

Wellness on Wheels



There are a wide range of recumbent trike styles available, with different ride heights, options, front suspension, rear suspension, folding for easy storage/travel/transport, or even fully weatherized velomobiles (enclosed trikes). We can help you find your way through all the options, and keep you within a desired budget, or build an amazing dream machine ready for anything.







If you would like to know more, please contact us to setup a **personalized demo appointment** around your schedule. A demo experience will usually take a hour or so, and if you want to explore any particular models further, we have **day or week long rental** options available. Half of the rental price can be used as a credit towards the purchase of your trike!



The ICE **Adventure** folding recumbent trike line is ideal for exploring the trails or loading up for your next big adventure. With a high & upright seating position the Adventure gives excellent accessibility and a great view of the trail ahead. All Adventure models are available with an HD option, a wider seat and increased cockpit space the option is ideal for the larger or taller rider.

The KMX **Cobra** is known as the Mountain Triker. For men and women who crave exhilarating offroad riding on any terrain. This jack-of-all-trades KMX has a robust design with 24 gears, large spoked wheels and added ground clearance making it fast on the road and unstoppable off-road. Make no mistake, the Cobra is dangerously fun.





The TerraTrike **Rambler** has a shock absorbing chromoly steel frame offering a more comfortable ride. At 5-9lbs lighter then the comparable Rover, it makes loading into a vehicle or motoring up a hill a little easier. There is a whole range of upgrades and gearing options if you decide you would like to customize your Rambler down the road. This 8 speed Nexus model has a internally geared hub which allows you to shift gears without pedalling! A real treat once you experience it.













For more details on all our trikes visit www.sonomatrikes.com/trikes



Why Ride Trikes?

- Stability loose gravel, sand, ice, tire blowouts, etc. will not send a trike crashing to the ground.
- Ride during the winter hitting a patch of ice is fun on a trike.
- Do you have trouble balancing? No problem with a trike.
- · No need to drop a foot off the pedal in tight turns to protect against wipeouts
- Leaning into the turns makes cornering on a trike fun.
 They handle like a sports car or go-cart
- Pull up to a stop and never put your foot down on the road
- No wasted energy balancing the trike on those slow steep climbs this is the reason that trikes are better climbers than two-wheeled recumbents.
- More respect from motorists, they slow down and give you a wider berth when passing – primarily out of sheer curiosity.
- Easier to track a straight line on the side of a road no need for wobble room during a steep climb in traffic.
- No need for a kickstand or leaning post.
- Less road friction/tire scrub from a rider's side-to-side balance shift (wobble).
- Instant celebrity status you may be the first person in your neighborhood with a trike people will know who you are.
- Great platform for attaching fairings and accessories.



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