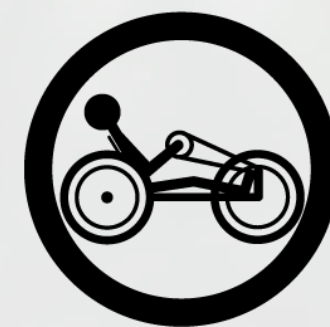


Para Cycling



What is Para Cycling?

- Para Cycling is an adapted version of Cycling or Biking using adaptive equipment such as Handcycles, Tricycles and Recumbent Bicycles.
- Handcycles are similar to bicycles, but allow users to pedal with their hands instead of their feet. Tricycles offer additional support and balance compared to two wheeled bicycles. Recumbent bikes are designed so you sit lower to the ground with your legs out in front of you with the steering and hand controls down at your side.

Equipment



Handcycle



Recumbent Cycle



Tricycle



Helmet

For more in depth information on program locations, visit www.parasportns.com or follow the QR code to the right.

