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It was the Shimano Steps EP8 motor combined with the Enviolo automatic gear hub that sold the trike to us
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swapping between a child seat on her top tube and his trailer; and CeCe was riding a recumbent trike.

This time the logistics of the on-road sections were completely different. We tried to box in Sabine and CeCe with adults in front, behind and alongside them. I'll never forget cycling alongside CeCe on a residential road in Scarborough. As the incline increased, CeCe's trike automatically adjusted the gears and support so that she continued at the same speed and cadence, while I dropped away despite pedalling frantically. I had visions of her popping out the other end of the street onto the busy main road. Thankfully the others were waiting at the top to corral her until I caught up.

The easiest way to try out different kinds of cycles is to tap into the resources of your local community. Disabled cycling groups are dotted around the UK and have a range of cycles you can try. Organisations like Get Cycling CIC (getcycling.org.uk/) and Wheels for All (wheelsforall.org.uk) are able to offer advice and demo rides. Cycling UK has the Inclusive Cycling Experience project in Manchester and Inverness (right).

Networks of parents are usually keen to offer advice and a chance to have a 'sit on and see what you think'. Cycling UK, Cycle Sprog and other websites all have articles that help riders looking to learn more about the different options available to them. Sharing resources and information is the key to getting more families and individuals with disabilities out on their bikes or trikes.

WHO TO RIDE WITH

In an ideal world we'd all have a group of friends and family to go out cycling with, but I know it's not always that easy to find. As the number of inclusive cycling groups and family cycling Facebook groups grows in the UK, it's possible that there will be



The Inclusive Cycling Experience

Cycling UK's Inclusive Cycling Experience project provides disabled people with the opportunity to try a variety of adaptive cycles and embark on everyday adventures through a loan scheme.

Funded by the Motability Foundation, this two-year initiative will support disabled communities in Greater Manchester and Inverness until April 2026. The project aims to boost the number and diversity of people who cycle by engaging 3,000 participants to try out cycles, with 850 able to benefit from cycle loans.

What sets the project apart is the extensive range of inclusive cycles available. From trikes and side-by-side tandems to handcycles and recumbents, there is a wide range of cycles that can be tailored to the rider, opening a world of possibilities for participants.

Beyond delivering this transformative experience, Cycling UK is partnering with Wheels for Wellbeing to conduct research on best practices. This collaboration will result in a comprehensive guidance report

for inclusive cycling centres, supporting other organisations in developing their own inclusive cycling programmes and facilitating the transition from leisure cycling to cycling for transport.

Cycling UK's deputy director of behaviour change Jenny Box said: "Cycling is not only a joyful experience that everyone should have a chance to enjoy, but it can significantly boost independence for people with long-term health conditions or limited mobility.

"With the right support and the right cycle, almost anyone can benefit from cycling. The Inclusive Cycling Experience will make congestion-busting, healthy and energising travel accessible to everyone."

The project is only open to people who are disabled, have a long-term health condition or self-identify as disabled. There are cycles that non-disabled people can cycle alongside a disabled person should they wish to book together.

For details and to book a loan, visit: cyclinguk.org/inclusive-cycling-experience.

more chances to find your adventure tribe among wider friendship groups.

In our experience, having extra adults and even someone following along in a car is a great asset when you're doing a multi-day ride. It's hard to know when a young person or person with disabilities will run out of steam. Being able to accept and adapt plans to meet that individual's needs means they will feel comfortable voicing them. Also, they'll be more inclined to give it another go next time you want to go bikepacking. The day after

the screening of our latest film, 'Kids & Coastlines', I received an email from someone who came to watch it with her seven-year-old daughter. She wrote that the first thing her daughter said in the car on the way home was: "Mum, can we go on a bike adventure like the people in the film?"

Simple words but they reveal the power of sharing stories and show why it's important that we start to spread the word that bike adventures and bikepacking aren't just for able-bodied adults but for everybody. ●



Above left: iD8 Photography/Mark Harvey