

Edinburgh Handcycling Experience

Didn't think you could cycle because you've got a lower limb impairment or disability? Handcycling could be for you! Come along to our welcoming and inclusive project, where our experienced staff and volunteers will support you to enjoy the thrill of cycling.





Who's it for?

Handcycling is great for amputees, people with spinal cord injuries, chronic pain and other disabilities. It's a brilliant way of exercising and having fun, in a friendly and supportive environment. No previous experience is necessary, so everyone can give it a go.

The bikes

We have both recumbent and longseat cycles, plus bikes for children aged approximately eight and over. We also have a wheelchair clip-on and a tetraplegic-ready bike with power assist. A transfer seat is available to assist with access.

Sessions

Drop-ins are free to attend and run throughout the week under the guidance of an experienced coach. Bikes and helmets are provided. Beginner sessions use the park's traffic-free paths; as your confidence builds, we can support you to venture further afield as part of a led group ride.



Location

The sessions are run from Saughton Park in Edinburgh, which has good access by bus or car. There is plenty of disabled parking available. When travelling by car, we are best approached via Stenhouse Avenue and Ford Road following the signs for the Saughton Sports Complex.

Contact

For more information, please visit our Facebook page or email ken.talbot@cyclenguk.org

 **Edinburgh Handcycling Experience**

Supported by:



Cycling UK is a trading name of Cyclists' Touring Club (CTC) a company limited by guarantee, registered in England no: 25185. Registered as a charity in England and Wales charity no: 1147607 and in Scotland charity no: SC042541. Registered office: Parklands, Railton Road, Guildford, Surrey GU2 9JX.