Explore the New Forest National Park

With the

Inclusive Cycling Project

Frequently Asked Questions

How much does it cost?
There are no charges at all for any of the sessions, irrespective of how many times you attend.

Can I bring my family or support worker?
Yes. These sessions are designed so that families can enjoy the experience together. You are welcome to bring your own bike if you have one, but a range of inclusive and mountain bikes in a range of sizes will be available.

Do I need to book a place?
Yes. You need to book places for you and whoever else will be accompanying you as places are limited.
For Introductory Sessions, all participants are encouraged to try out as many bikes as possible.
For Guided Rides we are sadly not able to guarantee that a particular bike would be available, however we will do everything that we can to enable all attendees to find a suitable bike.
If you need to cancel your booking, please let us know as soon as you can so that others may take your place.

How can I book a place?
By e-mailing or calling the Inclusive Cycling Team:
inclusivecycling@newforestnpa.gov.uk
01590 64 66 76

Will we still cycle in the rain?
Yes. All sessions will still go ahead in all but the most severe weather conditions, such as extreme wind, thunder/lightning and prolonged heavy rain.

What should I bring with me?
Suitable footwear for cycling on gravel tracks, such as trainers. Open toed sandals or flip flops are not allowed.
Clothing that is suitable for the forecasted weather, such as waterproofs, wind proof jackets, sun hats, long sleeved tee-shirts and gloves.
A hot or cold drink and some snacks.
Sun screen.

Do I need to wear a helmet?
Yes. We are able to provide a helmet for every rider, but feel free to bring your own helmet if you have one.
**Will we be cycling on roads?**
No. All of the routes will use the network of off-road forest tracks and we will not cross any roads.

**How fast will we go?**
All riders can ride at their own pace. All Guided Rides will have staff at the front and back so that the fastest and slowest riders remain fully supported throughout the ride. Periodic stops may be made to allow the group to re-form.

**How far will we go?**
This is dependant upon the overall ability of the riders and the session timings. We would only cover a distance that suits the ability of the each rider and will always plan to arrive back at the start point within the session time slot.

**What happens if I crash or hurt myself?**
All staff are First Aid trained and will carry a First Aid kit and mobile phone. You would be fully cared for and supported until you get back to the start point. Emergency services would be summoned if required. You would never be left to deal with any situation on your own.

**What happens if I get tired?**
All sessions are fully supported by friendly, trained and experienced staff who will help you out in any way they can. Some of the bikes are tandems, so we may swap riders around if you are unable to pedal any further.

**What if I need to go to the toilet?**
Very few of the starting points have toilets, but most have toilets within a few miles. It is therefore necessary to ensure you have been before you arrive. The route descriptions provide more information, including the location of toilets.

**What routes will we take?**
Where possible we will take a circular route. We will also attempt to stop at interesting points to look at wildlife and features such as ancient trees or historic sites.

If you have any other questions then please contact the Inclusive Cycling Team:

inclusivecycling@newforestnpa.gov.uk

01590 646 676