

Step into Solihull

Gentle exercise activity programme

Including walking, Tai Chi, yoga, seated exercise, walking sports, dance and much more.

April 2025 – March 2026



For more info visit:
solihullonthemove.co.uk
or call 0121 704 8207



Introduction




Step into Solihull is a gentle activity programme which incorporates a walking programme and gentle exercise sessions. Sessions are aimed at people aged over 45. Sessions run on a first come-first served basis.

Solihull Striders and Strollers Wellbeing Walks

Our group walks generally last approximately one hour, are led by qualified volunteers and are free of charge with refreshments available at the end of the walk. Please wear appropriate footwear and clothing.



Walk Difficulty Key: Walk gradings are provided as a general guide only. Please contact solihullactive@solihull.gov.uk for further details regarding walk difficulty.

	Easy Access: Walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable trainers or walking boots can be worn. Assistance may be needed to push wheelchairs on some sections.
	Easy/Leisurely: Walks may not be suitable if you have mobility difficulty or a specific health condition. Please check with Solihull Active before attending. Comfortable trainers or walking boots can be worn.
	Moderate: Walks for reasonably fit people with a little country walking experience. May include unsurfaced rural paths and stiles. Walking boots or walking trainers recommended.

If you have any doubt about your fitness for a particular walk, please contact your GP or Solihull Active in advance of attending.

* **Short Walk Available**

Travel: Bus Routes/Numbers =



Pre-register for your first walk:

Please complete a Step into Solihull registration form before your first walk. This can be done either online, on the day of the walk or by requesting a copy of the form from Solihull Active by e-mail solihullactive@solihull.gov.uk or calling 0121 704 8207.



Mondays 10.30am:



 *Castle Bromwich Library Walk: Hurst Lane North, B36 0EY.  94 & X12					
14 & 28 Apr	12 May	9 & 23 Jun	7 & 21 Jul	4 & 18 Aug	1, 15 & 29 Sep
13 & 27 Oct	10 & 24 Nov	8 & 22 Dec	5 & 19 Jan	2 & 16 Feb	2, 16 & 30 Mar

 *Marston Green Walk: Meet at Marston Green Parish Hall, B37 7BT. Walks take place every Monday.  72					
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Tuesdays 10.30am:

 *Tudor Grange Track Walk: Meet at the athletics track entrance, Tudor Grange Leisure Centre, Blossomfield Rd, B91 1NB.  6, 76, 169 & X12					
1, 15 & 29 Apr	13 & 27 May	10 & 24 Jun	8 & 22 Jul	5 & 19 Aug	2, 16 & 30 Sep
14 & 28 Oct	11 & 25 Nov	9 Dec	6 & 20 Jan	3 & 17 Feb	3, 17 & 31 Mar

Wednesdays 9.15am:

 Well Women's Walk: Meet inside Auckland Hall, 25 Sunbeam Close, B36 9JR.  94 & X12 Walks take place every week. No walks in December, first walk back after Christmas is 7 th Jan 2026.					
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Wednesdays 10.30am:

 *Solihull Walk: Meet on the grass to the right of the main entrance at Tudor Grange Leisure Centre, Blossomfield Road, B91 1NB.  6, 76, 169					
9 & 23 Apr	7 & 21 May	4 & 18 Jun	2, 16 & 30 Jul	13 & 27 Aug	10 & 24 Sep
8 & 22 Oct	5 & 19 Nov	3 & 17 Dec	14 & 28 Jan	11 & 25 Feb	11 & 25 Mar

Thursdays 10.30am:

 Kingshurst Walk: Meet at St. Barnabas Hall, B37 6EY.  72 & 95					
3 & 17 Apr	1, 15 & 29 May	12 & 26 Jun	10 & 24 Jul	7 & 21 Aug	4 & 18 Sep
2, 16 & 30 Oct	13 & 27 Nov	11 Dec	8 & 22 Jan	5 & 19 Feb	5 & 19 Mar

Thursdays 10.30am:



***Dorridge Walk:** Meet at Dorridge Village Hall, B93 8QA.

A7 & A8

3 & 17 Apr	1, 15 & 29 May	12 & 26 Jun	10 & 24 Jul	7 & 21 Aug	4 & 18 Sep
2, 16 & 30 Oct	13 & 27 Nov	11 Dec	8 & 22 Jan	5 & 19 Feb	5 & 19 Mar



Dickens Heath Library Walk: Meet at the library, Old Dickens Heath Road, B90 1SD. 664 & 665

10 & 24 Apr	8 & 22 May	12 & 26 Jun	10 & 24 Jul	14 & 28 Aug	11 & 25 Sep
9 & 23 Oct	13 & 27 Nov	11 Dec	8 & 22 Jan	12 & 26 Feb	12 & 26 Mar

