

## CycleSolihull routes

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

This series of routes developed by CycleSolihull will take you along many of the quiet lanes and cycle paths 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 with their parents.

You can cycle the routes alone, with family and friends, or join other people on one of the regular CycleSolihull rides.

### Route Lengths and Route Numbers

There are over 50 routes in this series. They are grouped by distance using a route letter:

**T** (Taster) routes are about 5 miles.

**S** (Short) routes are about 10 miles.

**M** (Medium) routes are about 15 miles.

**L** (Long) routes are about 20 miles.

**XL** (Extra Long) routes are about 25 miles.

The route number indicates the starting point – for example routes S2, M2 and L2 all start from Knowle. There are over twenty different starting points. A full list is available at [www.cyclesolihull.org.uk](http://www.cyclesolihull.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 cycle rides, promotes routes like this one and provides information about cycling.

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## CycleSolihull rides

CycleSolihull offers regular opportunities to join with others to ride many of the routes in this series of leaflets. The rides are organised by volunteers and typically attract between 5 and 15 riders. To get involved, just turn up and ride!

**Sunday Cycle Rides** take place most Sunday afternoons at 2 pm from April to September and at 1.30 pm from October to March. One of the CycleSolihull routes will be followed with a mixture of ride lengths during each month. In autumn and winter there are more shorter rides to reflect the reduced daylight hours. Our shorter 'S' routes are an opportunity to try a CycleSolihull ride without going very far and are an ideal introduction to the rides, especially for new cyclists and children.

**Evening Explorer Rides** are weekly on a midweek evening from early May to mid-August starting at 7 pm. These rides all follow the shorter 'S' routes so are about 10 miles long.

**Saturday Stretcher Rides** take place weekly on most Saturdays, starting at 9.30 am from a varying start point. The rides are about 30 miles long, are at a faster pace and do not follow a fixed route, so are suitable for more experienced cyclists.

CycleSolihull rides have a refreshment stop for 20 to 30 minutes. We recommend you bring your own refreshments on our rides but where possible the stop is at a pub or cafe.

For the latest ride dates, routes and starting points download our current Ride Programme from:

[cyclesolihull.org.uk](http://cyclesolihull.org.uk)



**S3**

short route from  
**Catherine-de-Barnes**

# CycleSolihull

*Explore your borough by bike*



**9 miles via Hampton, Barston and Henwood**

*Have fun and get fit exploring your local area with this self-guided cycle ride using cycle paths and quiet roads. This guide contains a map and detailed directions to enable you to easily follow the route.*

Revised 2025

## Route S3 Catherine-de-Barnes to Hampton in Arden & Barston

**Distance:** 9 miles (55-70 mins).

**Start:** The Boat Inn, Catherine-de-Barnes, B91 2TJ SP180803.

**Parking:** At the pub for customers. Limited parking on the road outside and in Barbers Lane opposite.

**Route Summary:** A ride along a roadside cycle track, quiet country lanes and an attractive lakeside path at **Barston Lake**, crossing the **River Blythe** and **Grand Union Canal** several times. Please note that the track alongside the lake can be muddy in places after wet weather.

**Refreshments:** In addition to the pub and shop at Catherine-de-Barnes there is a pub and shop in Hampton in Arden and two pubs in Barston.

### The Routes

**A** From the **Boat Inn** turn R over the **Grand Union Canal** bridge and then immediately L into (old) **Bickenhill Lane**.

