

Options and  
support available

**HOME  
ENERGY  
SCOTLAND**

# INCLUSIVE CYCLING AND ADAPTED CYCLES

HOMEENERGYSCOTLAND.ORG  
**0808 808 2282**  
FUNDED BY THE SCOTTISH GOVERNMENT



# The benefits of cycling

Whether for transport, recreation or exercise, cycling is a healthy and fun activity that many people of different ages and abilities can enjoy especially thanks to the wide range of available models.

## Financial benefits

Travelling by cycle is free, and cycling requires minimal ongoing costs.

## Health benefits

Cycling can benefit your health in multiple ways by:

- improving physical fitness and balance
- strengthening muscles and bones
- promoting healthy weight management
- helping you to stay active.

If you have any concerns about the impact of cycling on your condition, please consult with your trusted healthcare professional for guidance and advice.

## Wellbeing benefits

Cycling can also enhance your quality of life by:

- promoting positive mental health
- helping you to manage stress, depression and anxiety
- making daily life easier by encouraging greater independence and higher levels of confidence
- connecting you with places and people, creating opportunities to meet new individuals and feel part of the community.

## Environmental benefits

Swapping shorter car journeys with cycling is good for your community and our planet as it improves your local air quality and cuts carbon dioxide emissions.

Find out more about [cycling and other modes of active travel](#)



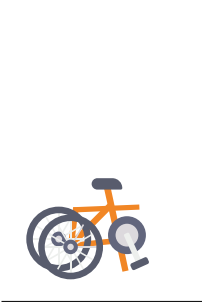








## Choosing the right cycle for you

Adapted cycles can have a standardised design, be specifically adapted to meet mobility needs or even be a modified standard bike.

Electric bikes and cycles have a motor that is activated when the pedals are in motion, giving assistance to the rider to make cycling easier.

Here are some examples to help you choose:

	Description	Benefits
	<b>Adaptations – various options</b> Multiple adaptations can be made to address your needs.	Adaptations can make cycling more comfortable and accessible.
	<b>Step through £250 - £1,000</b> Open-framed cycle without a top tube. Electric and tricycle versions are available.	Great for those with limited flexibility as you do not have to lift your leg over a top tube.
	<b>Folding cycles £250 - £1,000</b> Folding cycles often have step through frames. Electric and tricycle versions are available.	Folding cycles have a low centre of gravity and can have low gearing which can help with handling stability and gaining momentum.  Storing and transporting folding cycles can be easier and help combine cycling with bus, train or car use.
	<b>eBikes and electric cycles £1,000 - £5,000</b> Provide electrical assistance when pedalling.	As these cycles require less physical effort to generate momentum, they are great for those who get tired more easily.  You can choose the level of assistance to help you to gradually build fitness and confidence.
	<b>Tricycle £500 - £3,000</b> Three-wheeled cycles - electric, tandem, recumbent and folding versions are available. Some have storage capacity.	Good for stability and cycling at slower speeds with little risk of falling. A great option for gaining cycling confidence.

	Description	Benefits
	<p><b>Hand cycles £1,000 - £4,000</b></p> <p>Hand or hand-and-feet powered. Recumbent and seated versions are available.</p>	<p>Great for cyclists who have limited use of or strength in their legs.</p>
	<p><b>Recumbent cycles £2,000 - £4,000</b></p> <p>A cycle where the rider is in a reclining position. Can be two, three or four wheeled.</p>	<p>Puts less weight on the back, knees and hip joints.</p> <p>Lower centre of gravity and multiple wheels aid balance.</p>
	<p><b>Tandems £500 - £6,000</b></p> <p>For two people to cycle together, side-by-side or front-and-back. One rider can steer and pedal or this can be shared.</p> <p>Models include handcycles, tricycles, four-wheelers and recumbents.</p>	<p>Great for those who require a pilot, struggle to balance themselves or are unable to put a foot down when stopping.</p> <p>Shared pedalling puts less strain on your knees and hips.</p> <p>Cycling together is social!</p>
	<p><b>Wheelchair tandems £4,500 - £7,000</b></p> <p>A tandem with either a wheelchair platform or an integrated seat.</p> <p>Can be three or four wheeled and power assisted.</p>	<p>Wheelchair users and those with very limited mobility can access the benefits of cycling with a pilot.</p> <p>Cycling together is social!</p>

## Additional considerations

Weight of the cycle and availability of accessible storage facilities.

Your choice of routes as adapted cycles are often wider and longer than standard bikes.

Additional safety accessories, such as handlebar mirrors and visibility flags, to keep you safe on the road and cycle path.

Adapted cycles are not officially classed as mobility aids, so their use is not currently permitted in pedestrianised areas.



## Support available to get you cycling

### Funds and grants

- The interest-free [eBike Loan](#), funded by Transport Scotland, can help you purchase an electric or adapted cycle and spread out the costs over four years.
- You may also want to explore grants from charities.
- If you work, your cycle may be eligible for the government's [Access to Work](#) grant support.

For advice on adaptations to cycles, you can explore specific options through [Cycling for All](#) and [Get Cycling's](#) advice pages.

- [Home Energy Scotland](#) provides free, impartial advice on sustainable transport.
- Cycling Scotland's [Essential Cycling Skills Guide](#) can help you to increase your confidence.
- Some organisations offer inclusive cycling and events where you and a carer may be able to access advice, attend courses to build skills, meet other disabled cyclists and try out or hire adapted cycles.
- Check out Sustrans' [Paths for Everyone](#) for accessible routes in your area. Sustrans can provide information on quiet and traffic-free roads, as well as alternative routes on the [National Cycle Network](#).
- Cycle hire schemes – inclusive models are increasingly available for hire. Check out [CoMoUK's bike share map](#) for availability of schemes in your area.
- Specialist retailers and standard bike shops can offer extra guidance.
- [Cyclechat](#) has forums on adapted and disabled cycling, as well as specific adaptations.

# GET IN TOUCH TODAY

For free and impartial cycling advice or to find out if you are eligible for the interest-free eBike Loan and request an application form, contact us either by phone on **0808 808 2282** or online – one of our advisors will be happy to help.

You can contact us directly or via a trusted third party, such as a translator or Contact Scotland BSL, or a relative.

For more information about the eBike Loan, visit [Home Energy Scotland](#).

## HERE TO HELP

Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to provide free, impartial energy advice.

For more information and to speak to an advisor:  
Call Home Energy Scotland on **0808 808 2282**

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