



13 beautiful
park walks
in Solihull

get walking



This booklet outlines 13 routes in Solihull that explore the areas in and around the local parks.

Walking is an excellent way to achieve your recommended amount of physical activity as it is free and you don't need any special equipment!

Suitable for anyone, you can go walking anywhere and at any time, and you can start slowly and gradually increase distance and time. You should aim to walk briskly to gain the most health benefits, such as; reducing blood pressure, reducing stress, managing your weight, and making you feel good.

Brisk walking should leave you breathing a little faster (but still able to hold a conversation), feeling a little bit warmer, and your heart beating more quickly.

Walking is an excellent way to improve and maintain a healthy lifestyle, so why not walk one of these routes in your local area?

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How much physical activity should you do?

Recent guidelines by the Chief Medical Officers recommend the following levels of activity

Under-fives

180 minutes each day, once a child is able to walk

Children and young people (5-18 year olds)

60 minutes and up to several hours every day of moderate to vigorous intensity physical activity

Adults (19-64 years old) and older people (65+)

150 minutes each week of moderate to vigorous intensity physical activity (and adults should aim to do some physical activity every day)

A brisk walk counts as moderate intensity physical activity, so get walking to achieve your recommended amount!

Would you like to take up some gentle exercise and meet new people?

The Step into Solihull Project provides a programme of health walks throughout the borough. We have 10 regular walks in the borough led by our volunteer walk leaders.

All age groups are welcome, even little ones in pushchairs. The routes used are mostly flat, even and accessible to all participants regardless of physical ability. The walks usually last for an hour, although most offer a shorter, slower alternative.

Step into Solihull also provides other gentle exercise sessions for older adults, which include, Extend, Dance, and Tai Chi.

For more information visit: www.solihullactive.co.uk



13 beautiful walks in Solihull:

- | | |
|---|----------------------------------|
| 1 Ed's Walk, Babb's Mill Park | 7 Elmdon Park |
| 2 Babb's Mill Park & Lake | 8 Elmdon Nature Park |
| 3 Bluebell Loop, Meriden Park | 9 Shirley Park |
| 4 Meriden Park | 10 Hillfield Park |
| 5 Cole Bank Loop, Cole Bank Park | 11 Malvern & Brueton Park |
| 6 Dorridge Park & Wood | 12 Lavender Hall Park |
| | 13 Knowle Park |



Route 1 Ed's Walk, Babb's Mill Park B37 6LN

Distance: 2 miles (4800 steps) • Approx time: 45 - 50 minutes

- 1 Starting at the car park off Fordbridge Road, facing the lake, follow the path to the right.
- 2 Go through the kissing gate and turn right, going left through the next kissing gate to enter Yorks Wood. Follow the path keeping to the outskirts of the woods, crossing the small wooden bridge and continuing to the pond.
- 3 At the pond turn left. Follow the path, crossing another small wooden bridge, and continue on the outer path.
- 4 When the path splits, follow the narrower path straight ahead and continue to walk through the large area of old allotments.
- 5 Bear left with the path, turning right, then right again. Go through the kissing gate, continue left, crossing a wooden bridge, going straight across the grassed area. At the next kissing gate turn right and continue to walk past Babb's Mill Cottage. Follow the path around the lake.
- 6 Turn left to cross over the lake, and follow the path to the left back to the car park.



Route 2 Babb's Mill Park & Lake B37 6LN

Distance: 2 miles (4800 steps) • Approx time: 45 - 50 minutes

- 1 Starting at the first car park off Fordbridge Road, follow the path to the left.
- 2 Follow the path up to Cooks Lane, turning right, over the bridge turn right again and rejoin the path on the other side. Continue on the path alongside the river and the lake.
- 3 At Babb's Mill Cottage cross over the bridge and join the track.
- 4 Continue on the path which goes to the right around the lake.
Why not stop and feed the ducks at the new picnic area, near the skate park?
Follow the path back round to the car park.



Route 3 Bluebell Loop, Meriden Park B37 5SH

Distance: 1¼ miles (3000 steps) • Approx time: 35 minutes

- 1 Starting at the car park off Moorend Avenue, follow the path with the skate park on the right-hand side.
- 2 Cross the bridge over the Lake, and continue on the path which forks to the right.
- 3 Turn left and continue to walk alongside the River Cole.
- 4 Follow the path, taking a right onto Cooks Lane, turn right again at Forth Drive and walk along the path.
- 5 Take the path right to go over the bridge, and follow the path back to the car park.



