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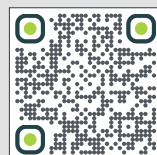
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Hope you had an Eggsellent Easter!

Welcome to the April edition...

I hope you enjoyed your lovely long Bank Holiday weekend – whether you relaxed at home, jetted off on a long-awaited break, or just used the time to catch up on all those jobs that never seem to get done.

And if you need help sorting out that never-ending list, why not see if some of the people and businesses who advertise in here can help you. Whether you need your roof fixed, the kitchen updated, your washing machine repaired, the house decorated, or a new carpet, there's lots of lovely local and helpful people in here who can help.

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

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community events

Family Disco

25 April, 2-4pm

Knowle British Legion

Join in for an afternoon of dancing, games, lights and tremendous fun! This family disco is just £10 a ticket and aimed at families with kids aged 4-11. No more boring Saturdays, wondering what to do with the kids! Tickets: www.eventbrite.co.uk/e/solihull-family-disco-tickets-1985354715398

RetroCon

**2-3 May
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It's a lot more than just a retro festival! Live stage with rolling 80's and 90's acts, Legendary US and UK film and TV guests, The Pat Sharp Beach Party, Experts on repair and collecting, 100+ exhibitors, Cars, Toys, Music, Vintage fashion, Sports Memorabilia, Vinyl, Vintage gaming and more. Tickets from www.thenec.co.uk/events/retrocon/

The Take That Experience

5 May

The Core, Solihull

As Take That celebrate over 30 years as the UK's number one boy band, The Take That Experience mark over a decade together as their most popular and recognised



tribute act. With acclaimed vocal performances, stunning replica costumes and iconic dance routines, The Take That Experience recreate the magic of Take That live on stage with their 'Greatest Hits Tour'. Call 0121 704 6962 to book tickets.

Bottomless BBQ

14 June

Manor Hotel Meriden

This combines flame-grilled favourites, chilled drinks and a relaxed summer atmosphere – perfect for getting together with friends, celebrating a birthday, or simply making the most of the weekend.

Bottomless drinks served from 12pm to 2pm, 2 for 1 drinks available from 2pm to 4pm. £45 pp – to book email events@manorhotelsolihull.co.uk or call 01676 522735.

Peckham's Finest Comedy Dinner

9 May

Hogarths Hotel, Dorridge

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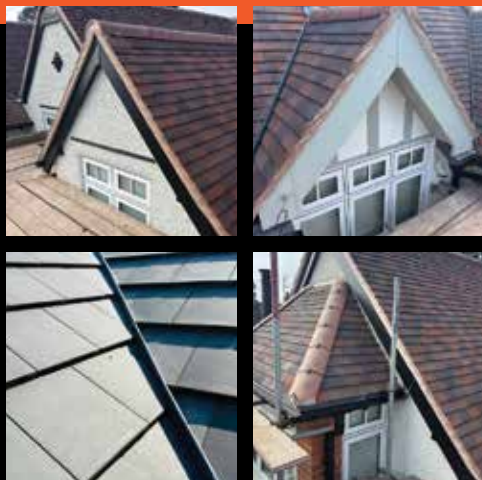


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Fancy a gastro pub in Solihull?

If you find yourself wondering what a gastro pub is you're not alone! Basically it's a pub that serves great food. It comes from the word 'gastronomy' which means the art of cooking or eating good food.

Top rated gastro pubs in Solihull

One of the best rated is the **Fox, Hampton Lane in Catherine de Barnes**. It gets an impressive 4.8 on Google, out of 112 reviews. Their ethos is simple, seasonal and sustainable; and they offer coffee, breakfast, lunch and dinner. A mile or so outside of Knowle lies the popular **Malt Shovel in Barston** – which was named the best gastro pub in the country at the England Food Awards in 2023. They focus on modern British cuisine with a nod to the Mediterranean and are famous for their fish specials and Sunday lunches.