Fridays 10.30am:



***Shirley Library Walk:** Meet inside Shirley Library Parkgate, Stratford Road, B90 3GG. 4A, 5, 6, 49 & 76

11 & 25 Apr	9 & 23 May	6 & 20 Jun	4 & 18 Jul	1, 15 & 29 Aug	12 & 26 Sep
10 & 24 Oct	7 & 21 Nov	5 & 19 Dec	16 & 30 Jan	13 & 27 Feb	13 & 27 Mar



Hob's Moat Library Walk: Meet inside the library Ulleries Road, Solihull, B92 8EB. 72

11 & 25 Apr	9 & 23 May	6 & 20 Jun	4 & 18 Jul	1, 15 & 29 Aug	12 & 26 Sep
10 & 24 Oct	7 & 21 Nov	5 & 19 Dec	16 & 30 Jan	13 & 27 Feb	13 & 27 Mar



Oulton Library Walk: Meet inside the library, 169A Warwick Road, B92 7AR. 4 & A9

4 Apr	2, 16 & 30 May	13 & 27 Jun	11 & 25 Jul	8 & 22 Aug	5 & 19 Sep
3, 17 & 31 Oct	14 & 28 Nov	12 Dec	9 & 23 Jan	6 & 20 Feb	6 & 20 Mar

Saturdays 11.00am:



***Elmdon Park Walk:** Meet on the corner of Tanhouse Farm & Elmdon Park Road, Elmdon, B92 9EY.
Takes place every Saturday. A1 & X12



Meriden Women's Institute: A monthly walk programme, for further information contact Meridenwi@hotmail.com

Local Interest Walks

Local interest walks are a fantastic way to enjoy the outdoors, learn about the natural and local history as well as improving your health and wellbeing.



Find upcoming walk information and book online. Places are limited, you can also book via: solihullactive@solihull.gov.uk or 0121 704 8207.

Sensory Walking Routes

Sensory walks allow you to use your senses to connect with your surroundings whilst you stay active. Find a Sensory Walk at the following locations: Babbs Mill Park, Elmdon Park, Frog Lane, Hillfield Park, Lavender Hall Park and Shirley Park. Downloadable maps are available online, see website details below.

Orienteering

Take part in the exciting permanent orienteering courses available in Babbs Mill and Elmdon parks, which have been created in partnership with local orienteering club [Octavian Droobers](#). Downloadable maps are available online.

Virtual Orienteering routes are also available in local parks.



Find local interest walks, sensory walks and orienteering information at:
<https://solihullonthemove.co.uk/get-moving/walking-in-solihull/>

Longer Walks with the Ramblers

We've teamed up with local rambling groups to promote longer walks for those who are keen to go a few extra miles!

Castle Bromwich Ramblers: You can find an up-to-date list of walking dates at: www.castlebromwichramblers.btck.co.uk/WalkProgramme

Solihull Ramblers: For more information visit: www.solihullramblers.org.uk or contact Nick on 0121 745 5122.

Knowle Ramblers: Find out more at: www.knowleramblers.tripod.com

Ping Solihull

Find our ping pong tables in parks across Solihull!

To join in the fun, simply head for a table and play... it's absolutely free!

Find a table near you at:

<https://solihullonthemove.co.uk/get-moving/pingsolihull/>



Gentle Exercise Sessions

Monday			
Time	Activity	Cost	Location & Contact Details
10-11am	Walking Netball	£4.90	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10am-12pm	Table Tennis	£3.45	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
11am-12pm	Steppin' Out	£6	The Core, B91 3RG. 0121 704 6962.
11:30am-12:30pm	Move it or Lose It	£5	Lyndon Methodist Church, B92 7QX.
11:30am-12:15pm	Forever Fit	*£4.05	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
12-2pm	Senior Badminton	£6.65	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
12:15-1pm	Pilates	£6	The Core, B91 3RG. 0121 704 6962.
1:30-2:30pm	Paracise	£6	The Core, B91 3RG. 0121 704 6962.
1-1:45pm	Forever Fit	£8.05	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
4-5pm	Gradual Movement	£10	Balsall Common Methodist Church, CV7 7EE.
Tuesday			
9:30-10:30am	Walking Netball	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
9:30am-1pm	The Tuesday Group	£6	Seeds of Hope, B37 6EY. 0121 788 3399.
12-2pm	Senior Tennis	£3.40	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
2-2:45pm	Good Boost	£4.55	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
2:45-4pm	Walking Football	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
Wednesday			
9am-12pm	Seniors: bowls, table tennis, badminton	*£4.05	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
9:30-10:15am 10:30-11:15am	Chi Fitness Tai Chi	*£4.05	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
10am-12pm	Indoor Bowls (£3 annual)	£2	Knowle Village Hall, B93 0HN. 07828 212628.
10am-12pm	Table Tennis	£3.45	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10:15-11:15am	Hatha Yoga	£6	The Core, B91 3RG. 0121 704 6962.

