

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.

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**. 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 10.00 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 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 early May to late August starting at 7 pm and following 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 programme on one of the rides.



XL16 extra long route from
Lapworth

CycleSolihull

Explore your borough by bike



**24 miles via Beausale,
Warwick & Norton Lindsey**

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

Route XL16

Lapworth to Beausale, Warwick & Norton Lindsey

Distance: 24 miles (120 to 180 mins)

Start: Lapworth Station, Station Road B94 6JJ SP188715.

Route Summary: A varied ride which is mostly on quiet narrow lanes but with short sections on rural A roads and a stone bridleway.

Refreshments: There many cafes and pubs in historic Warwick and a number of en-route pubs.

Parking: There is free parking at Lapworth station and on-street on Station Road.

The Route

A From outside the station turn L. At the end of the road turn R towards **Baddesley Clinton** soon passing over the **Grand Union Canal**. Turn first L (opposite **Baddesley Clinton NT**) into **Netherwood Lane**. Turn first R.

B At the main **A4141** road go SO towards **Fen End**. Follow this road for nearly 2 miles. At the crossroads turn R to **Honiley**.

C At the end turn R onto the **A452 Meer End Rd** (CAUTION – busier road!). After 0.7 miles turn first L into a narrow lane. Follow the lane past **Honiley Church** and at the end turn L. At the crossroads in Beausale village go SO.

D At the end turn L and first R into a narrow unnamed lane.

After 1 mile turn L through a gate onto a stone bridleway and farm access. Follow this through the farm and go SO for 2 miles, the path soon becoming a surfaced lane eventually going over a bridge.

E At the end of the road turn R and second L into **Cape Rd**. Follow this road and turn R just before the zebra crossing into **St Michaels Rd**. In 50 yards turn L on to a path between the houses (after number 3). Cross the grassed area and go under the railway and bear R on to the access road.

F At the end of **Ansell Way** go SO at the traffic signals. Go SO past **Sainsbury's** and then bear R to join the cycle path next to the **race course**. Carry SO, passing **Hill Close Gardens** (café –summer weekends). At the end bear L to reach the main road at the end of **Bread and Meat Close**. Turn R and follow the road for nearly 2 miles, passing over the A46.

G Turn first L on to the **B4463** towards **Sherbourne** and then immediately R towards **Norton Lindsey**. Go SO for 1.4 miles, passing over the M40. At the crossroads turn L into **New Rd**. **At the end turn R by the New Inn**. Follow the road to the end

and turn L. Note the windmill on the L and turn next R into **Curliu Lane**.

H At the **A4189** turn R and immediately L towards **Hatton**. After 0.9 miles turn first L to **Pinley** eventually going under the railway.

I At the end of the lane go SO at the crossroads towards

Lowsonford. Follow the road to the end and turn L to **Lowsonford**. Pass over the **Stratford Canal** and bear R past the **Fleur-de-Lys** pub. Follow the road for 1.8 miles passing over the M42 motorway.

J Turn first R into **Catesby Lane**. At the end turn R (caution busier road!) passing the **Boot Inn**. Go over the canal and under the railway and turn first L to return to the rail station.

