

## Want to ride the routes with other people?

**CycleSolihull** provides regular opportunities to ride with others, which is great fun and you don't have to worry about getting lost! There are regular rides throughout the autumn and winter. All the rides are open to everyone – there is nothing to pay and nothing to join, just simply turn up!

A volunteer rider will be at the start point whose role is to show the way and ensure nobody gets left behind. The pace is leisurely and there is a refreshment stop – an ideal ride if you are relatively new to cycling or just want to get out for a couple of hours.

You should ensure that your bike is roadworthy and you are confident riding on quieter roads. These rides can only take place on the basis of each rider accepting responsibility for their own safety. Children are welcome but they must be used to riding on the road and be under the supervision of the accompanying adult.

## CycleSolihull

### Autumn & Winter Rides 2009/10

**Saturday Stretcher 7 November at 10 am (BP)**

**New Route!** Route S9 – Sunday 15 November at 1.30 pm (CG)

Route S1 – Sunday 29 November at 1.30 pm (DS)

**Saturday Stretcher 5 December at 10 am (BC)**

Route S4 – Sunday 13 December at 1.30 pm (DH)

**Xmas Week Special Ride – see website for details**

**Saturday Stretcher 2 January at 10 am (DH)**

Route S2 – Sunday 10 January 1.30 pm (KN)

Route S5 – Sunday 24 January at 1.30 pm (ME)

**Saturday Stretcher 6 February at 10 am (DS)**

Route S6 – Sunday 14 February 1.30 pm (MO)

Route M3 – Sunday 28 February at 1.30 pm (HH)

**Saturday Stretcher 6 March at 10 am (BC)**

**New Route!** Route S10 – Sunday 14 March at 2 pm (SL)

Route M5 – Sunday 28 March at 2pm (ME)

### How far and how long?

The “S” short routes are about 10 miles long and take 60-90 minutes to cycle. The “M” medium routes are about 15 miles long and take 90-120 minutes. The “L” long routes are about 20 miles long and take 120 to 180 minutes. **Saturday Stretcher** rides are 20-25 miles with no fixed route so are suitable for more experienced cyclists. All CycleSolihull rides have a refreshment stop of about 30 minutes.

### Ride Start Points

**Ride start points are identified by the letters in brackets after each ride:**

**BC** Balsall Common (library CV7 7EL).  
**BP** Brueton Park (car park, Warwick Road B91 3HW).  
**CG** Cheswick Green (Cheswick Way shops B90 4JA).  
**DH** Dickens Heath (library B90 1SD).  
**DS** Dorridge (rail station B93 8JA).  
**HH** Hockley Heath (post office B94 6QT).  
**KN** Knowle (parish church B93 0LN).  
**ME** Meriden (The Green CV7 7LN).  
**MO** Monkspath (Shelly Farm shops B90 4EH).  
**SL** Solihull Lodge (Daisy Farm Park car park, Maypole Lane B14 4PJ).

Full details of the Xmas Week Special Ride will appear on the CycleSolihull website. More information about CycleSolihull and all the rides is available at [www.cyclesolihull.org.uk](http://www.cyclesolihull.org.uk) and by calling 01564 779235.

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Don't forget that Sunday Cycle Rides in November, December, January and February start at the earlier time of **1.30 pm** because of the shorter days.



