The Inclusive Cycling Experience

Best practice in engaging disabled people in cycling for active travel

CyclingUK

Cycling and Society Glasgow 2025



Our vision: *Happier, healthier and greener lives through cycling*







Campaigning since 1878

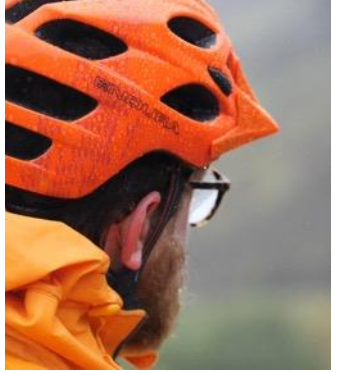
+70,000 members

+100,000 community project beneficiaries each year

Our behaviour change projects

- Working with individuals that are further from their cycling journey
- Giving people the capability, opportunity and the motivation to cycle
- Positive health, wellbeing and social impacts

















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The Inclusive Cycling Experience (ICE)



Research methods

- **Surveys with ICE participants**
- **Review of literature**
- **Qualitative research with the ICE programme**
  - Focus groups / interviews with participants and carers / family members
  - Focus groups and ongoing capturing of learning with ICE delivery team
- **Qualitative research with the wider sector**
  - Observation of inclusive cycling sessions
  - Interviews with:
    - Staff / volunteers from 10 inclusive cycling centres across the UK
    - Staff from UK cycling / inclusive cycling organisations
    - Staff from disability organisations
    - Academic experts in active travel

Existing evidence

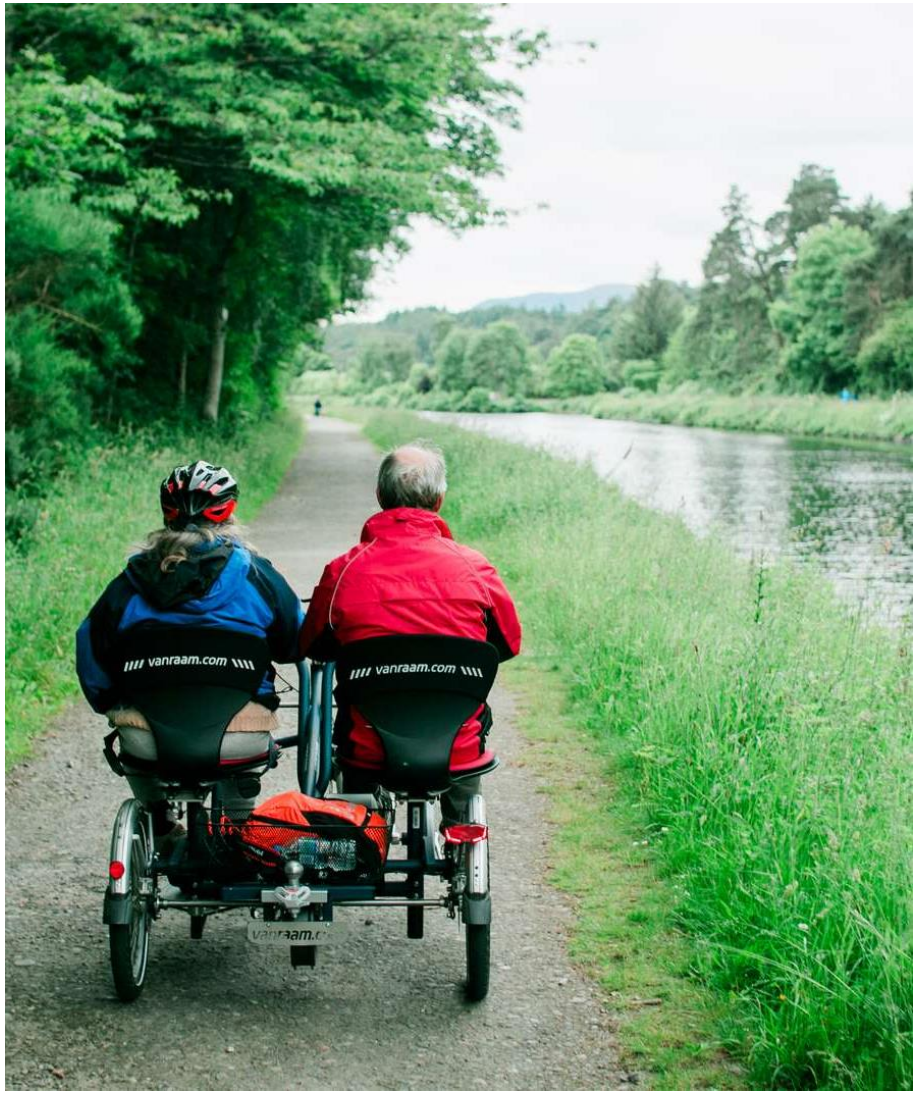
There are huge disparities in access to cycling for disabled people