More gastro pubs in Solihull

The Farm Inn, Monkspath, offers classic and modern global dishes for lunch and dinner. Their seasonal menus include daily market specials, classic prime cut steaks, Sunday

roasts and fresh seafood. Starters include chalk stream trout gravadlax and crispy Normandy brie; mains feature dishes such as chilli beef wood fired pizza, pumpkin & sage tortelloni, Oklahoma smashed beef burger; and if you still have room, why not try their cherry & pistachio bakewell or their double chocolate brownie.

The Kings Arms, Knowle offers indoor and outdoor drinking and dining, perfectly placed next to a picturesque canal. Choose from an all-day menu, a fixed price lunch menu, or their Sunday menu. Their all-day menu includes main dishes such as pea & asparagus risotto, crispy duck & pineapple salad, and pan-roasted Harissa-crusting lamb rump.

The Beech House gastro pub in Solihull is conveniently located in the town centre and is perfect for a quick coffee, a leisurely lunch, or a family get together. They offer everything from full-English fry ups to salads, Neapolitan pizza to fillet steak, all prepared and cooked in front of your eyes.

The Boat, Catherine de Barnes aims to combine tradition and innovation and

to showcase the best of British farms. They focus on great social food, from brunch to sharing plates to artisan pizzas.

The Boot Inn, Lapworth combines high quality food with the finest wines and beers, nestled amongst the beautiful Lapworth countryside. To give you a feel for their menu, mains include delights such as confit duck ragout served with trofie pasta, chestnut mushrooms, toasted duck skin crumb; and pork cutlet with a Manchego & chorizo croquette, romesco and crispy sprouts.

As well as offering burgers and steaks, **The Bull's Head, Earlswood** also serve main courses such as crispy fried pork belly, braised beef and Thwaites ale pie, and goats' cheese and spinach risotto. If all that leaves you feeling stuffed but you're in the mood for something sweet, why not end your meal with one of their mini desserts served with a tea or coffee of your choice.

To see a full listing of all the gastro pubs in Solihull please visit www.hellosolihull.co.uk/eating-out-in-solihull/gastro-pubs-solihull/



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On Your Bike!

Get cycling in Solihull

Dust off your seat, pump up your tyres, and get peddling to celebrate World Bicycle Day on 3rd June. It's a great excuse to start doing some exercise, and travel more sustainably. You'll also start to explore some parts of your local area that maybe you've not seen in a while or never been to.

Cycling clubs in Solihull

Cyclesolihull have weekly rides that are open to anyone, free to join, and no need to book. They run on Saturday mornings and Sunday afternoons and have a range of start points and distances, with all rides having a short refreshment stop and returning to the start point. More info on their Solihull cycling routes is available at www.cyclesolihull.org.uk

Solihull Cycling Club promote all aspects of cycling in Solihull from social riding to participation in competitive events. They have a programme of rides so that everyone can find a preferred ride. You can join the club via their website at www.solihullcc.org.uk.

Solihull Wheels For All

offer open cycling sessions at Tudor Grange on Monday and Wednesday mornings and on Monday evenings. No booking is necessary and new attendees are always welcome: www.facebook.com/Solihull-Wheels-for-All-2395952393959855

Solihull cycling routes

Tudor Grange Park has a cycle track, perfect whether you want to have fun or undertake pro-training. This 1km figure of eight track has a state-of-the-art design and is free for everyone to use – just check its availability before you turn up: www.solihull.gov.uk/sites/default/files/2023-09/Tudor-Grange-Cycle-Track-Calendar.pdf

3 Parks Cycle Route

connects Meriden Park, Sheldon Country Park and Elmdon Park. It's 5 miles long and traffic-free for a safe Solihull cycling experience. Follow the valley of the Hatchford, Westley and Kingshurst Brooks whilst passing through an attractive mixture of formal parkland, wooded areas and open grassland. www.solihullonthemove.co.uk/wp-content/uploads/2023/07/3-Parks-Cycle-Route.pdf



