

Cycling is a great way to keep fit whilst at the same time getting from A to B or exploring your local area.

The **Cyclesolihull** routes in this series of leaflets will take you along most of the network of quiet lanes in and around Solihull, introducing you to some places you probably didn't even know existed!

The routes have been carefully chosen to avoid busier roads so are ideal for new cyclists and children learning to cycle on the road.

You can cycle the routes alone or with family and friends, or join other people on one of the regular **Community Cycle Rides**.

CycletoSolihull Day



A chance to join other cyclists in Solihull town centre for a cycling afternoon. Join one of the special rides or simply head to the town centre on your bike. For details of this year's event go to:

www.cycletosolihullday.org.uk

This is one of a series of cycle ride leaflets produced by **Cyclesolihull** which is a voluntary organisation which aims to encourage people in the Solihull area to cycle more. Cyclesolihull organises free community rides, publicises routes and provides information about cycling.

Cyclesolihull offers regular opportunities to join with others to ride the routes in this series of leaflets. The rides are organised by volunteers and typically attract between 10 and 25 riders. To get involved, just turn up and ride!

Sunday Cycle Rides take place most Sunday afternoons at 2 pm throughout the summer (less frequently in winter) starting from one of a number of different starting points. "S" (short) routes are about 10 miles long, "M" (medium) routes about 15 miles long and "L" (long) routes about 20 miles long. On the second Sunday of the month in the summer there is a 5 or 6 mile **Taster Ride**. This is an opportunity to try a Cyclesolihull ride without going very far and is an ideal introduction to the rides, especially for new cyclists and children.

Saturday Xtra rides take place monthly starting at 10 am from different starting points. They are similar to the Sunday rides but about 25 miles long and follow the "XL" routes.

Saturday Stretcher rides are also monthly starting at 9.30 am from different starting points. They are faster rides of about 30 miles long and do not follow a fixed route, so are suitable for more experienced cyclists.

Evening Explorer Rides are on a midweek evening from early May to late August starting at 7 pm and following the shorter "S" routes so are about 10 miles long.

Refreshment Stops All Cyclesolihull rides have an en-route refreshment stop of about 30 minutes at a family-friendly pub or tearoom.

For details of the current programme go to:

www.cyclesolihull.org.uk

or pick up a copy of the **Cyclesolihull** ride programme on one of the rides.



S7

short route from
Malvern Park

CycleSolihull

Explore your borough by bike



9 miles via Catherine-de-Barnes,
Henwood & Ravenshaw

Have fun and get fit exploring your local area with this self-guided cycle ride.

Route S7 Malvern Park (Solihull town centre) to Catherine-de-Barnes & Ravenshaw

Distance: 9 miles (45-60 mins). **Start:** Malvern Park car park (next to the play area), off New Road near Solihull Town Centre B91 3EA SP156793.

Route Summary: A ride through Solihull's town centre parks and then on mainly quiet country lanes, crossing the River Blythe and Grand Union Canal several times. There are two short lengths on busier roads but no difficult turns to make.

Refreshments: In addition to the facilities in Solihull Town Centre there is a café at the Parkridge Centre and Boat Inn at Catherine-de-Barnes.

Parking: There is limited parking at the park playground. More parking is available at **B**

The Route

A From the car park join the segregated cycle/pedestrian track heading through the park. At the junction of the cycle tracks go L and continue past the **Parkridge Centre** and through the car park to reach the old Warwick Rd at **B**

B Turn R along Warwick Rd which is now a quiet cul-de-sac, and follow the road to the end. Go up the spiral ramp on the L and over the M42 pedestrian bridge. Continue SO crossing Lady Byron Lane to reach the main A4141 Warwick Rd.

C Carefully cross Warwick Road, turning R and joining the cycle lane for 300 yards. CAUTION! Warwick Road can be busy so cross and cycle with care.

D Turn next L into **Jacobean Lane**. Follow the road for 1.5 miles, ignoring the first L turn (under the motorway).

E Take the next L into **Friday Lane**. At the roundabout turn L with care into **Catherine-de-Barnes** and cross the **Grand Union** canal, passing **The Boat Inn** on the L.

