



Accessible Cycling for  
Adults of All Abilities

## **Come & enjoy cycling with us**

**Do you want to ride a bike but can't because of a disability, or maybe you are recovering from illness or surgery? Or maybe, as a carer, you want to find something fun for your client to do.**

## **We can HELP**

**With our specially adapted cycles and one-to-one supervision, we offer cycling along the Halesworth Millennium Green cycle path (& outreach sessions), to adults with a disability, from Spring 2025.**



As the old adage goes 'You never forget how to ride a bike.' However, Bike Active North Suffolk is adding to this by giving everyone the opportunity to also remember the fun, thrill and feel-good factor of being on a bike in the great British countryside.

Unfortunately, not all of us have the health or skills to ride a bike and that is where Bike Active North Suffolk comes in.

A group of cycling volunteers has come together to give those with a disability or recovering from illness or injury, the ability to get back onto a bike and feel part of the cycling community. The rides are risk assessed and carefully managed.

Using adapted cycles, we can offer a cycling experience along Halesworth Millennium Green cycle path (on Sustrans National Cycling route 1), with potential for outreach sessions in North Suffolk.

**The volunteer founders of the Suffolk scheme, say:**

*The opportunity, for those with a disability or illness to enjoy cycling, can have huge benefits both to their physical and mental wellbeing. This is what Bike Active North Suffolk aims to provide. Through supporting other similar disability groups, we know from experience the enjoyment and wellbeing they gain from being out on safe lanes in the countryside with like-minded cyclists.*

**Bike Active North Suffolk is expanding provision in the region to offer more places for those wishing to take advantage of this wonderful scheme.**

For information on the experience, email: [info@bansuffolk.co.uk](mailto:info@bansuffolk.co.uk) Registered Charity Number 1209467

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## Frequently Asked questions:

Q What types of cycles are available?

A We have a range of cycles, including tandems, trikes, tagalongs and wheelchair tandems, to cater for most disabilities.

Q Can I use my own bike?

A Yes, but the user must ensure that it is in a safe roadworthy condition.

Q Will I find the ride difficult?

A Our routes are around 1.2-3 miles long and mostly flat. Our cycles will allow you to pedal as much as you wish or are capable, or you can allow your accompanied experienced volunteer cyclist to take the strain, whilst you enjoy the ride, lasting about 30 minutes.

Q I need a carer, what will happen?

A The carer will be expected to accompany you on a standard or similar bike. A responsible adult must accompany all our clients.

Q How do I book a place?

A Book via email: [info@bansuffolk.co.uk](mailto:info@bansuffolk.co.uk) (we will then ask for information about your needs, to match you with a bike and for your wellbeing)

Q How much does a ride cost?

A Bike Active North Suffolk is a not-for-profit organization and run wholly by volunteers. However, we ask for a small donation of £5 per session towards the cost of insurance, transport and maintenance