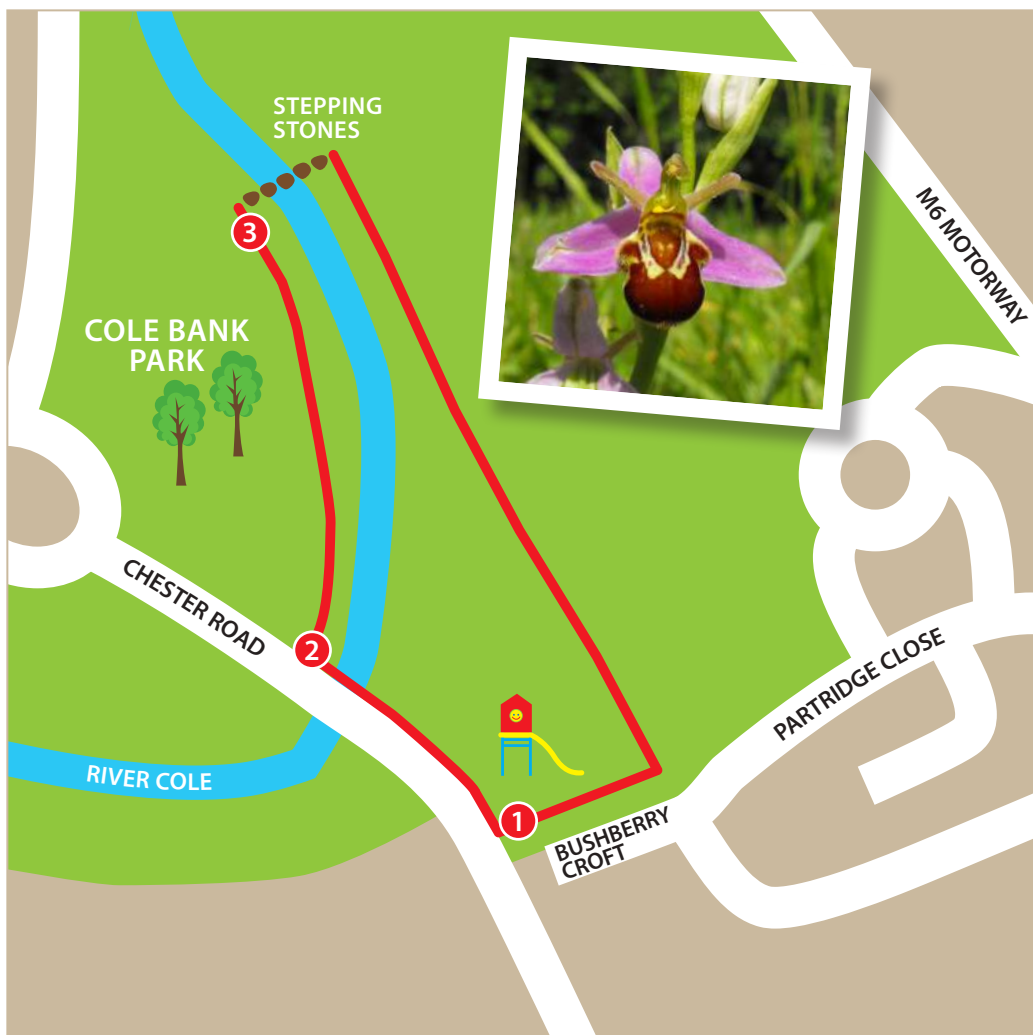


Route 4 Meriden Park B37 5SH

Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes



- 1 **Route is signposted.** Starting at the car park off Moorend Avenue, at the notice board, follow the path to the left.
- 2 Follow the path along the lake edge and up the steps, turning right onto Chelmsley Road. Turn right again to rejoin the path on the other side of the lake, continue straight.
- 3 After crossing the footbridge, continue on the path leading to the right to go past the small play area.
- 4 Walk up the slope on the left handside, turning right onto Moorend Avenue, rejoining the path on the other side of the river. Follow the path back round continuing down to the car park.



Route 5 Cole Bank Loop, Cole Bank Park B37 6RH

Distance: $\frac{3}{4}$ mile (1800 steps) • Approx time: 15 - 20 minutes

- 1 Starting on the path by the play area off Bushberry Croft, continue up the slope, turning right to walk along Chester Road.
- 2 Turn right back into Cole Bank Park, down the slope and bear left along the River Cole.
- 3 Cross the river using the stepping stones, and continue right on the path. Keep walking until back to the play area.

Please note that some of this route takes place on grass and will become slippery and muddy when wet. Due to the stepping stones and uneven ground, this route would be unsuitable for wheelchairs and pushchairs.



