

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 **Cyclesolihull** rides.

Cycle to Solihull 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.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 community rides, publicises routes and provides information about cycling.

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 25 riders. To get involved, just turn up and ride!

Sunday Cycle Rides take place most Sunday afternoons at 2 pm throughout the summer (less frequently in winter) 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 in the summer there is a 5 or 6 mile **Taster Ride** along a "T" route like the one featured in this leaflet. 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 Xtra rides take place monthly starting at 10 am from different starting points. They are similar to the Sunday rides but about 25 miles long and follow the "XL" routes.

Saturday Stretcher rides are also monthly starting at 9.30 am from different starting points. They are faster rides of about 30 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 early May to mid August starting at 7 pm and follow the shorter "S" routes so are about 10 miles long.

Refreshment Stops All Cyclesolihull rides have an en-route refreshment stop for 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 programme on one of the rides.



T6

An easy 'Taster' route from
Monkspath

CycleSolihull

Explore your borough by bike



6 miles via Ilshaw Heath & Blythe Valley Park

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

Route T6 Monkspath to Ishaw Heath and Blythe Valley Park

Distance: 6 miles (50 to 60 mins)

Start: Shelly Farm shops, Farmhouse Way, Monkspath B90 4EH, SP146771.

Route Summary: A varied ride to a country pub along cycle paths, quiet suburban roads and country lanes.

Refreshments: The Bluebell Cider House with a canalside garden is halfway. En-route there is also a café at a local bakery and a McDonalds.

Parking: There is ample free parking opposite the shops.

The Route

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

B 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.

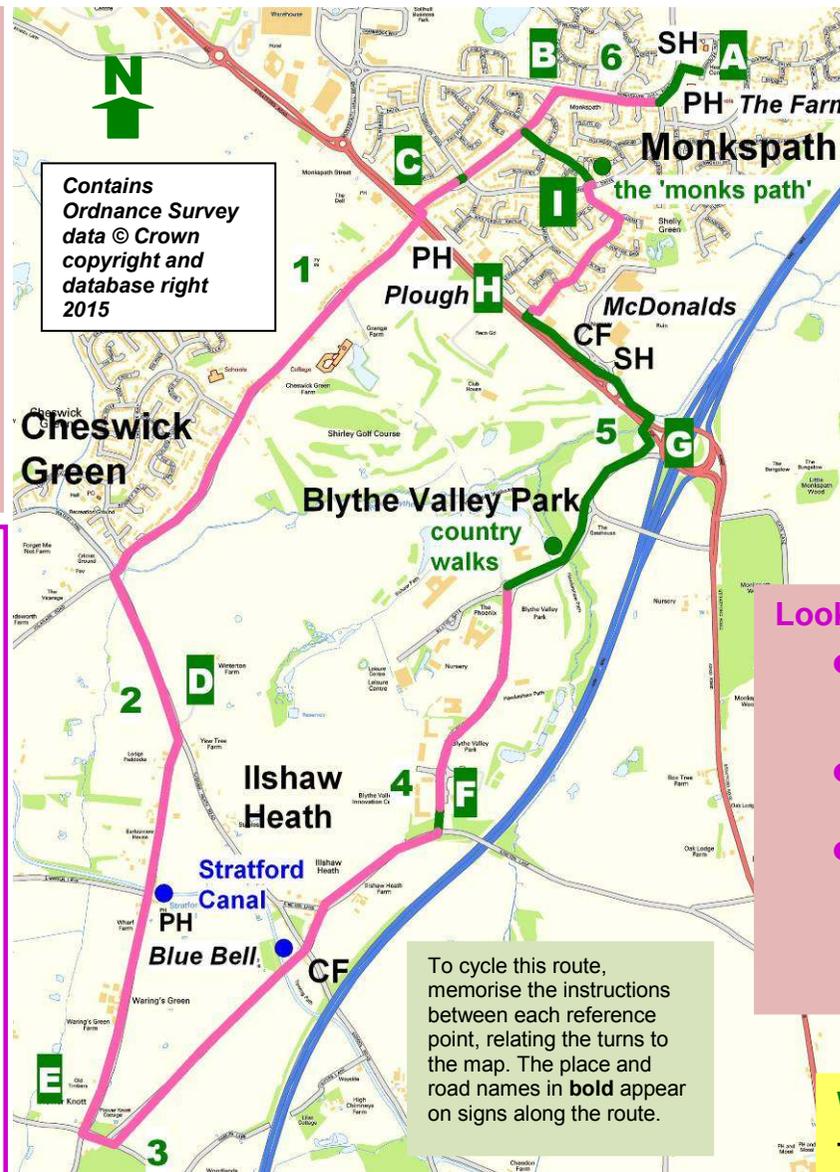
C Cross at the signals by **The Plough** and go SO into **Creynolds Lane**. After 1 mile turn L at the crossroads into **Ishaw Heath Road**.

D Follow the road, bearing right at the next junction, eventually crossing the **Stratford Canal** (step access available to the towpath) next to the **Blue Bell Cider House**.

E At the crossroads turn L towards **Ishaw Heath** and first L into **Dyers Lane**. Cross the **Stratford Canal** again (step access available to the towpath) and go SO at the crossroads by the bakery and cafe.

F After 0.5 miles turn L on to the path leading into **Blythe Valley (Business) Park**. Go SO along the road. Approaching the second roundabout use the path on the L to cross the L arm of the roundabout and join the wide cycle path on the far side of the roundabout and keep SO alongside the entry road.

G Cross Stratford Rd at the toucan. Follow the cycle path L alongside the main road, passing the petrol station and **McDonald's**. **CAUTION!** Take extra care crossing the road to the supermarket which can be very busy at times.



Key to Map

- A B** Start and route reference point
- 1, 2** Mileage from start point
- Quiet road
- Busier road
- Cycle path
- PH/CF** Public House/café or tearoom
- 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.

Look out for...

- The Stratford-upon-Avon Canal opened in 1796 to connect Birmingham to the River Avon.
- Modern buildings and country walks in Blythe Valley Park.
- The 'Monkspath' – one of a number of ancient routes passing through this area including Shelley Lane known as 'the Kings Highway' near the end of the ride.

Want to go further?

There are over 50 Cyclesolihull routes for you to ride, with distances ranging from 5 to 25 miles. You can download free route leaflets like this from www.cyclesolihull.org.uk.

Cyclesolihull also organises regular free rides along many of these routes – download the latest Ride Programme from www.cyclesolihull.org.uk.

H Take the first path on the R (this is easy to miss!) through the trees into Stanbrook Rd. Turn R and follow this road to the end.

I Turn R and go down the historic 'Monkspath' path immediately to the L. At the end turn R on to **Hay Lane** and retrace the outbound route for a short distance back to Shelly Farm shops.