

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

The **Cyclesolihull** routes in this series of leaflets will take you along most of the network of quiet lanes 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.

You can cycle the routes alone or with family and friends, or join other people on one of the regular **Community Cycle Rides**.

CycletoSolihull Day



A chance to join other cyclists in Solihull town centre for a cycling afternoon. Join one of the special rides or simply head to the town centre on your bike. For details of this year's event go to:

www.cycletosolihullday.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 community rides, publicises routes and provides information about cycling.

Community Cycle Rides

Cyclesolihull offers regular opportunities to join with others to ride the routes in this series of leaflets. The rides are organised by volunteers and typically attract between 10 and 30 riders. To get involved, just turn up and ride!

Sunday Cycle Rides take place most Sunday afternoons at 2 pm throughout the summer* starting from one of a number of different starting points. "S" (short) routes are about 10 miles long, "M" (medium) routes about 15 miles long and "L" (long) routes about 20 miles long. On the second Sunday of the month* there is a 5 mile **Taster Ride**. This is an opportunity to try a Cyclesolihull ride without going very far and is an ideal introduction to the rides, especially for new cyclists and children.

Saturday Stretcher Rides take place twice-monthly* on Saturdays, starting at 9.30 am from one of 6 different starting points. They are 20 to 35 miles long and do not follow a fixed route, so are suitable for more experienced cyclists.

Evening Explorer Rides are on a midweek evening from mid-May to early August starting at 7 pm from one of 12 different starting points. They follow the shorter "S" routes so are about 10 miles long.

Refreshment Stops All Cyclesolihull rides have an en-route refreshment stop of about 30 minutes at a family-friendly pub or tearoom.

For details of the current programme go to:

www.cyclesolihull.org.uk

or pick up a copy of the **Cyclesolihull 'Ride Together'** leaflet on one of the rides.

* There is a reduced programme rides from November to February with Sunday rides starting at 1.30 pm.



M6

medium route from
Monkspath

CycleSolihull

Explore your borough by bike



**15 miles via Cheswick Green,
Tanworth & Ilshaw Heath**

Have fun and get fit exploring your local area with this self-guided cycle ride.

Route M6 Monkspath to Tanworth & Ilshaw Heath

Distance: 15 miles (90-110 mins). **Start:** Shelly Farm shops, Farmhouse Way, Monkspath B90 4EH, SP146771.

Route Summary: A varied ride into the countryside around Earlswood and Tanworth, returning via Ilshaw Heath and Blythe Valley Park.

Refreshments: There are pubs in Tanworth and Ilshaw Heath.

Parking: There is ample free off-street parking at the start point.

The Route

A From outside the **Coop** store go R onto the path on the opposite side of the car park. Follow this path turning L at the end and bearing R at the next path junction.

E Cross over the road (Frankholmes Drive), following the signposted cycle route to the end of **Hay Lane**. Turn L and continue to follow the cycle route across **Thornton Rd** to reach the busy Stratford Road.

C Cross at the signals into **Creynolds Lane**. After 1 mile turn R at the crossroads towards **Shirley**.

D At the end of the road turn R onto the **B4102** towards **Shirley** for 0.3 miles, and then L into **Lady Lane**. Turn next R into **Braggs Farm Lane**, crossing over the **Stratford Canal**.

E At the end turn L and immediately R into **Cleobury Lane**. At the end turn L onto **Dickens Heath Road** towards **Tidbury Green**. After 0.5 miles turn L at the crossroads towards **Earlswood**.