Wednesday (continued)

10:45-11:45am	Extend Gentle Exercise	£4	Bentley Heath Community Centre, B91 9BQ. 07541 889866.
11:30am-12:15pm	Active Seniors Forever Fit	*£4.05	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
11:30am-12:30pm	Chair Based Yoga	£6	The Core, B91 3RG. 0121 704 6754.
11:30am-12:30pm	Forever Active	£8	St Phillips Church, B93 8DX. 07738 830848.
11:30am-12:45pm	Walking Football	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
2-4pm	Senior Badminton	£6.65	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.

Thursday

10am-12pm	Senior Badminton	£6.65	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10-11am	Move it or Lose It	£5	St Margrets Church Hall, B92 7JS. 07999 388657.
10-11:15am	Tai Chi for Men & Women	£4	Bentley Heath Community Centre, B91 9BQ. 07541 889866.
10am-12pm	Senior Badminton	£3.30	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
10am-12pm	Indoor Bowls (£3 annual)	£2	Hobs Moat Assembly Rooms, B92 8JW. 0121 705 5293.
11am-12pm	Walking Netball	£4.90	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
11am-12:15pm	Walking Football	£5	Solihull Football Centre, B91 3LD. 0121 796 1330.
1:30-3:30pm	Tai Chi (FIRS) (£3 annual)	£2	Oliver Bird Hall, B91 3HY. 0121 604 4937.
2-3:30pm	Line Dancing	£5	Bentley Heath Community Centre, B91 9BQ. 07714 771048.

Friday

9:15-10am	Tai Chi	£6	The Core, B91 3RG. 0121 704 6962.
10am-12pm	Women's Badminton	£6.65	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10am-12pm & 1:30pm-4pm	Indoor Bowls (£3 annual)	£2	Elmdon Heath Community Centre, B91 3RQ. 01527 402315.
11-11:45am	Good Boost	£4.55	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
11am-1pm	Young @ Heart Dancing	£2	Seeds of Hope, B37 6EY. Ann - 0121 770 5140.
1-2pm	Walking Tennis	£3.40	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.

* Seniors price for people aged 66+, full price is applicable if under this age.

<https://solihullonthemove.co.uk/get-support-to-be-active/older-adults/>

Other organisations providing physical activities

- **Age UK Solihull:** Visit www.ageuk.org.uk/solihull/ or call 0121 704 7844.
- **Beechcroft Tennis & Multisport Centre:** Try various walking sports and activities www.clubspark.lta.org.uk/BeechcroftTennis or 0121 796 1330.
- **Friends in Retirement Solihull (FIRS):**
Visit www.friendsinrecreation.co.uk or call 07398 533751.
- **Octavian Droobers:** The local orienteering club, visit www.octavian-droobers.org/
- **Park Run:** Why not park walk at park run, visit www.parkrun.org.uk/babbasmill/ or www.parkrun.org.uk/brueton/
- **Rambling Club at Solihull Methodist Church:** Rambles are held on the third Thursday of each month, visit www.solihull-methodist.org.uk
- **Solihull Football Centre:** Try walking football, visit www.solihullfootballcentre.co.uk or call 0121 796 1330.
- **Solihull Pathfinders:** A welcoming and friendly local walking club, visit www.solihull-pathfinders.club
- **Solihull Tree Wardens:** Local tree walk and talks, visit www.lovesolihull.org/solihull-tree-wardens
- **Solihull Wheels for All:** Providing inclusive cycling for all, visit www.solihullwheelsforall.org/ or email Solihullwfaenquiries@gmail.com
- **This Girl Walks:** A fun and friendly group of likeminded ladies, meeting in Solihull, visit www.thisgirlwalks.club/solihull
- **University of the Third Age (U3A):**
Visit www.u3a.org.uk or call 07927 342607.
- **Wednesday Walking Club:** A friendly weekly walking group, contact wednesday.walking.club@gmail.com

Support to get active: If you have a long-term health condition and need help getting started, local physical activity services include DocSpot Exercise Referral, Cancer Rehab, Cardiac Rehab, MS & Parkinson's Exercise Classes.

Visit: <https://solihullonthemove.co.uk/get-support-to-be-active>

For more info visit:

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or call 0121 704 8207

