



Take a Ride on an Adaptive Bike

Author: Olivia MacAskill & Julia Hamil

Have you been looking for a fun, inclusive and accessible way to ride a bike? The [Everyone Rides Initiative](#) is a program of Hamilton Bike Share which aims to remove the barriers preventing people from cycling for transportation, recreation and fun.

Access to a bike is a common barrier preventing folks from riding. This is particularly true for adaptive bikes, which are specialized bikes modified to fit the needs of an individual rider. Adaptive bikes are designed to be accessible and provide comfort for riders who may have mobility, coordination or balance challenges. These bikes provide people with all different backgrounds and levels of mobility the opportunity to get out for a ride. However, adaptive bikes are typically more expensive to purchase and may be large or awkward to store and transport.

That's where the [Adaptive Bike Hub](#) comes in! Since 2022, the Everyone Rides Initiative has operated this program out of a brightly painted shipping container in the Gage Park parking lot, accessed from Lawrence Road. A variety of different types of adaptive bikes are available for riders to borrow and ride around the park. Based on the principle of bike sharing, this program enables more people to access adaptive bikes and alleviates the need for riders to purchase, store, and transport the bike.

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Bikes are available by appointment from April to November and are free of charge to ride around Gage Park for 1-1.5 hour time slots. The Adaptive Bike Program is operated by welcoming and friendly staff who will set up and adjust the bikes to maximize comfort and safety and can provide support and tips for first time riders!

Available bikes include adult recumbent trikes (with or without e-assist), upright trikes, a passenger cargo trike, a handcycle trike, and a two wheeled low step through e-assist bike. Learn more about the different bike options [here](#).

How do I book an appointment?

Adaptive bikes are available by appointment to ensure the right bike is available for each rider. Our staff will be there to help you get set up with a bike and provide a Learn to Ride lesson if it's your first time!



Appointments are typically available Tuesday - Saturday from 9:30am to 3:30pm. Alternative times may be available upon request.

To book an appointment, send an email to everyonerides@hamiltonbikeshare.ca or call 289-768-2453 (ext 2), to let us know your availability, group size and bike interest.

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greaterhamiltonhealthnetwork.ca



info@ghhn.ca



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