

Find the ride that suits you best!

Cyclesolihull rides range from about 10 to 30 miles. The route number provides a quick guide to the length of the ride and the start point, so you can easily see which rides are best for you. Please bring your own refreshments, although where facilities allow there is a refreshment stop of 20-30 minutes at a suitable pub or cafe.

10 miles S routes are ideal if you just want a short easy ride. They are also great for families. *Total ride time including stops is about 2 hours.*

These shorter rides are highlighted yellow in the programme.

15 miles M routes are an opportunity to try a slightly longer ride. *Total ride time including stops is about 2½ hours.*

20 miles L routes are longer more challenging rides. *Total ride time including stops is about 3 hours.*

25 miles XL routes are our longest Sunday rides (summer only). *Total ride time including stops is about 3½ hours.*

30 miles Saturday Stretcher rides are our longest regular rides and go at a faster pace with no fixed route. *Total ride time including stops is about 3½ hours.*

Ride distances may vary by +/- 10% depending on the route. Actual ride distances are shown for each ride followed by the Cyclesolihull route number.

Like traffic-free cycling?

Try the 5 mile **3Parks Cycle Route** between **Elmdon** and **Meriden Parks in Solihull** via **Sheldon Country Park in Birmingham**. There's lots to see and do and no need to worry about traffic so it is ideal for beginners and families. Find out more at 3parks.org.uk.



The 3Parks Cycle Route is being promoted by Cyclesolihull

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 vary from 5 to 30 miles and start from over 20 different locations.

Riders travel at their own pace and there are regular short stops so nobody gets left behind. Sunday and evening ride timings are based on a 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.

All Abilities and Ages Welcome!

Cyclesolihull rides are a great way for people to enjoy cycling on the borough's quieter roads and paths. **Children** learning to cycle on the road with their parents are welcome on Sunday rides. Less experienced riders and those bringing children are recommended to try the shorter **S** rides first (highlighted in yellow in the 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.

Cyclesolihull was established by volunteers in 2005 to encourage more cycling. Since then we have organised over 1,400 free rides with over 16,000 riders taking part. Find out more at:

cyclesolihull.org.uk



E-bikes welcome!

An e-bike will make those challenging hills much easier but you still have to pedal! Whatever your choice of bike you are welcome to join our rides.

Regular FREE cycle rides
in and around Solihull

CycleSolihull

Explore your borough by bike



- Sunday afternoon leisure rides
- Saturday morning rides at a faster pace
- Many local start points
- Dates & times inside

Autumn & Winter Rides

October 2024 - March 2025

cyclesolihull.org.uk

Sunday Cycle Rides

Rides will set off at **1.30 pm** from the following start points. Shorter rides are highlighted in **yellow**.

October

6th Monkspath (15 miles, Route M6)

13th Knowle (9 miles, Route S2)

20th Hockley Heath (21 miles, Route L11)

27th Cheswick Green (17 miles, Route M9)

November

3rd Shirley Park (15 miles, Route M14)

10th Malvern Park (9 miles, Route S7)

17th Cheswick Green (12 miles, Route SCR)

24th Dorridge Station (11 miles, Route S1)

December

1st Dickens Heath (10 miles, Route S4)

8th Monkspath (10 miles, Route S6)

15th Olton Park (11 miles, Route S19)

January

5th Hockley Heath (11 miles, Route S11)

12th Bentley Heath (11 miles, Route S13)

19th Lyndon (10 miles, Route S20)

26th Lapworth (17 miles, Route M16)

February

2nd Dickens Heath (14 miles, Route M4)

9th Balsall Common (9 miles, Route S8)

16th Dorridge Station (21 miles, Route L1)

23rd Brueton Park (12 miles, Route SCR)

March

2nd Castle Bromwich (15 miles, Route M18)

9th Shirley Park (9 miles, Route S14)

16th Dickens Heath (22 miles, Route L4)

23rd Meriden (10 miles, Route S5)

30th Hockley Heath (17 miles, Route M11)

Cyclesolihull October 2024 - March 2025 Rides

Go cycling this Autumn & Winter!

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

There is no need to book our rides in advance – just turn up at the start point with a roadworthy bike.

Please bring your own refreshments for the en-route rest stop of about 20 minutes. This may be at a pub or café where you can also purchase drinks as circumstances permit.

We hope to see you soon!

Don't forget all Sunday rides from October start at the earlier time of 1.30 pm!



Winter Weather

During the winter months, rides are more likely to be affected by adverse weather. Saturday Stretchers in particular may be affected by early morning ice. At times of cold, windy or wet weather please check the website for any late changes to the programme.

Ride Start Points

Balsall Common library CV7 7EL (Routes S8, M8, L8).

Bentley Heath Park car park, Widney Rd B93 9BQ (Routes S13, M13).

Brueton Park car park, Warwick Rd B91 3HW (Route SCR, M7, L7).

Castle Bromwich church (old) Chester Rd B36 9DE (Route S18, M18).

Cheswick Green shops B90 4JA (Route S9, M9, L9).

Coleshill Parkfield Rd car park B46 3NT (Routes S15, M15, L15) or **Memorial Park** car park, Park Rd B46 3LA (Saturday Stretchers).

Saturday Stretcher Rides

Rides will set off at **9.30 am** from the following start points. All rides are about 30 miles long and do not have a fixed route.

October

5th Meriden

12th Hockley Heath

19th Lapworth

26th Coleshill

November

2nd Brueton Park

9th Balsall Common

16th Dorridge Station

23rd Dickens Heath

December

7th Knowle

14th Meriden

21st Hockley Heath

January

4th Lapworth

11th Coleshill

18th Brueton Park

25th Balsall Common

February

1st Dorridge Station

8th Dickens Heath

15th Knowle

22nd Meriden

March

1st Hockley Heath

8th Lapworth

15th Coleshill

22nd Brueton Park

Dickens Heath library B90 1SD (Routes T4, S4, M4, L4).

Dorridge Station rail station B93 8JA (Route S1, M1, L1).

Hockley Heath at pelican crossing, Stratford Road B94 6QT (Routes S11, M11, L11).

Knowle parish church B93 0LN (Routes S2, M2, L2).

Lapworth rail station B94 6JJ (Route M16).

Lyndon Barn Lane Recreation Ground car park, Richmond Rd B92 7SA (Route M20)

Malvern Park playground car park B91 3EA (Route S7).

Meriden The Green CV7 7LN (Routes S5, M5, L5).

Monkspath Shelly Farm shops B90 4EH (Routes T6, S6, M6).

Olton Park Brackleys Way B92 8QE (Route S19).

Shirley Park behind Aldi B90 3AG (Route S14, M14).