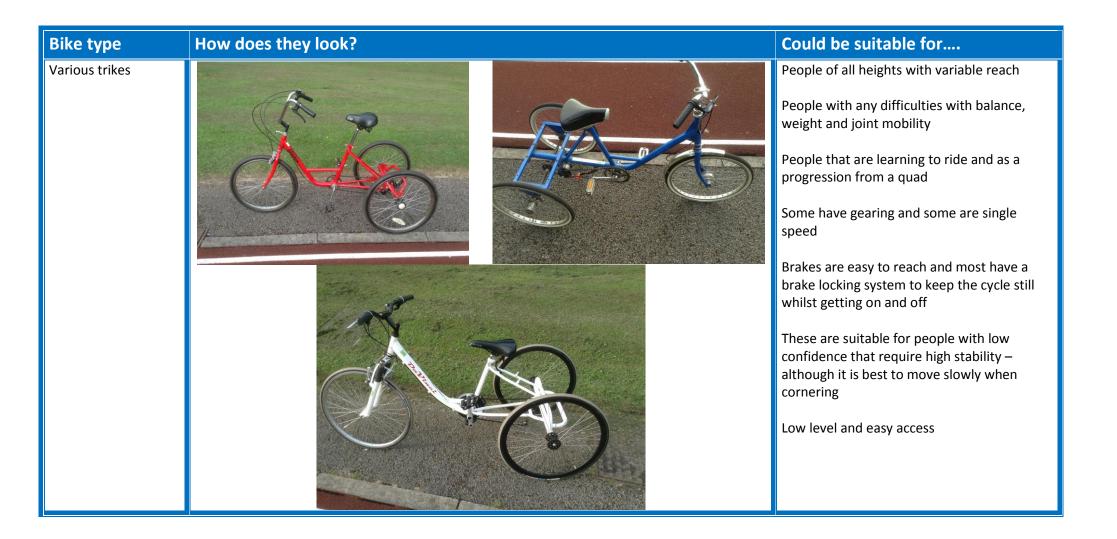
How does it look? Could be suitable for..... Bike type Side-by-side tandem People with sight loss, limited mobility and balance and reduced ability to steer or manage the control of the cycle One side had gearing and steering the other has a fixed column and handlebars but enables free pedalling The seating position is adjustable to allow for different heights and reach Low level and easy to access, offers stability and security with the ability to enjoy slightly higher speed cycling

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





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

Bike type How do they look? Could be suitable for....

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

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 twowheeled 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