

# Wheels for Wellbeing



## Our cycle



This page contains our range of accessible bikes to suit most abilities, we have a number of four and three wheelers, available to hire. These are easy to ride, even if your balance, use of limbs, or your ability to learn new skills is challenged. We also have some two-wheelers. When you come along for your first visit a qualified instructor will help you identify a cycle that you'd like to ride and make sure you know how to control the bicycle.

We find that people often like to have a go on one cycle then on another although some people have their favourite which they like to ride the whole time.



### Side-by-side Tandem

Proven to be very popular, this side-by-side tandem is great for people new to cycling. This vehicle is great fun for anyone whose balance, skill or confidence levels mean they will be happier riding beside a friend or carer. Two riders sit in supportive seats, one person steers and can pedal for both; it is extremely comfortable, enjoyable and easy to control.



### Hand Cycle

Great fun, perfect for those who cannot use pedal-powered cycles and allows people with some upper body fitness to participate in a cycling session without the help of another person. It is a great health improvement tool and will help develop physical and mental wellbeing.



### Company Cycle

The company cycle is a classic wheelchair cycle as it allows integration for participants that can be transported from their own chairs. The back end of a bike is attached to a kind of wheelchair, enabling the least active of participants to experience cycling. Even though the participant is not helping pedal the bike, feeling the breeze in their face and riding in the front seat is a unique and very enjoyable experience for all.



### **Duet Cycle**

The Duet Cycle is another great wheelchair cycle as it again provides a cycling experience for those participants who lack the coordination or strength to cycle themselves.

Similar to the Company Cycle it allows integration for participants that can be transported from their own chair. This bicycle is fitted with a safety harness, and also the wheelchair is detachable, enabling the rear single wheel unit to be locked up outside whilst the cyclists can for example enjoy a picnic or visit a café!



### **Quad Cycle**

The Quad Cycle provides excellent stability, reducing the chance of tipping the cycle. It has a small crank which is extremely useful for participants who have reduced flexibility in their knee joints. A fixed wheel allows the cycle to go forwards and backwards, making it a really fun bicycle to practice the art of reversing!



### **Tri-cycles**

We have a range of tri-cycles which are great for many people whose balance or confidence may make it difficult to ride a two-wheeler. These bicycles are the natural progression from the Quad. It allows participants to ride a little faster, and some of them come with gears. Once you've mastered riding a trike the next step could be a two-wheeler.



### **Two-wheelers**

We have a fleet of BMX bikes for those who have the balance and confidence to ride on two.