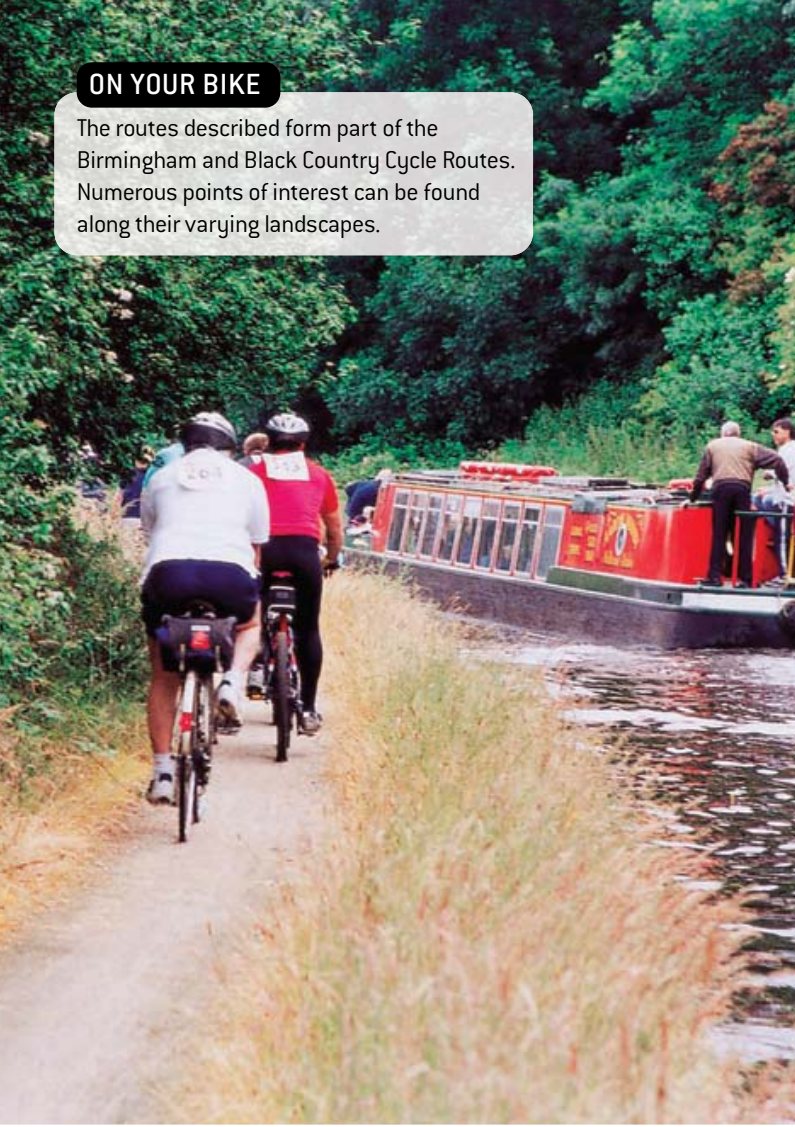
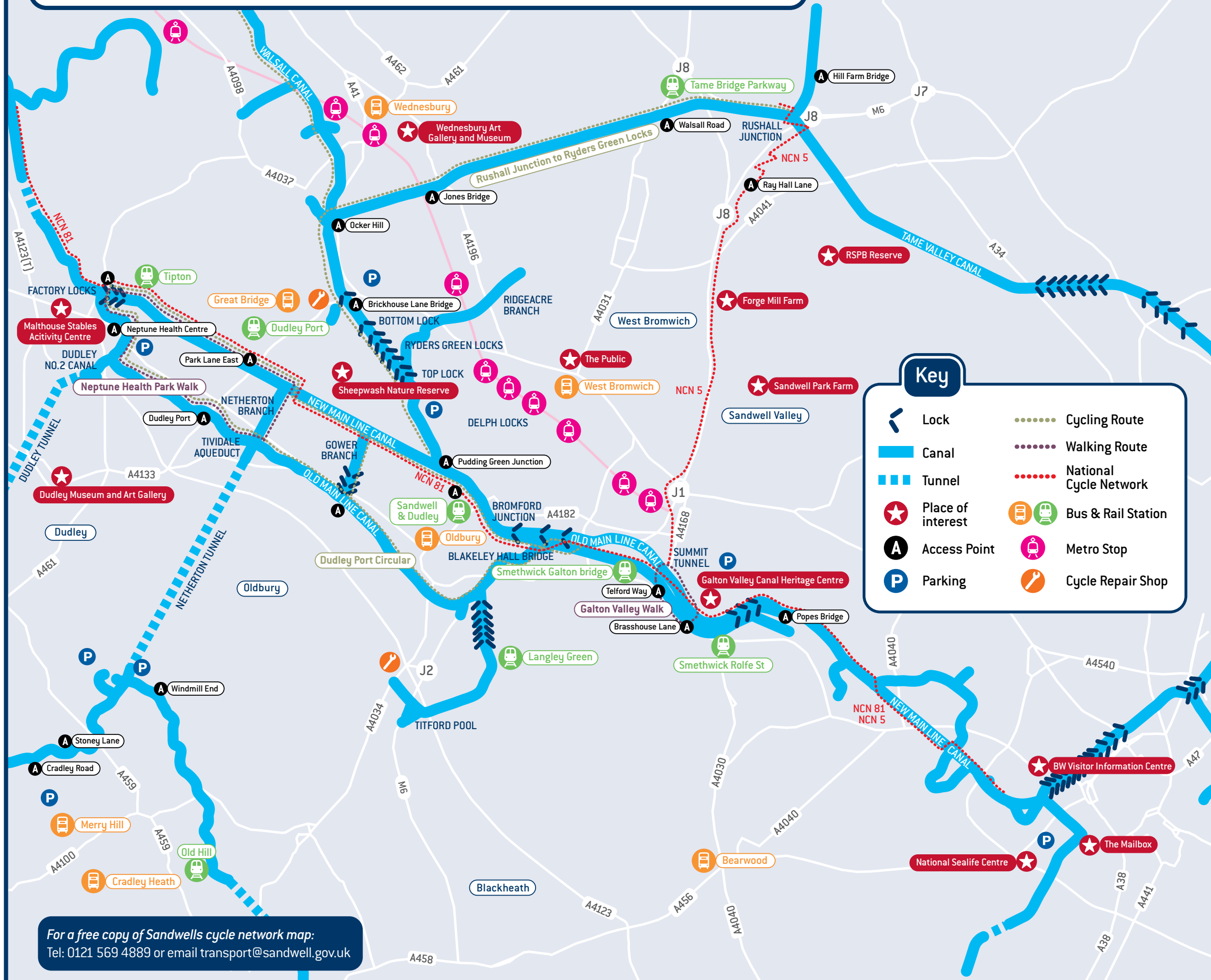


