



**RESTAT**

Recognition of Skills to Transform  
Accessible Tourism



# **MODULE 3**

## **Accessible Bike Tours**

### **Adaptive recreational cycling Training manual**

#### **UNIT 2: Options for Inclusive cycling**

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# Unit Outline

## 2.1. Types of Adapted bikes

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*2.1.2. Tandem cycle*

*2.1.3. Side-by-side tandem*

*2.1.4. Handcycle*

*2.1.5. Wheelchair cycle*

*2.1.6. E- cycle*

## 2.2. How to choose the right Bike



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## 2.1. Types of Adapted bikes









### Note:

A number of disabled cyclists still use a standard two-wheeled bicycle as means of transport since cycling is less tough than walking. Likewise, for family or personal purpose non-disabled cyclists may also turn to non-standard cycles (such as transport/cargo bikes, trailer bikes, or e-bikes). Therefore, as tourism professionals it is also important not to assume that disabled people use only non-standard bikes or vice-versa.

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Type of Bike	Illustration	Characteristics
<i>Tricycle</i>		<ul style="list-style-type: none"><li>- Having 3 wheels</li><li>- Offering good Stability</li></ul>
<i>Handcycle</i>		<ul style="list-style-type: none"><li>- Having pedals in the front to be moved by the hands</li><li>- Usually having 3 wheels (sometimes 4)</li></ul>
<i>Side-by-side tandem</i>		<ul style="list-style-type: none"><li>- May have two/three/four wheels</li><li>- Can come as one rider in front of the other (Tag-along), or two people side-by-side</li></ul>
<i>Wheelchair cycle</i>		<ul style="list-style-type: none"><li>- Having an adjustable seat for a wheelchair user on the front and a cyclist at the back pedalling</li></ul>
<i>Recumbent</i>		<ul style="list-style-type: none"><li>- A sporty, ergonomic version of tricycle</li><li>- Placing cyclist in a laid-back reclining position, distributing their weight in a more comfortable way</li><li>- May come in two or three-wheeled form</li></ul>
<i>E-cycle</i>		<ul style="list-style-type: none"><li>- Having an integrated electric motor to assist propulsion</li><li>- Come with small motor (pedelecs) or powerful one similar to a moped.</li></ul>

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## 2.2. Choosing the Right bike

### *Aspects to consider*

- Physical conditions and special needs of the person
- Characteristics of the bike and its intended Target group
- Usage preferences of the cyclist (*to cycle alone or in pair/group, degree of support needed*)
- Their cycling infrastructure situation in their intended place of use
- Practical information (*price, public reimbursement policy, etc.*)

*Happy biking!*









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Type of Bike	Illustration	Target user
<i>Tricycle</i>		- People having trouble balancing, recovering from stroke, or suffering from dyspraxia
<i>Handcycle</i>		- People with little or no mobility in the lower body)
<i>Side-by-side tandem</i>		- People with visual impairment that need support with pedalling or steering from another person
<i>Wheelchair cycle</i>		- Anyone without the physical ability or confidence to cycle on their own to enjoy the feeling of cycling
<i>Recumbent</i>		- Sports-minded cyclists who also want comfort - Cyclists aiming for unpaved roads and off-roads
<i>E-cycle</i>		- Cyclists that need to ride longer distances in greater comfort and with more support

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