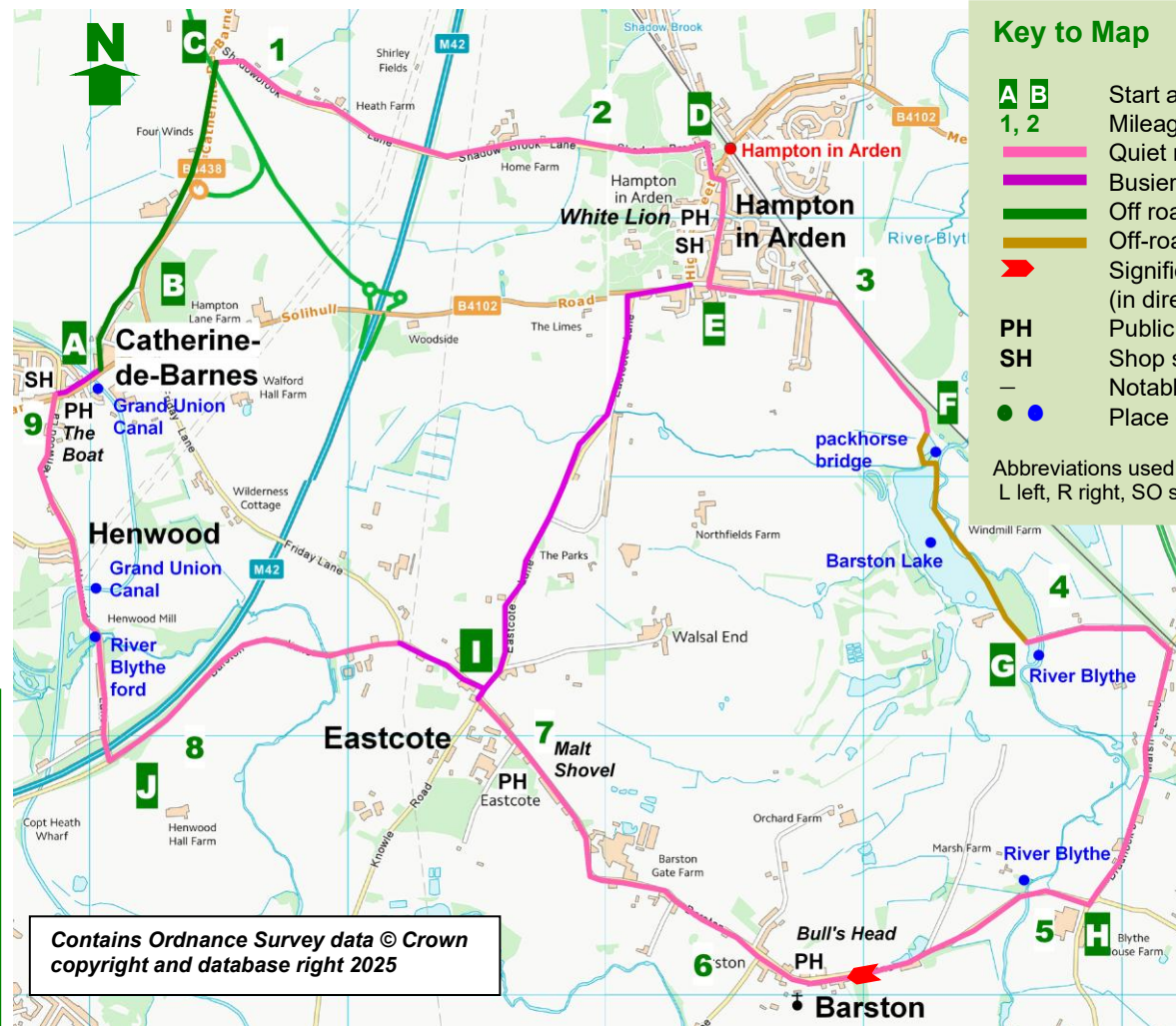
**B** At the end of the lane bear L on to the cycle track alongside Catherine-de-Barnes Lane. Follow this past the roundabout.

**C** Cross the bridge over the new road and immediately turn R into **Shadowbrook Lane**. Follow the lane over the motorway into **Hampton in Arden**.

**D** On reaching the main road at the war memorial, go SO into **Fentham Road** almost opposite.

**E** At the end of the lane turn L and go SO down the hill (turn R here for the village shops and pub).

**F** At the very end of the narrow lane there is a small car park. Continue SO for 100 yards to visit the **15<sup>th</sup> century Packhorse Bridge** over the **River Blythe**. Otherwise turn R on to a narrow track, cross the footbridge and turn L so that **Barston Lake** is on your R. The section along the lake is rough in sections and may be muddy after rain.



### Key to Map

- A B** Start and route reference point
- 1, 2** Mileage from start point
- Quiet road
- Busier road
- Off road path – good surface
- Off-road path – rough surface
- ➔ Significant hill climb (in direction of travel)
- PH** Public House
- SH** Shop selling drinks, sweets etc
- Notable church
- ● Place of interest/water feature

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

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.

**G** At the **The Lake at Barston** restaurant turn L on to the access road crossing the **River Blythe** again. At the end of the lane turn R into **Bradnocks Marsh Lane** (do not go under the railway bridge).

**H** At the crossroads turn R towards **Barston**. Continue through the village past the **Bulls Head** pub on the R and **St Swithin's Church** on the L. This dates from the 1720s and replaced a much earlier church that was destroyed by fire. Continue past the **Malt Shovel** pub.

**I** At the staggered crossroads turn R and then immediately L, continuing along **Barston Lane**. Follow the road round to the L, ignoring the R turn into **Friday Lane**, until the road runs alongside the M42 motorway.

**J** Take the next R turn under the motorway (still **Barston Lane** but becoming **Henwood Lane**). Cross the attractive **ford** at the **River Blythe** (a footbridge is available) and then the **Grand Union Canal**. At the end of the lane turn R to return to the **Boat Inn**.