Disabled people are interested in cycling for active travel

Disabled people face a range of barriers to cycling, including:

- Perceptions of cycling
- A lack of opportunities to hire non-standard cycles
- The cost of non-standard cycles and storage
- A lack of adult skills and confidence sessions

There is a lack of evidence on how to effectively reduce the barriers for disabled people to enable them to cycle



Our findings

There is an unmet need in provision for active travel

- Most inclusive cycling providers offer leisure cycling sessions
- Few providers include specific provision for cycling as a mode of transport for disabled people
- This gap in provision may stem from project aims, funding limitations, or lack of awareness
- Some providers reported interest from participants in cycling for transport

> *"This gap in terms of transition to transport or cycling independently… this is the hardest transition to make, this is an unmet need."*

Recommendations for delivering cycling for active travel



1: Inspiring and encouraging people to consider cycling for active travel

- Raising the profile of cycling as an active travel option for disabled people
- Raising awareness of the positive outcomes of active travel interventions
- Showing how these can work in practice



"People need to be able to see others like them doing this, to think 'I might be able to do that too'. It is inspirational."

2: Appropriate cycle availability and flexibility

Opportunities to explore cycles and adaptations that may be more comfortable and flexible to use on infrastructure, easier to store or less expensive to purchase.

“I think just getting people to know that there are different kinds of bikes available and different adaptations. Not many people know that there’s so many different trikes and adapted bikes that are available.”

3: Building skills and confidence to take a loan

Offering skills and confidence sessions tailored to individual needs, with steps to enable progression to active travel.

4: Providing loans to use out and about

“It was really valuable for me being able to bring it home on loan for a couple of weeks because then, you know, that enabled me to be sure that it could cope with the terrain that I wanted to take it on.”

5: Supporting with local routes and infrastructure

Helping people with route planning, creating routes, and working to identify routes that work for them.

6: Providing knowledge and advice on purchasing cycles

Having links and / or knowledge about local providers or pointing people in the right direction for more information.

7: Training for those supporting disabled people

Training on adjustments and basic maintenance skills where needed.

8: Finding storage solutions

- Supporting disabled people and their carers to learn how to move, fold down and lift cycles
- Providing advice on the purchase of storage solutions
- Considering shorter term day loans for those that cannot store overnight

> *I'm a wheelchair user, and I don't have a place to store a bike that size. So having those sessions that I can just, local sessions that are not far away from where I stay, it's for me, works brilliantly because I can just let you guys know, come in, use the bikes how long as I want and just go back home.*

Transformative impacts of ICE

"I'm travelling distances that I could never hope to walk or travel in my wheelchair. Being on a bike has been transformative."



Stories of impact

“I thought it that was gonna be the end of my cycling and it's not. It's opened up new opportunities for me.”

“It was the first spark in my husband’s eyes that I had seen for years when this was spoken about.”



Thank you

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