



## Cycling for everyone

### Teacher's notes



#### Classic bicycle

The classic bicycle is often used to get about but comes in lots of different styles. For example, electric bikes can help power you along. Notice how the frame drops down on some bikes making it easier to step over the frame.

#### Who could this type of cycle be particularly good for?

Anyone who is able to balance and power a bike! Dropped frames are good for those with less mobility such as older people.

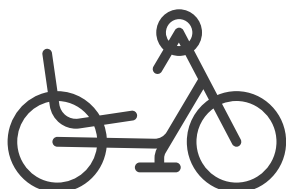


#### Tag-a-long

Tag-a-longs are a type of tandem- a cycle designed for two people. They allow for a child's cycle to be fitted to the back of an adult's bike.

#### Who could this type of cycle be particularly good for?

Young people who are new to cycling or cycling on roads. It's a great way to build up confidence.



#### Handcycle

Some cycles are designed to be powered by hand. Handcycles can come as one piece or as a 'clip on' attachment for a wheelchair.

#### Who could this type of cycle be particularly good for?

Those who have reduced or no mobility in their legs. Anyone who has good mobility and strength in their arms.





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#### Recumbent

If you use a recumbent cycle, you'll be sitting in a laid-back position with your feet first.

#### Who could this type of cycle be particularly good for?

A recumbent cycling position may be particularly good for those who want to put less strain on their back, knees and hip joints.



#### Cargo cycles and trailers

Cargo cycles have a compartment attached, designed for carrying extra things. You can make your cycle into a cargo bike by attaching a trailer.

#### Who could this type of cycle be particularly good for?

Cargo cycles and trailers are typically used by businesses to transport freight and goods, and also by parents to transport their children.



#### Electric Cycles

Electric cycles, or E-cycles, provide some electrical assistance and reduce the amount of physical effort required to ride.

E-cycles come in many forms, from the standard, two-wheeled bicycle, to tricycles and cargo cycles!

#### Who could this type of cycle be particularly good for?

E-cycles are great for anyone who might want to make their journey a little physically easier. They are useful for businesses to transport heavy or bulky items using an electric cargo cycle. They could also be useful for people who have to be careful about the amount of strain they put on their body.

Email [education@sustrans.org.uk](mailto:education@sustrans.org.uk) to find out more.

