

Autumn & Winter Rides 2011/12

Sun 6 Nov at 1.30 pm Bentley Heath 17m/M13, previously route M2)

Fm Sun 13 Nov at 1.30 pm Monkspath (5m)

Sat 19 Nov at 10 am Dickens Heath (20-30m/SS)

Sun 27 Nov at 1.30 pm Solihull Lodge (12m/S10)

Sun 4 Dec at 1.30 pm Dickens Heath (9m/S4)

Fm Sun 11 Dec at 1.30 pm Dorridge Park (5m)

Sat 17 Dec at 10 am Dorridge station (20-30m/SS)

Special Xmas Holiday Week Ride – see www.cyclesolihull.org.uk for date and time.

Sun 1 Jan at 1.30 pm Knowle (10m/S2)

Fm Sun 8 Jan at 1.30 pm Cheswick Green (5m)

Sat 14 Jan at 10 am Balsall Common (20-30m/SS)

Sun 22 Jan at 1.30 pm Hockley Heath 11m/S11)

Sun 5 Feb at 1.30 pm Cheswick Green (17m/M9, previously route M6)

Fm Sun 12 Feb at 1.30 pm Brueton Park (5m)

Sat 18 Feb 10 am Hockley Heath (20-30m/SS)

Sun 26 Feb at 1.30 pm Marston Green (12m/S12)

CycleSolihull's 2012 Spring and Summer programme of rides will start in March – visit www.cyclesolihull.org.uk for the latest news.

Don't forget that Sunday Cycle Rides from November to February start at the earlier time of **1.30 pm** because of the shorter days.



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, Cheswick Green shops B90 4JA, Coleshill Park Rd car park B46 3LA, 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, Shirley Park behind Aldi B90 3AG, Solihull Lodge Daisy Farm Park car park, Maypole Lane B14 4PJ.

Distances and Routes

Ride distances in miles are shown in brackets followed by the Cyclesolihull route number. The "S" short routes are about 10 miles long, the "M" medium routes about 15 miles long and the "L" long routes about 20 miles long.

Taster rides are 5 mile introductory rides ideal for anyone who would like to try the rides without going very far. These rides are also especially suitable for families with young riders and are designated **Family Rides** being marked ***Fm*** in the programme.

Saturday Stretcher (SS) rides are 20-30 miles long with variable routes and are aimed at more experienced cyclists.

All Cyclesolihull rides are free and there is no need to book – just turn up at the start point. All rides have a refreshment stop of about 30 minutes.

Information about rides and routes is available at:

www.cyclesolihull.org.uk

CycleSolihull route renumbering

To assist the further development of Cyclesolihull routes and rides, from November some of the routes are being renumbered. All routes starting from the same place will have the same number. For example S2, M2 and L2 will be the short, medium and long routes starting from Knowle. All the short 'S' routes will retain their existing numbers. The map and the ride programme show the new numbers. Further information at www.cyclesolihull.org.uk.

CycleSolihull

Explore your borough by bike



Ride Together

with Community Cycle Rides

- Sunday Cycle Rides
- Taster Rides
- Family Rides
- Saturday Stretcher Rides

includes dates of rides in Autumn & Winter 2011/12

Cyclesolihull routes for you to ride

Twenty eight self-guided routes start from different locations in the Solihull area. All the routes use quiet roads and some cycle paths and are ideal for a half-day out, cycling alone or with family and friends. This map will give you a general idea of where the routes go, but individual route leaflets, containing a detailed map and directions, are available for download from www.cyclesolihull.org.uk.

Rides these routes with Cyclesolihull

There are regular rides which cover most of these routes during the year. The rides are free and a great way to explore your local area at a leisurely pace with other people. Just turn up at the start point with a roadworthy bike and ride! The rides are led by volunteers and take place on the basis of all riders accepting responsibility for their own safety and any children in their care. See the reverse of this leaflet for the autumn and winter 2011/12 ride programme.

Bringing children

Children learning to cycle on the road with their parents are welcome on the rides. You are recommended to try the 'Taster' and shorter 'S' rides first, especially when bringing younger children.

Route renumbering

The map shows the new numbers for some of the M and L routes. See over for more details of these changes.

Need more confidence to cycle on the road?

Consider some cycle training, which is available locally at all levels including for complete beginners. The CTC can recommend accredited instructors - look at the Cycle Training section at www.ctc.org.uk. Locally **Purrrfect Pedalling** provide training at all levels, including complete beginners, for all ages (call 07896 885726 or go to www.purrrfectpedalling.co.uk)

Family Rides

Rides especially suitable for families are marked *Fm* in the ride programme.