Route 6 Dorridge Park & Wood B93 8LJ



Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes

- 1 **Route is signposted.** Starting at the car park off Arden Road, go right towards the playground.
- 2 Follow the path past the play area turn left on the gravel path before the stream. Walking onto the grass, continue around the edge of the park keeping the stream to the right.
- 3 Continue on the grass, walking around the edges of the park on the inside of the trees, re-joining the path along the edge of the woods.
- 4 At the way marker, follow the path through the woods, sticking to the marked path.
- 5 Taking a left, continue on the path along the outskirts of the woods, keeping the meadow to your right.
- 6 Take a right to re-join the main path walking through the avenue of trees and car park.



Route 7 Elmdon Park B92 9EY

Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes



- 1 *Route is signposted.* Starting at the car park on Tanhouse Farm Road, follow the path past the notice board and towards the lake.
- 2 At the Owl Sculpture, take the path to the right and continue around the lake.
- 3 Cross the little bridge, staying on the path with the lake on the left and the Scrape on the right.
- 4 At the fingerpost, continue right up to the hill.
- 5 Take the path to the left, continue until leaving the Nature Park and returning to the car park.



Route 8 Elmdon Nature Park B91 2PP



Distance: 1½ mile (3600 steps) • Approx time: 35 - 40 minutes

- 1 Starting at the car park off Damson Parkway, facing the park, follow the path to the right. Continue past The Grange until reaching the Nature Park.
- 2 On entering the Nature Park through the gate, follow the path round to the right.
- 3 Continue straight * Taking the path to the left will make a shorter route back to the kissing gate.
- 4 Take the path to the left, continue until leaving the Nature Park and returning to the car park.



Route 9 Shirley Park B90 3BD

Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes



- 1 **Route is signposted.** Entering the park from Stratford Road, turn left past the putting green.
- 2 Continue past the tennis courts until you reach the end of the path.
- 3 Coming out of the park, continue straight down the footpath on Grenville Road, turning right onto the path onto Hurdis Road.
- 4 Re-enter the park through the entrance on Hurdis Road.
- 5 Follow the path around the rose garden to walk through the pergola and back to the entrance of the park.



Route 10 Hillfield Park B91 3LU

Distance: 1¾ miles (4200 steps) • Approx time: 40 - 45 minutes

- 1 Starting at the car park off Brick Kiln Road, follow the path into Hillfield Park.
- 2 Continue by taking the path right and passing by the play area towards the lake.
- 3 On reaching the lake, take the path round to the left. Follow the path all the way around and walk back along the path back to the car park.