ON YOUR BIKE

The routes described form part of the Birmingham and Black Country Cycle Routes. Numerous points of interest can be found along their varying landscapes.



Where to go cycling & walking around the Sandwell area



Cycle routes

If you are feeling particularly energetic, why not cycle more than one route? The map highlights access points and road accesses, but parking may be on road in places.

DUDLEY PORT CIRCULAR

Distance: 8.8 miles/14 km (approx)
Duration: 1 hour 15 min (approx)
Access point: Owen Street, Tipton, Sandwell
Car Parking: Neptune Health Park, Tipton, access The New Main Line via Neptune Walk instructions.

Follow The Gower Branch, then turn right back onto The Old Main Line. For a more challenging route, continue along The New Main Line and cross at Bromford Junction. Take the ramp access to The Old Main Line and double back, crossing Blakeley Hall Bridge. Alternatively follow The New Main Line into Birmingham City Centre.



Sandwell Park Farm

RUSHALL JUNCTION TO RYDER GREEN LOCKS

Distance: 7.5 miles/12 km (approx)
Duration: 1 hour 15 min (approx)
Access point: Ray Hall Lane, Grove Vale.
 Following Cycle Route 5, access and cross the Tame Valley Canal and continue, turning left at Ocker Hill.
 This route features an unusual aqueduct; one of the few examples of a canal crossing over a railway.

For a free copy of Sandwells cycle network map:
 Tel: 0121 569 4889 or email transport@sandwell.gov.uk

Sources of further information:
 British Waterways Visitor Information Centre
 Birmingham Tel: 0121 236 4162 www.waterscape.com
 E enquires.westmidlands@britishwaterways.co.uk
 British Waterways, West Midlands Office Tel: 01827 252000

Please note: Routes detailed in this leaflet are a guide, and consultation of additional maps is advisable before beginning your trip. Route duration's are based on an average speed of 3mph walking and 7mph cycling. Remember you are responsible for your own safety and children must be accompanied by an adult. Although towpaths are suitable for both cyclists and walkers, appropriate footwear is recommended for muddy areas. Cyclists are advised to take extra care on uneven or steep surfaces and locks. Dismount on narrow sections, at motorcycle barriers and under low bridges and tunnels, particularly in wet weather. Cyclists should obtain a free cycle permit and all visitors should observe the Waterway Code; for details please contact West Midlands Waterways on 01827 252000.