

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 – 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 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 2017/18 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 are shown in brackets followed by the Cyclesolihull route number.

Double-Sundays have a choice of rides and are marked **DS**

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**

Autumn & Winter 2017/18

www.cyclesolihull.org.uk

Saturday Stretcher Rides

- 7 Oct at 9.30 am Dorridge Station (30m/SS)
14 Oct at 9.30 am Meriden (30m/SS)
21 Oct at 9.30 am Brueton Park (30m/SS)
28 Oct at 9.30 am Dickens Heath (30m/SS)
4 Nov at 9.30 am Dorridge Station (30m/SS)
11 Nov at 9.30 am Balsall Common (30m/SS)
18 Nov at 9.30 am Brueton Park (30m/SS)
25 Nov at 9.30 am Knowle (30m/SS)
2 Dec at 9.30 am Dorridge Station (30m/SS)
9 Dec at 9.30 am Hockley Heath (30m/SS)
16 Dec at 9.30 am Brueton Park (30m/SS)
6 Jan at 9.30 am Coleshill (30m/SS)
13 Jan at 9.30 am Dorridge Station (30m/SS)
20 Jan at 9.30 am Meriden (30m/SS)
27 Jan at 9.30 am Brueton Park (30m/SS)
3 Feb at 9.30 am Dickens Heath (30m/SS)
10 Feb at 9.30 am Dorridge Station (30m/SS)
17 Feb at 9.30 am Balsall Common (30m/SS)
24 Feb at 9.30 am Brueton Park (30m/SS)
3 Mar at 9.30 am Knowle (30m/SS)
10 Mar at 9.30 am Dorridge Station (30m/SS)
17 Mar at 9.30 am Hockley Heath (30m/SS)
24 Mar at 9.30 am Brueton Park (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, **Castle Bromwich** church (old) Chester Rd B36 9DE, **Chelmsley Wood** Asda car park B37 5EX, **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** Brackleys Way B92 8QE, **Shirley Park** behind Aldi B90 3AG, **Solihull Lodge** Daisy Farm Park car park, Maypole Lane B14 4PJ.

Cyclesolihull Autumn & Winter Rides 2017/18

Come Cycling this Autumn!

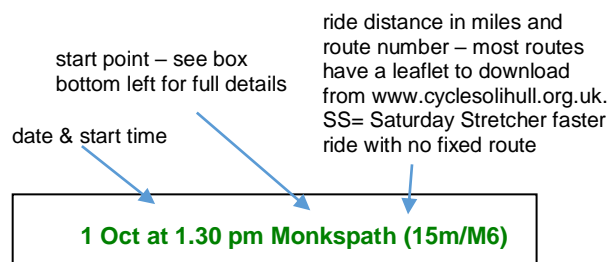
Cycling is great fun and a good way to keep fit. Cycling is also the perfect way to explore your local area and Solihull is lucky to be close to countryside with many quiet roads and paths.

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!



DS = Double Sunday – a choice of rides on the same day. Rides highlighted in yellow are our shorter rides which are best for families and beginners.

Sunday Cycle Rides

- 1 Oct at 1.30 pm Monkspath (15m/M6)
DS 8 Oct at 1.30 pm Dickens Heath (5m/T4) Taster
DS 8 Oct at 1.30 pm Knowle (21m/L2)
15 Oct at 1.30 pm Brueton Park (16m/M7)
22 Oct at 1.30 pm Olton (12m/S19)
5 Nov at 1.30 pm Hockley Heath (16m/M11)
DS 12 Nov at 1.30 pm Monkspath (6m/T6) Taster
DS 12 Nov at 1.30 pm Cath-de-Barnes (9m/S3)
19 Nov at 1.30 pm Meriden (10m/S5)
26 Nov at 1.30 pm Monkspath (11m/S6)
3 Dec at 1.30 pm Bentley Heath (11m/S13)
10 Dec at 1.30 pm Dickens Heath (10m/S4)
17 Dec at 1.30 pm Dorridge Station (9m/S1)
Xmas Week Special – see website during December for details.
7 Jan at 1.30 pm Cheswick Green (10m/S9)
14 Jan at 1.30 pm Shirley (15m/M14)
21 Jan at 1.30 pm Lapworth (16m/M16)
28 Jan at 1.30 pm Balsall Common (8m/S8)
4 Feb at 1.30 pm Bentley Heath (16m/M13)
11 Feb at 1.30 pm Dorridge Station (21m/L1)
18 Feb at 1.30 pm Cheswick Green (16m/M9)
25 Feb at 1.30 pm Knowle (10m/S2)
4 Mar at 1.30 pm Meriden (16m/M5)
DS 11 Mar at 1.30 pm Dorridge Park (6m/T1) Taster
DS 11 Mar at 1.30 pm Dickens Heath (22m/L4)
18 Mar at 1.30 pm Brueton Park (16m/M7)
25 Mar at 1.30 pm Solihull Lodge (12m/S10)