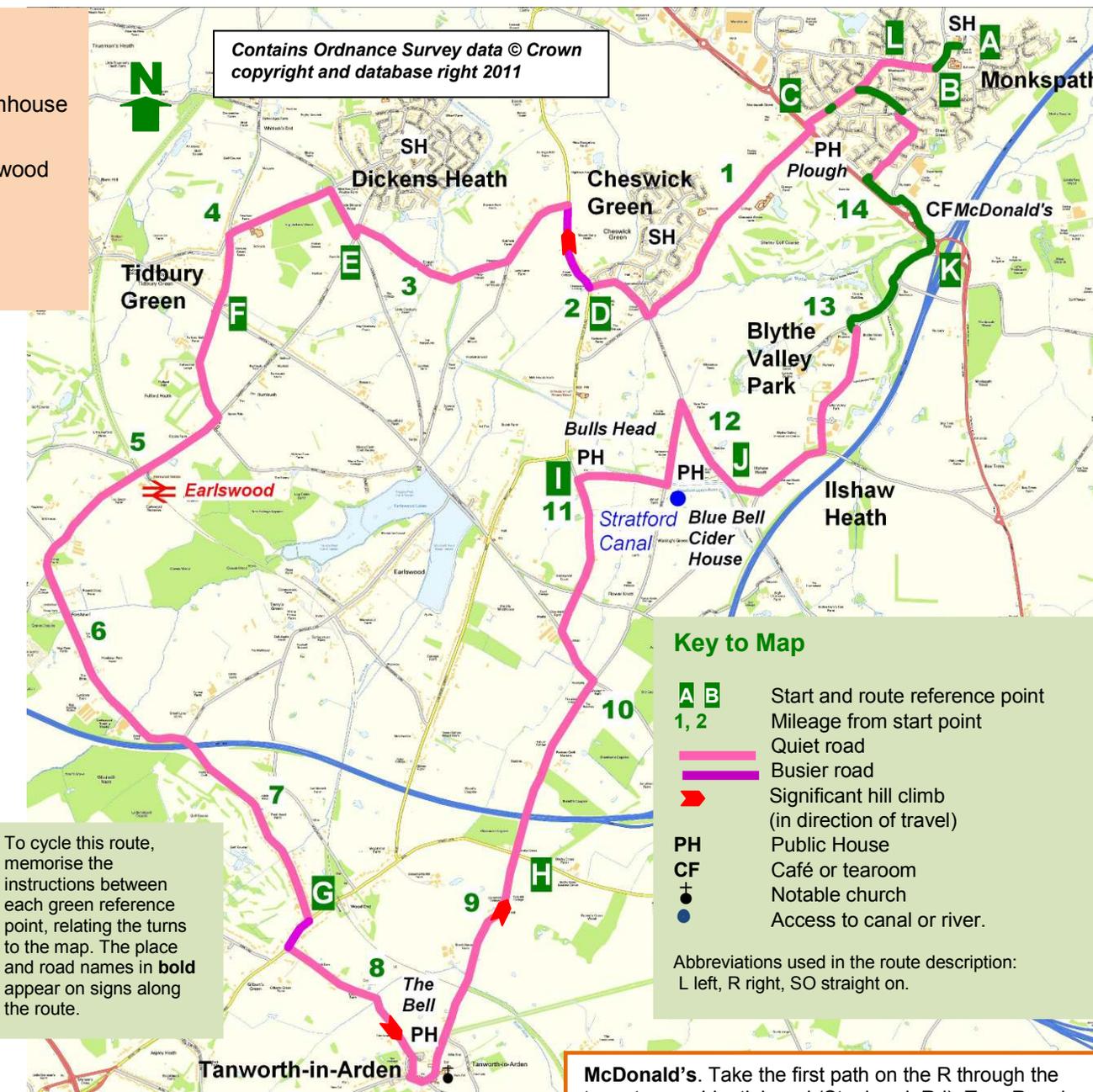
F At the next crossroads go SO into **Fulford Hall Rd** and at the end of the road turn R into **Rumbush Lane**. Follow this road for 2.75 miles, passing **Earlswood station** and crossing over the motorway.

G At the **B4101** turn R and after 200 yards, L towards **Tanworth**. Go into the village centre, passing **The Bell** pub. At the church turn L, eventually passing under the railway.

H At the top of **Tom Hill**, cross the **B4101** and go SO into **Tithe Barn Lane**, crossing the motorway. Turn next L towards **Earlswood** and then first R. Go SO at the crossroads.

I At the **Bulls Head** turn R into **Lime Kiln Lane** and at the end L, passing the **Blue Bell Cider House** and crossing the **Stratford Canal**. Turn next R towards **Ilshaw Heath**.

J Turn next L and then L again towards **Solihull**. Before the motorway bridge turn L on to the path into **Blythe Valley Park**. Join the road SO and just before the second roundabout join the



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.

path L to cross over to the cycle path on the far side of the roundabout, turning R onto this path. At the next roundabout go SO continuing along the cycle path to reach Stratford Road.

K Cross this busy road at the Toucan. Follow the cycle path L along Stratford Road past the petrol station and

McDonald's. Take the first path on the R through the trees to a residential road (Stanbrook Rd). Turn R and follow this road to the end. Turn R onto **Frankholmes Drive** and go immediately L down the 'Monkspath' path. At the end turn R.

L Just before the end of the road turn R along **Hay Lane** and retrace the outbound route along the cycle route back to **Shelly Farm shops**.