

## I have a physical disability

There are several groups that provide advice on inclusive cycling. For example:

- [CTC](#) – which keeps a register of organisations that support inclusive cycling
- [The Handcycling Association](#)

We have direct experience of battery-powered cycles in the group. These are particularly useful for people who lack the stamina for longer rides. They do, however, require pedalling. If you have any specific questions about battery-powered bikes, we'd be happy to try to answer any specific questions you might have [here](#).

Similarly, we have experience with trikes – and even battery powered trikes. They're particularly useful for people with balance or mobility problems. Again, we'd be happy to answer any specific questions you might have [here](#).

We don't have any direct experience of other forms of inclusive cycling, however. If you do, please [get in touch](#).

This entry was posted in [Help with cycling](#) by [Andy Henderson](#). Bookmark the [permalink](#).

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