

How do they look? **Bike type** Could be suitable for..... People that have difficulty transferring from Wheelchair carriers their wheelchairs Can be used when a hoist and trained carers are unavailable Participants can experience the sensation of riding but they do not take part in any physical activity themselves The front plates drop down to ground level to enable access and the chair is fixed at 3 points The passenger is also secured using a belt attached to the bikes The gears are set up so it is easy to pedal Side-by-side tandems People with sight loss, limited mobility and balance and reduced ability to steer or manage the control of the cycle 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. 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 Low level and easy to access, offers stability and security



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





Could be suitable for.....

People of all heights with variable reach

People with any difficulties with balance, weight and joint mobility

Those that are learning to ride and as a progression from a quad

Some have gearing and some are single speed

Brakes are easy to reach and most have a brake locking system to keep the cycle still whilst getting on and off

These are suitable for people with low confidence that require high stability although it is best to move slowly when

Low level and easy access

Young or smaller people that are learning to ride or who have any difficulties with balance, weight, height and joint mobility.

The steering is often adjustable to suit many different heights and variations with reach.



Could be suitable for.....

People with difficulty with lower body strength or mobility

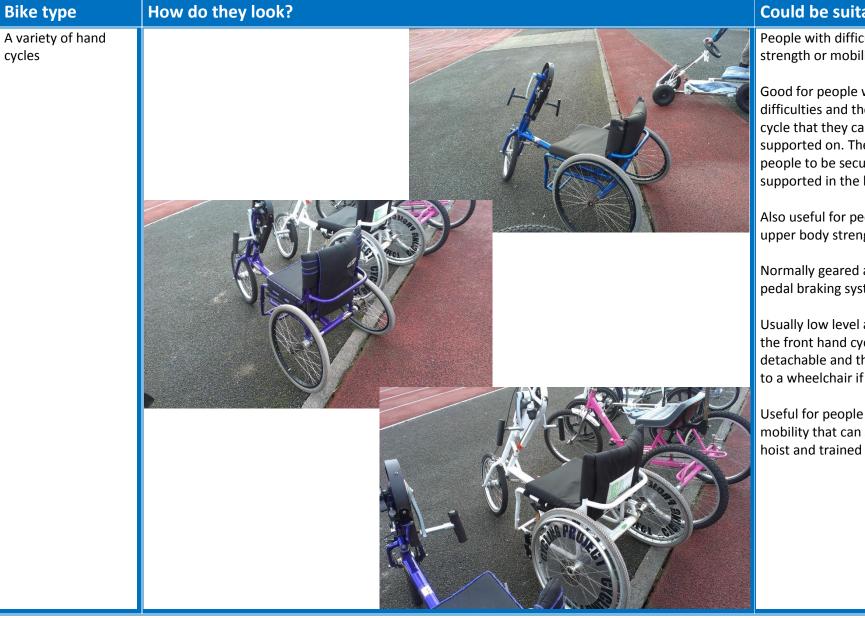
Good for people with balance difficulties and those that require a cycle that they can sit upright and supported on. The hand cycles enable people to be secured to the seat and supported in the back.

Also useful for people that wish to build upper body strength

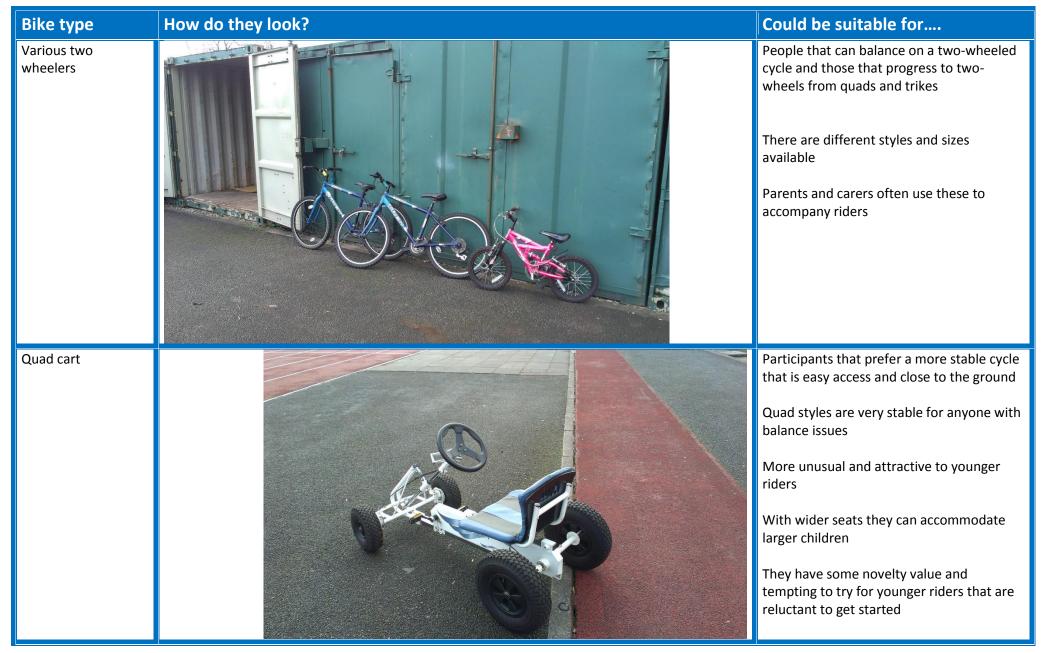
Normally geared and fitted with a back pedal braking system

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

Useful for people that have upper body mobility that can self-transfer or if a hoist and trained carers are available









Bike type How do they look? In-line tandem trike

Could be suitable for....

Suitable for people who have visual or auditory impairments and who would prefer to have a 'pilot' to cycle.

If you are new to cycling or a bit nervous and want to have a try with someone else steering

People that can balance on a twowheeler but do not want to steer

The experience of two-wheeled cycling without being in sole control of the cycle

Participant is able to take part and realise the benefits of physical activity

Tandem trike is very stable

Trike is less manoeuvrable and slower