# CycleSolihull

Explore your borough by bike



## Ride Together with Community Cycle Rides

- Sunday Cycle Rides
- Saturday Stretcher Rides

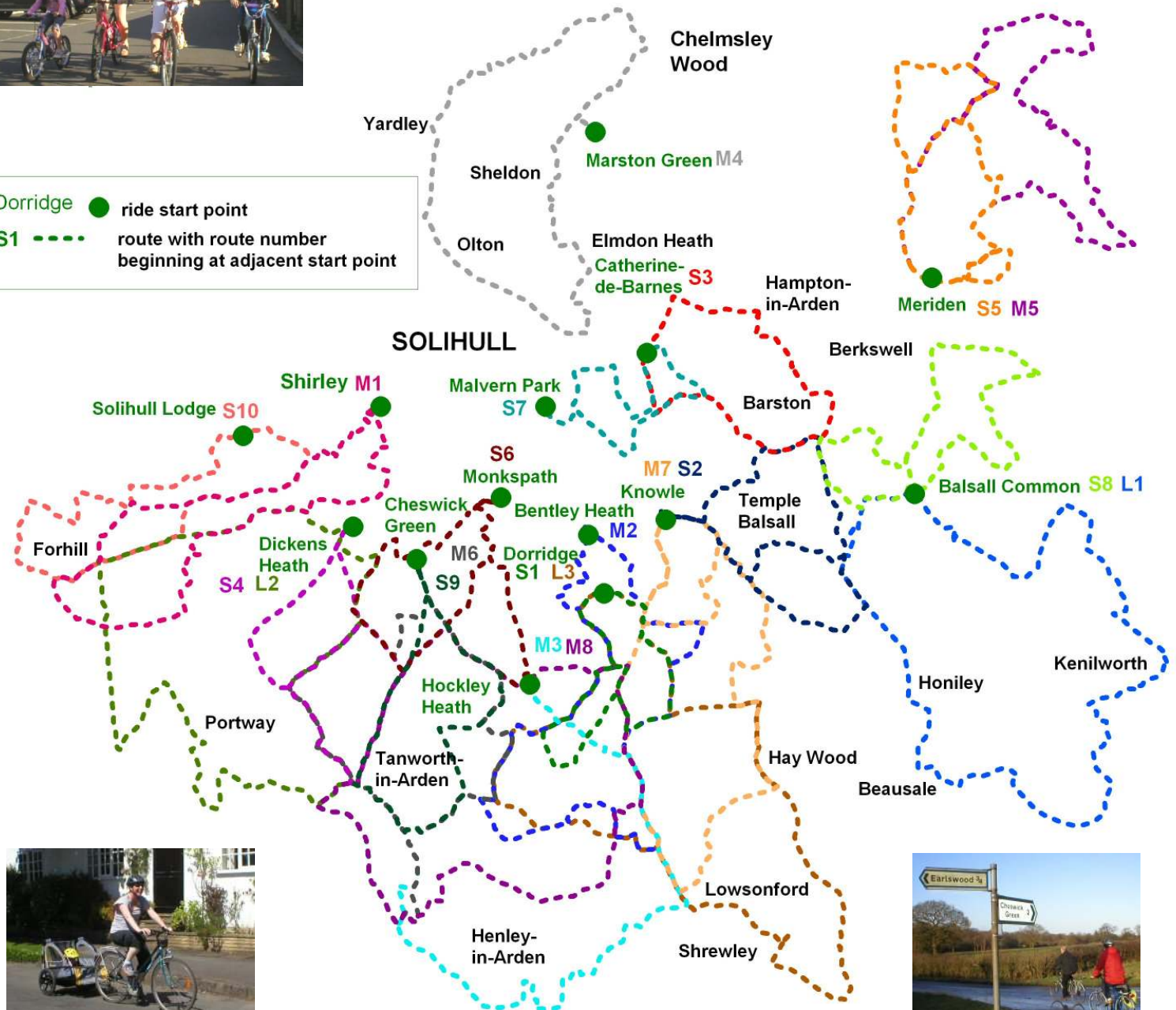
includes dates of rides in  
Autumn and Winter 2009/10

# Cyclesolihull routes for you to ride

Twenty one self-guided routes start from different locations in the Solihull area. All the routes use quiet roads and cycle paths and are ideal for a half-day out, cycling alone or with family and friends. This map will give you an idea of where the rides go to, but individual route leaflets, containing a detailed map and directions, are available from [www.cyclesolihull.org.uk](http://www.cyclesolihull.org.uk).



● Dorridge ride start point  
- - - - S1 route with route number beginning at adjacent start point



## 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. Call 0870 607 0415 or look at the Cycle Training section at [www.ctc.org.uk](http://www.ctc.org.uk). Locally Purr-fect Pedalling provide training for all ages (07896 885726 [www.purrfectpedalling.co.uk](http://www.purrfectpedalling.co.uk))

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