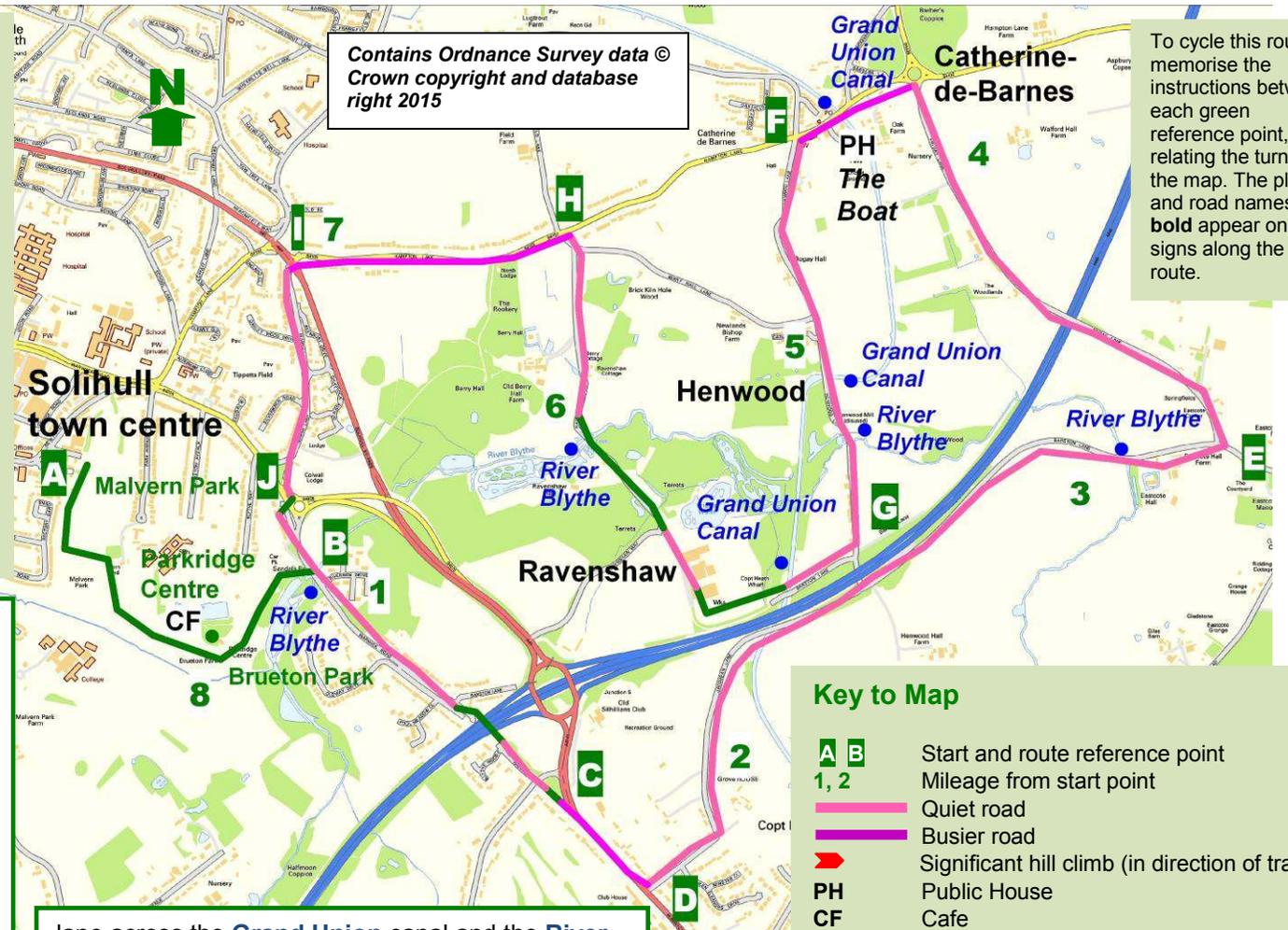
F Take the next L into **Henwood Lane** and follow the

lane across the **Grand Union** canal and the **River Blythe** ford (an alternative bridge is available).

G Just before the motorway bridge turn R. Follow the road across the canal until it becomes a path. Follow the path past **Whale Tankers** (note the castle made from tanks in the lake). Where the road bends to the L turn R eventually crossing the **River Blythe** again. Continue SO along the narrow lane to reach the main road.

H Turn left into Hampton Lane. CAUTION! This section can be busy. There is a cycle path on opposite side of the road which can be used.

I Go SO across the **Solihull Bypass** at the traffic



Contains Ordnance Survey data ©
Crown copyright and database
right 2015

To cycle this route, memorise the instructions between each green reference point, relating the turns to the map. The place and road names in **bold** appear on signs along the route.

Key to Map

- A B** Start and route reference point
- 1, 2** Mileage from start point
- Quiet road
- Busier road
- Significant hill climb (in direction of travel)
- PH** Public House
- CF** Cafe
- Place of interest
- Water feature

Abbreviations used in the route description:
L left, R right, SO straight on.

lights into **Marsh Lane**, continuing SO at the small roundabout. Close to the end of the road, bear L and join the short length of cycle path to reach Warwick Rd.

J Cross Warwick Rd with care and join the short length of cycle path into the road which leads back to the car park. Go through the car park and re-trace your route using the cycle path through **Brueton Park** back to the start.