walk 4 life

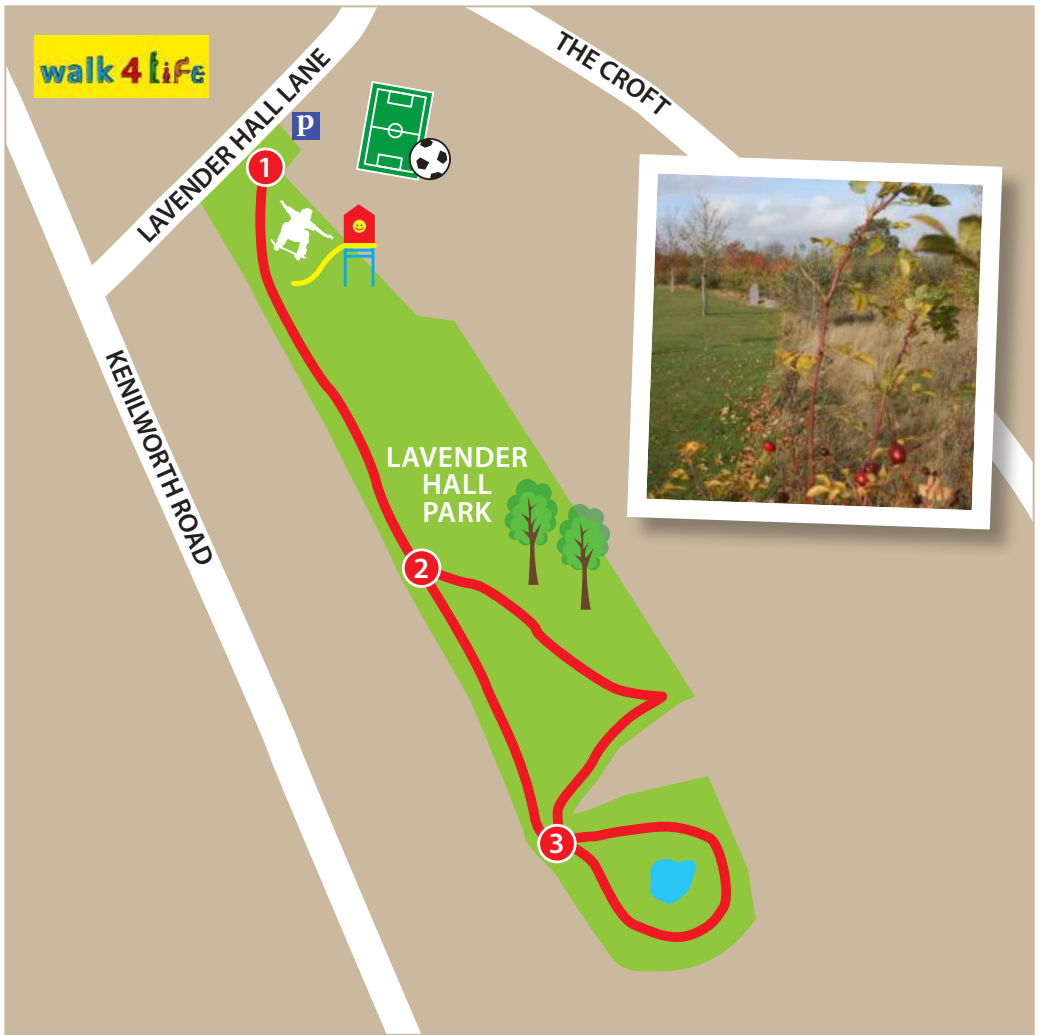


Route 11 Malvern & Brueton Park B91 3HA

Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes



- 1 Starting at the Parkridge Centre in Brueton Park, follow the path towards Malvern Park.
- 2 As the path forks, take the left-hand path and continue past the tennis courts.
- 3 At the top of the park, take the path right past the play area and rose garden. Follow the path back to the Parkridge Centre.



Route 12 Lavender Hall Park CV7 7BN

Distance: 1 mile (2400 steps) • Approx time: 25 - 30 minutes



- 1 Starting at the car park off Lavender Hall Lane, follow the path into the park.
- 2 When the path forks, follow the path to the left, continuing right back into the park when reaching the housing estate.
- 3 Follow the path which loops around the end of the park, past the pond, and continue straight back to the car park.



Route 13 Knowle Park B93 9HT



Distance: ½ mile (1200 steps)

- Starting at the car park off Longdon Road, simply follow the path around the park.
This route is only 0.5 miles long so to complete the mile do the route twice.



Walk4Life

The Walk4Life project is part of the Change4Life programme, which aims to deliver 2,012 waymarked one mile walking routes in local communities, as well as provide a unique online database of short walks. At the heart of the project is a brand new website where people can find walking routes or create their own, record their walking activity, find local events, join groups and challenge themselves and others to walk more.

For more information: see www.walk4life.info



GREEN FLAG PARKS

The Walk4Life routes are within Solihull Council's seven Green Flag Parks. Awarded by Keep Britain Tidy, the flags are seen as the gold standard for public spaces that are welcoming, safe and well maintained. The flags are also seen as a way of encouraging others to achieve high environmental standards, setting a benchmark of excellence in recreational green areas. Parks are judged against eight criteria which cover everything from access through to sustainability and marketing.

SOLIHULL NEIGHBOURHOOD RANGER SERVICE



Caring for our Parks

The Neighbourhood Rangers have been in operation since 2002 and are an enthusiastic team of nature and community minded individuals set up to develop the relationship between the parks and the people of Solihull. The Ranger team maintains 17 principal parks in the borough as well as more than 100 open spaces, including woodlands and Local Nature Reserves. They are focused on building strong links with the community, involving local people in the management of their green spaces and working with schools to help educate young people about their local environment.

For more information please contact your Neighbourhood Ranger Service on 0121 704 8472 or email: parkrangers@solihull.gov.uk

SOLIHULL DISCOVERY WALKS

Solihull Discovery Walks aim to bring together a wide range of people who enjoy natural history, local history and of course, walking. Their aim is to learn something new, meet new friends and to enjoy discovering what an amazing area we live in. Solihull Discovery Walks take place on the third Wednesday of every month and last for approximately three hours. All walks start and finish at individual meeting points. A small donation of £1.00 per person is collected each time but some walks, which include places such as gardens, museums etc, will incur an extra charge.



For further information and to register, call the Membership Secretary on 01676 532 443 or visit: www.solihullactive.co.uk/solihulldiscoverywalks



www.solihullactive.co.uk

SolihullActive is your one-stop-shop for sport and physical activity in Solihull, and promotes active and healthy lifestyles, profiles local providers of sport and physical activity and highlights events which are taking place.

Our website - www.solihullactive.co.uk - details 200 local providers and over 350 regular local activities, including archery, golf, kayaking, yoga, zumba and many more.

Get online and find your perfect activity!

