

Contact us

You can contact our team/service in any of the following ways:



We would like to thank all the companies that contributed towards this guide.



For all biking information, please contact the companies directly. For your child's individual needs, please contact administration on 0300 123 4586 (Option 2 & 5). Administration will not be able to help with any biking information or bookings.



If you would like this information in a different language or format please contact communications@derbyshcft.nhs.uk

إذا كنت تريد هذه المعلومات بلغة أو تنسيق مختلف برجاء الاتصال بـ
communications@derbyshcft.nhs.uk

如果您想要将本信息用其他语言或格式显示，请联系
communications@derbyshcft.nhs.uk

Si vous souhaitez recevoir ces informations dans une autre langue ou un autre format, veuillez contacter communications@derbyshcft.nhs.uk

अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें communications@derbyshcft.nhs.uk

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z communications@derbyshcft.nhs.uk

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ communications@derbyshcft.nhs.uk

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو بر
راہ مہربانی رابطہ کریں communications@derbyshcft.nhs.uk

Adaptive Cycling Guide

For children and adults who require additional help to use a traditional bicycle or tricycle.



This leaflet contains adaptive cycling information and web-sites for children with additional needs in and around Derby and Derbyshire.

A statement from Rick Jillings, Assistant Area Manager, Derbyshire County Council Countryside Service.

"I work for Derbyshire County Council and am based at Middleton Top on the High Peak Trail. Here we offer cycle hire and there is a network of 17.5 miles of traffic free route. Our bikes include children's bikes, also tag along bikes for younger children who have not learned to ride independently. We also have tandems, great for providing confidence and e bikes for additional power. From Middleton Top, near Wirksworth there is a mile of flat easy cycling before an incline going up with a gradient of 1 in 14. The Peak Park run Ashbourne cycle hire, Parsley Hay near Buxton offers a good range of cycles, with some specialist bikes for additional needs. The Monsal trail also offers flat cycling and cycle hire from Hassop station."

<https://www.derbyshire.gov.uk/leisure/countryside/countryside-sites/country-parks-and-visitor-centres/middleton-top-countryside-centre.aspx>

<https://www.derbyshire.gov.uk/leisure/countryside/access/cycling/cycle-hire/cycle-hire.aspx>

<https://www.derbyshire.gov.uk/site-elements/documents/pdf/leisure/countryside/access/walking/walks-and-trails/high-peak-trail/middleton-top-colour-cycling-map.pdf>

<http://www.peakdistrict.gov.uk/visiting/cycle/cycle-hire-centres/parsleyhay/>



Cycle Derby

Cycle Derby have a fleet of inclusive bikes which have been specially adapted to cater for all ages and abilities. These bikes include tricycles, wheelchair tandems side by sides, recumbents and hand cranks. They offer one to one or group sessions and can provide Learn to Ride lessons, confidence training, coaching for carers or just fantastic experiences on two, three or four wheels. Cycle Derby is located at Markeaton Park and operate on a booking system. They have a range of packages, some free and others, subsidised. For more information on any of their fleet or to find out more details please contact cycl Derby@derby.gov.uk and they'll get back to you to discuss.

www.cycl Derby.co.uk

Derby Arena, Cerebral Palsy Sport

<https://www.britishcycling.org.uk/go-ride/article/20151027-goride-static-Disability-hubs---East-Midlands-0>

National Trust Properties

<https://www.nationaltrust.org.uk/clumber-park/features/cycle-at-clumber-park-nottinghamshire/>

Carsington Water

<http://www.carsingtonwater.com/Inclusive-Cycling.html>

Rosliston

<http://www.roslistonforestrycentre.co.uk/home/plan-your-visit/accessibility/>

