



Bike type	How do they look?	Could be suitable for.....
<p>Wheelchair carriers</p>		<p>People that have difficulty transferring from their wheelchairs</p> <p>Can be used when a hoist and trained carers are unavailable</p> <p>Participants can experience the sensation of riding but they do not take part in any physical activity themselves</p> <p>The front plates drop down to ground level to enable access and the chair is fixed at 3 points</p> <p>The passenger is also secured using a belt attached to the bikes</p> <p>The gears are set up so it is easy to pedal</p>
<p>Side-by-side tandems</p>		<p>People with sight loss, limited mobility and balance and reduced ability to steer or manage the control of the cycle</p> <p>The red 2-cycle tandem is great for people that wish to experience riding a standard two wheeler in terms of position and overall set up and it allows for the support rider to assist with guiding and steering.</p> <p>On the other, one side has gearing and steering the other has a fixed column and handlebars but enables free pedalling. The seating position is adjustable to allow for different heights and reach</p> <p>Low level and easy to access, offers stability and security</p>

Bike type	How do they look?	Could be suitable for....
<p>Front loading chairs</p>		<p>People that can self- transfer from their wheelchairs</p> <p>Can also be used when a hoist and trained carers are available</p> <p>Participants can experience the sensation of riding but they do not take part in any physical activity themselves</p> <p>The chair on the white cycle detaches and can be lowered to ground level to facilitate easier access</p> <p>The passenger is also secured using a belt attached to the bike</p>
<p>Various small but funky Trike's from Mission Cycles</p>		<p>Young or smaller people that are learning to ride or who have any difficulties with balance, weight, height and joint mobility.</p> <p>The steering is adjustable to suit many different heights and variations with reach.</p> <p>Usually single speed to reduce variables and to build confidence in people that are beginning to cycle</p> <p>Low level and easy access</p>

Bike type	How do they look?	Could be suitable for.....
<p>Various standard and small trikes</p>		<p>People of all heights with variable reach</p> <p>People with any difficulties with balance, weight and joint mobility</p> <p>Those that are learning to ride and as a progression from a quad</p> <p>Some have gearing and some are single speed</p> <p>Brakes are easy to reach and most have a brake locking system to keep the cycle still whilst getting on and off</p> <p>These are suitable for people with low confidence that require high stability – although it is best to move slowly when cornering</p> <p>Low level and easy access</p> <p>Young or smaller people that are learning to ride or who have any difficulties with balance, weight, height and joint mobility.</p> <p>The steering is often adjustable to suit many different heights and variations with reach.</p>

Bike type	How do they look?	Could be suitable for.....
<p>A variety of hand cycles</p>		<p>People with difficulty with lower body strength or mobility</p> <p>Good for people with balance difficulties and those that require a cycle that they can sit upright and supported on. The hand cycles enable people to be secured to the seat and supported in the back.</p> <p>Also useful for people that wish to build upper body strength</p> <p>Normally geared and fitted with a back pedal braking system</p> <p>Usually low level and easy to access – the front hand cycle section is often detachable and the cycle then converts to a wheelchair if needed</p> <p>Useful for people that have upper body mobility that can self-transfer or if a hoist and trained carers are available</p>

Bike type	How do they look?	Could be suitable for....
<p>Various two wheelers</p>		<p>People that can balance on a two-wheeled cycle and those that progress to two-wheels from quads and trikes</p> <p>There are different styles and sizes available</p> <p>Parents and carers often use these to accompany riders</p>
<p>Quad cart</p>		<p>Participants that prefer a more stable cycle that is easy access and close to the ground</p> <p>Quad styles are very stable for anyone with balance issues</p> <p>More unusual and attractive to younger riders</p> <p>With wider seats they can accommodate larger children</p> <p>They have some novelty value and tempting to try for younger riders that are reluctant to get started</p>

Bike type	How do they look?	Could be suitable for....
In-line tandem trike		<p>Suitable for people who have visual or auditory impairments and who would prefer to have a 'pilot' to cycle.</p> <p>If you are new to cycling or a bit nervous and want to have a try with someone else steering</p> <p>People that can balance on a two-wheeler but do not want to steer</p> <p>The experience of two-wheeled cycling without being in sole control of the cycle</p> <p>Participant is able to take part and realise the benefits of physical activity</p> <p>Tandem trike is very stable</p> <p>Trike is less manoeuvrable and slower</p>