






| Bike type           | How does it look?  | Could be suitable for.....  |
|---------------------|--|---|
| Side-by-side tandem |  <p>The image shows two side-by-side tandem bicycles. The top one is blue with silver wheels and a black seat. The bottom one is red with silver wheels and a black seat. Both have rear racks and are parked on a paved surface next to a grassy area.</p> | <p>People with sight loss, limited mobility and balance and reduced ability to steer or manage the control of the cycle</p> <p>One side had gearing and steering the other has a fixed column and handlebars but enables free pedalling</p> <p>The seating position is adjustable to allow for different heights and reach</p> <p>Low level and easy to access, offers stability and security with the ability to enjoy slightly higher speed cycling</p> |



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|--------------|---|--|
| small trikes |   | <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>  |
| Quad         |  | <p>The most stable of rides – suitable for people with more pronounced balance difficulties</p> <p>Single speed, fixed gear so slow and steady – moves forward and backwards with the movement of the pedals</p> <p>Simple and easy to use for anyone that needs stability or who is nervous about a first try</p> <p>Full adjustable steering to suit different reach and riding position</p> <p>Adjustable bike body length to accommodate a wide variety of different sized people</p> <p>Low level and easy access</p> |



| Bike type  | How do they look?   | Could be suitable for.....  |
|------------|---|---|
| hand cycle |  A hand cycle, also known as a three-wheeled bicycle, is shown parked on a red running track. It features a large rear wheel and two smaller front wheels. The frame is dark green, and the seat is black with a yellow backrest. The hand-operated pedals are mounted on the front wheel. The track has white lane markings and a yellow arrow pointing to the right. | <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 does they look?   | Could be suitable for....   |
|----------------|---|---|
| Various trikes |  <p>The 'How does they look?' column contains three photographs of trikes. The top left shows a red trike with a black seat and handlebars. The top right shows a blue trike with a black seat and handlebars. The bottom center shows a white trike with a black seat and handlebars. All trikes have three wheels and a simple frame design.</p> | <p>People of all heights with variable reach</p> <p>People with any difficulties with balance, weight and joint mobility</p> <p>People 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> |



| Bike type            | How do they look?   | Could be suitable for....  |
|----------------------|---|--|
| Various two wheelers |   | <p>People that can balance on a two-wheeled cycle and those that progress to two-wheels from quads and trikes</p> <p>People that need a low bar and easy access to a cycle</p> <p>There are many different styles and sizes available</p>  |
| Trike with supports  |  | <p>People with any difficulties with balance, weight and joint mobility</p> <p>This trike has a back rest in place and so can add to the feeling of security and stability when riding</p> <p>Has adjustable steering features to help with positioning and comfort</p> <p>Low level and easy access</p> |

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|-----------|-------------------|---------------------------|
|-----------|-------------------|---------------------------|

Front loading chair



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

Quad cart



Participants that prefer a more stable cycle that is easy access and close to the ground

Quad styles are very stable for anyone with balance issues

More unusual and attractive to younger riders

With wider seats they can accommodate larger children

They have some novelty value and tempting to try for younger riders that are reluctant to get started

**Bike type**

**How do they look?**

**Could be suitable for....**



## In-line tandem trike



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 two-wheeler 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

Double Hand cycle



Similar suitability to the side-by-side tandem but for those have limited lower body mobility or prefer to hand cycle.

And as the single hand cycles

Low rider



Participants that prefer a more stable cycle that is easy access and close to the ground

Trike styles are very stable for anyone with balance issues

More unusual and attractive to younger riders

With wider seats they can accommodate larger children

They have some novelty value and tempting to try for younger riders that are reluctant to get started