Here's a great cycle route from **Dorridge Railway Station** – this 11 mile circuit takes you through the lovely villages of Packwood, Lapworth and Darley Green: www.solihullonthemove.co.uk/wp-content/uploads/2023/07/3-Parks-Cycle-Route.pdf

Or maybe start in **Shirley Park** and do 9 miles, passing through Earlswood and Dickens Heath. There are a number of cafes and pubs on the way, as well as the lovely Earlswood Lakes Craft Centre: <http://www.cyclesolihull.org.uk/assets/files/CSS14-current.pdf>

Olton Jubilee Park is another great place to start a bike ride as there's a lovely 11 mile circular route from here, passing through Solihull town centre, Catherine-de-Barnes and Elmdon: www.cyclesolihull.org.uk/assets/files/CSS19-current.pdf

We hope we've inspired you to get on your bike, and find some new Solihull cycling routes, whether you're looking for a short, flat path or something more challenging.

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In addition, your local travel agent might have access to discounts and offers that you can't find on the web. They may also be able to offer financial protection in the event a holiday company goes bust, and get you home without you incurring additional costs. If you book independently you're not going to get the



same peace of mind.

We've looked into who the best travel agents are in Solihull, according to Google reviews. That doesn't mean these are the only ones, or the ones you have to use, but when other customers have rated them highly, it's a good start point.

Knowle Travel on Knowle High Street is a family-owned, independent, and award-winning travel agent in Solihull. Their staff have over 100 years of combined experience in all types of travel.

Solar Travel on Hobs Moat Road in Solihull has received a rating of 4.8 on Google. They offer bespoke, tailored advice and no booking fees.

TUI Holiday Shop Solihull is located on the High Street and can package everything, from beach holidays and city breaks to ski-ing holidays and globe-trotting tours. They can also just book your

flights and advise on cruise options, whether sea or river.

Trailfinders travel agent in Solihull can book your holiday in any region of the world, whether you want to go to Africa or Antarctica. They can also help with gap year travel, golfing holidays, group travel, motorhome holidays, and weddings abroad.

Andara in Dorridge is an independent luxury travel agent who specialise in tailor made holidays. No trip is too small, and thanks to their connections at some of the best hotels and resorts around the world, no trip is too big.

Journey The World receive an impressive 5 out of 5 stars on Google and are based on Knowle High Street. They are an independent travel agent in Solihull, established over 27 years ago and pride themselves on finding the holiday you want at the best value.



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Where can you practice yoga

Yoga aims to connect the mind and body through a series of physical postures that are combined with meditation and breathing exercises, and it's a great way of improving your flexibility.

Hotpod Yoga is located in Shirley, close to ASDA and the Parkgate shopping centre. These Solihull yoga classes are held in large inflatable pods, heated to a comfortable 37°C and filled with calming scents, soft lighting and relaxing music. They have classes for everyone, from complete beginners to those with years of experience.

The Hot Tribe in Cranmore Business Park we offer a variety of Solihull yoga classes tailored for everyone—from beginners to advanced practitioners. They have a range of classes including Hot Tribal Beats - a high-energy, rhythm-infused yoga experience; and Hot Tribal balance which gently transitions from passive to active.

Irina Iyengar Yoga offers personalised Iyengar yoga classes at her home studio in Solihull, and also through live online classes. It's ideal for beginners and features simple asanas

that are very easy to enter without special training.

Arden Wellness Hub at Solihull Arden Club on Sharmans Cross Road offers Solihull yoga courses for beginners, as well as a range of yoga classes including Hatha, Yin yoga with Tibetan sound bowls meditation, and Vinyasa Flow.

Atman Yoga Consultancy in Shirley offers Power yoga, an adapted version of Hatha and Vinyasa yoga that focuses on building flexibility, strength and endurance; as well as yoga for women's health; and yoga for teenagers.

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useful numbers

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