route S5)

18th Balsall Common (19 miles, Route L8)

25th Dickens Heath (26 miles, Route XL4)

September

1st Solihull Lodge (16 miles, Route M10)

8th Dickens Heath (11 miles, Route S4)

15th Knowle (21 miles, Route L2)

22nd Brueton Park (15 miles, Route M7)

29th Lyndon (9 miles, Route S20)

Evening Explorer Rides

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

Thu 2nd May Hockley Heath (11 miles, Route S11)

Tue 7th May Dickens Heath (10 miles, Route S4)

Thu 16th May Meriden (10 miles, Route S5)

Tue 21st May Monkspath (11 miles, Route S6)

Thu 30th May Knowle (10 miles, Route S2)

Tue 4th June Malvern Pk. (9 miles, Route S7)

Thu 13th June Coleshill (11 miles, Route S15)

Tue 18th June Dorridge Station (11 miles Route S1)

Thu 27th June Solihull Lodge (12 miles, Route S10)

Tue 2nd July Malvern Park (12 miles, Route SCR)

Thu 11th July Balsall Common (8 miles, Route S8)

Tue 16th July Olton (12 miles, Route S19)

Thu 25th July Shirley Park (9 miles, **NEW!** Route S14)

Tue 6th August Cheswick Green (10 miles, Route S9)

Thu 15th August Bentley Heath (11 miles, Route S13)

Ride Start Points

Balsall Common library CV7 7EL (Routes S8, M8, L8, XL8).

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

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

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

Cheswick Green shops B90 4JA (Route SCR*, S9, M9, L9, XL9).

Coleshill Parkfield Rd car park B46 3NT (Routes S15, M15, L15) or **Memorial Park car park, Park Rd B46 3LA (Saturday Stretchers).**

Dickens Heath library B90 1SD (Routes T4, S4, M4, L4, XL4).

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 Coleshill

13th Brueton Park

20th Balsall Common

27th Dorridge Station

May

4th Dickens Heath

11th Knowle

18th Meriden

25th Hockley Heath

June

1st Lapworth

8th Coleshill

15th Brueton Park

22nd Balsall Common

July

6th Dorridge Station

13th Dickens Heath

20th Knowle

27th Meriden

August

3rd Hockley Heath

10th Lapworth

17th Coleshill

24th Brueton Park

September

7th Balsall Common

14th Dorridge Station

21st Dickens Heath

28th Knowle

Dorridge Station rail station B93 8JA (Route S1, M1, L1).

Lyndon Barn Lane Recreation Ground car park, Richmond Rd B92 7SA (Routes S20, M20).

Malvern Park playground car park B91 3EA (Routes SCR*, S7).

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

Monkspath Shelly Farm shops B90 4EH (Routes T6, SCR*, 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).