

Linda, Recumbent Trike

“I was riding a manual recumbent most of the time and I was doing really well on it but the electric ones are absolutely brilliant for hills, having that electric assist makes a world of difference”.

Linda returned to cycling after a break of about 25 years and did a six-week course with Pedal Power to regain lost skills and confidence. She tried several types of cycle including a standard two-wheel bike, upright trikes and recumbent trikes before finding her perfect fit.



“When I first started, it didn't come with the idea of exercise, I needed to get back out into nature. I just wanted to know if I could ride a two wheeler bike so that I could go out cycling on my own. I did the two wheel cycling but it was never really my comfort zone, but the minute they brought out the recumbent trike it was fabulous!

Linda now uses the Easy Rider Sport with electric assist and regularly joins our weekly group rides, enjoying the social aspect as much as the cycling. The electric assist also enables her to take part in our longer rides such as Pedal Power's annual Ride for All.

“Certainly, if I'm going to go a distance, I don't think riding a manual I'm able to do that anymore. The e-bikes made that (Ride for All) a walk in the park, you know, I don't have to think twice about it. I know I can do it because I've got the electric assist.”

