

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

or pick up a copy of the **Cyclesolihull Ride Programme** on one of the rides.

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



S3

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

# CycleSolihull

*Explore your borough by bike*



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

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

## 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.

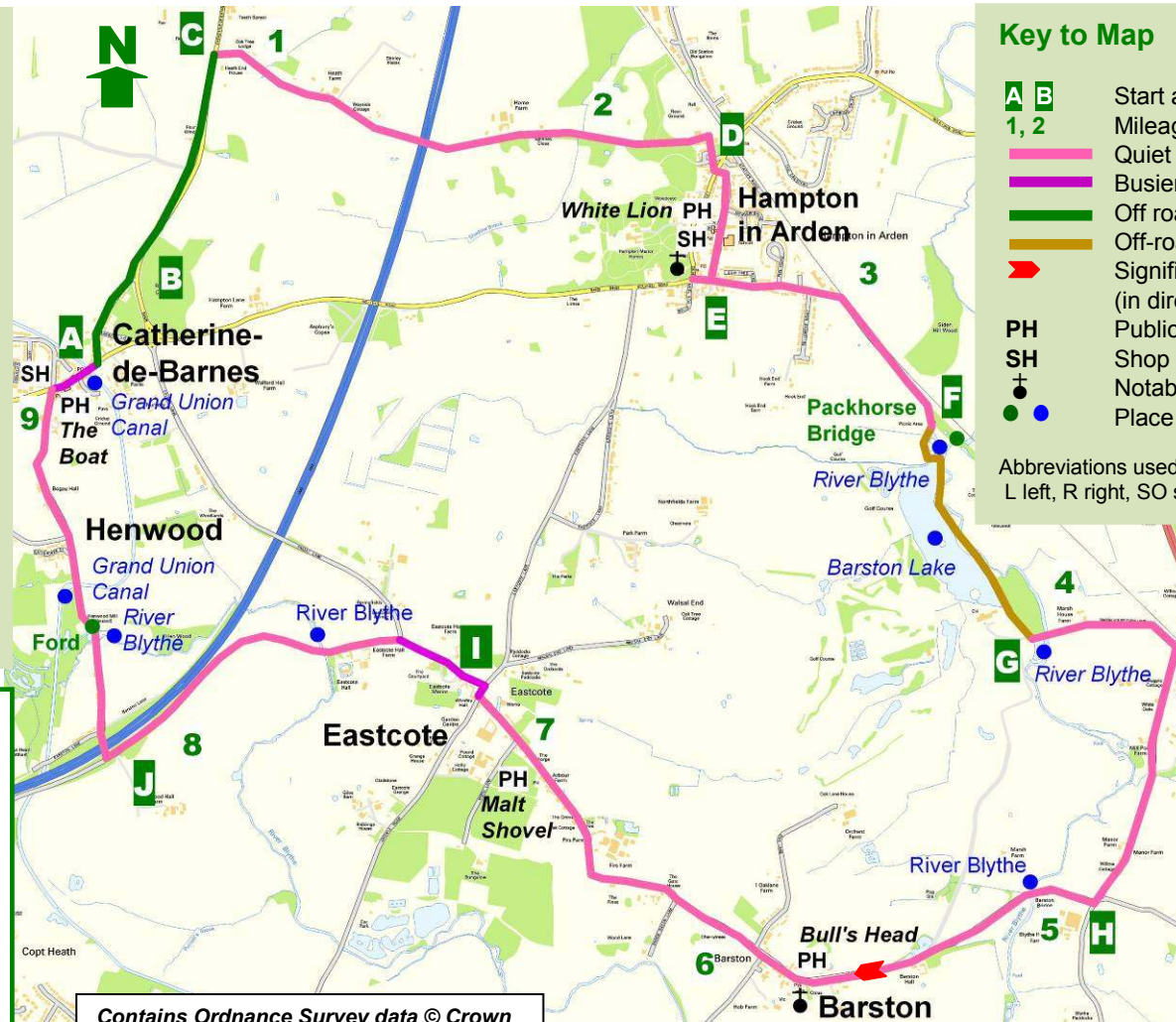
**C** After 0.6 miles take the first turn R into **Shadow Brook Lane**. Follow the lane over the motorway into **Hampton in Arden**.

**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.

**G** At the clubhouse and restaurant turn L on to the



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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**.

## 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.