

# Accessible Cycling

at Moors Valley Country Park and Forest

Your guide to accessible cycling



This accessible cycling guide will provide you with an overview of what is on offer at Moors Valley Country Park and Forest in Dorset. This guide will take you through the types of cycles we have available and what is on during the year that you can get involved with.

## Working together to achieve more

### Moors Valley Country Park and Forest



Moors Valley Country Park and Forest offers many miles of waymarked cycle paths and tracks within a safe off road environment. This relaxing setting is a perfect location to have a go at cycling with the support you need. Moors Valley Country Park and Forest is a joint venture between East Dorset District Council and the Forestry Commission.

### Dorset Legacy Funding

As a result of a successful funding bid, through the Dorset Legacy Fund, a number of adapted bicycles are now available to suit a range of needs.

This varied fleet of bikes ranges from the Relaxino, a semi recumbent tricycle, through to hand cycles and trikes. This opportunity will enable local people to have a go at cycling no matter what their ability, fitness level or special needs may be.



### Wessex Accessible Cycling Club



The Wessex Accessible Cycling Club are working in partnership with Moors Valley Country Park and Forest and the Councils' Health & Activity Team to promote and deliver accessible cycling services to local people.

For years, the cycling club has successfully sourced funding to buy adapted bicycles, giving so many people the chance to get active and enjoy cycling.

WACC's main goal is to provide disabled people and those who cannot use a conventional bike with the opportunity to cycle. This vision has been achieved through partnership working, enabling local people to get engaged.

### Christchurch and East Dorset Councils – Community and Open Space Service



The aim of the health activity team is to get 'everybody active, everyday' through green space.

"This accessible cycling opportunity is a perfect example of how working together can achieve more; breaking down barriers to ensure that those who need it most can engage with activities to help increase confidence and improve health and wellbeing."

### Health & Activity Team

**“Wessex Accessible Cycling Club’s main goal is to provide disabled people and those who can not use a conventional bike with the opportunity to cycle. This goal has become much more achievable since our partnership with Moors Valley Country Park and Forest, as it has enabled us to store a selection of cycles in an area which provides many miles of safe traffic free cycling.”**

**Terry Dennis, Wessex Accessible Cycling Club**



# Recommended Accessible Cycle and Walk Paths

Explore Moors Valley on a network of accessible trails through forest and heath, alongside Moors, Crane Lake and the Moors River.

To view this map online please visit [www.moors-valley.co.uk/visitor-information/access-for-all](http://www.moors-valley.co.uk/visitor-information/access-for-all)



# Your Guide to Accessible Cycles

Adapted cycles make cycling accessible to all, whatever your personal challenges. Here is an overview of the types of cycles we have at Moors Valley Country Park.



## Recumbent Handcycles

This handcycle places the rider in a laid-back reclining position whereby the cyclist is able to use their arms to pedal and their feet in a relaxed position out in front.



## Trailer Cycles

All of the steering, plus some of the pedalling, is done by the pilot on the front of the cycle. This makes it ideal for people with visual impairment, learning difficulties and those that do not have the arm movement to steer a conventional bike. The tag-along attachment has the added benefit of two wheels at the back so it is easier to balance.



## Trikes

The trikes could be suitable for adults and young people with mobility and learning disability, who have difficulty with balancing but would be able to power a trike with their legs and steer like a conventional bike.

## Relaxino Cycle

The Relaxino cycle is a semi-recumbent tricycle providing a more relaxed pedalling position. Also, the arms are in a more relaxed position to aid steering. The low centre of gravity safeguards against overturning and enhances handling.



## Standard Tandem Bicycle

This is a conventional tandem with the front position being the only steering position. The back position is suitable for adults and young people that can pedal with their legs, but would not be able to steer a conventional bicycle.



## Side by Side Cycle

This cycle is designed to allow its riders to cycle side by side in a semi-recumbent position. Both riders are able to participate in the pedalling with the steering being controlled by one person.



## Handcycle Clip-on Coyote

If you have a mobility impairment and can transfer into a conventional wheelchair, the clip-on handcycle would be perfect for you. With the use of low gears you are able to cycle using your arms around the forest trails and paths at Moors Valley Country Park.



# What's on?

Throughout the year, Moors Valley Country Park work in partnership with Wessex Accessible Cycling Club to deliver group cycle rides. These rides are a great opportunity to have a go at cycling with other people within a traffic free environment.

## Group Led Cycle Rides

All our sessions are delivered by cycle leaders and trained volunteers who will guide you around the forest using the gravel trails and quiet paths at a gentle pace. Sessions are approximately one hour long with rest breaks throughout.

These sessions are for service users and carers to attend; safety helmets are provided and booking is essential.

For bookings or to find out more information about these group led rides please contact the Health and Activity Team on

**01425 480811** or online visit

[www.moors-valley.co.uk/events](http://www.moors-valley.co.uk/events)

## Health Cycle Rides

A great way to progress from the accessible group led cycle rides is to participate in the free health rides which run every Wednesday. These health rides are at a slightly faster pace and last for approximately 1 hour with rest breaks throughout. The ride occurs each week in all weathers (if safe to do so) and may go through trails with sandy areas so please take this into consideration.

“It's given me the freedom to cycle around the park and each week I feel like my confidence is growing. I always feel very welcome.”

**Teressa, 58**

“I've been coming to the group led sessions with my carer each week, I love them. I use the side-by-side bike which is adapted to make it as comfortable as possible for me which is great and my carer is always sat next to me. We have a lot of fun on our rides.”

**Paul, 23**



## How do I know which cycle is best for me?

As we have a variety of cycles available to suit varying disabilities we would ask you to book a 1-2-1 consultation with our cycle leader.

During the consultation we will be able to take you through which cycles we have, discuss what your requirements are and adapt a cycle to suit you.



## How much does it cost?

Due to funding from Sport England cycling activities are offered free through the Activate Coast and Countryside Programme.

## What happens if it is bad weather?

The group led cycle rides continue throughout the year in all weathers unless the cycle leader feels it is not safe to go on the ride.

Please wear appropriate clothing and footwear to suit the weather conditions for the ride.

## What other sports can I take part in?

### Accessible Kayaking and Canoeing

These sessions are for people who have mobility restrictions, sensory impairment, disability or long term health problems. They are also suitable for older people or those who do not feel confident to join in other sessions.



## How do I book my consultation?

To book your 1-2-1 consultation please call the Health and Activity Team on

**01425 480811** or alternatively you can send us an email to find out more information [activate@christchurchedorset.gov.uk](mailto:activate@christchurchedorset.gov.uk).

Our cycle instructor will then be in contact with you to arrange a suitable time and date to meet.

## What facilities are at the park?

### Moors Valley Country Park and Forest - Access for All

- Disabled allocated parking (Tax exempt vehicles free to park)
- Changing Places, Standard Toilet
- Restaurant and Café
- Induction Loop
- Wheelchair Hire
- Tramper Mobility Scooter Hire
- GPS Tracker Service

If you would like to find out when the next sessions are coming up in your area, please contact the Health and Activity team.

# Getting to Moors Valley Country Park and Forest

## By Car

Moors Valley is situated ten miles north of Bournemouth; it is signposted from the Ashley Heath roundabout at the junction of the A31 and A338, between Ringwood and St Leonards.

**Find us on  
Horton Road, Ashley Heath, Nr Ringwood, BH24 2ET**

**Please note:** Be aware that due to the rural nature of our location, some satellite navigation systems and route planners may not be accurate when using our postcode. Please cross-reference with the map shown.

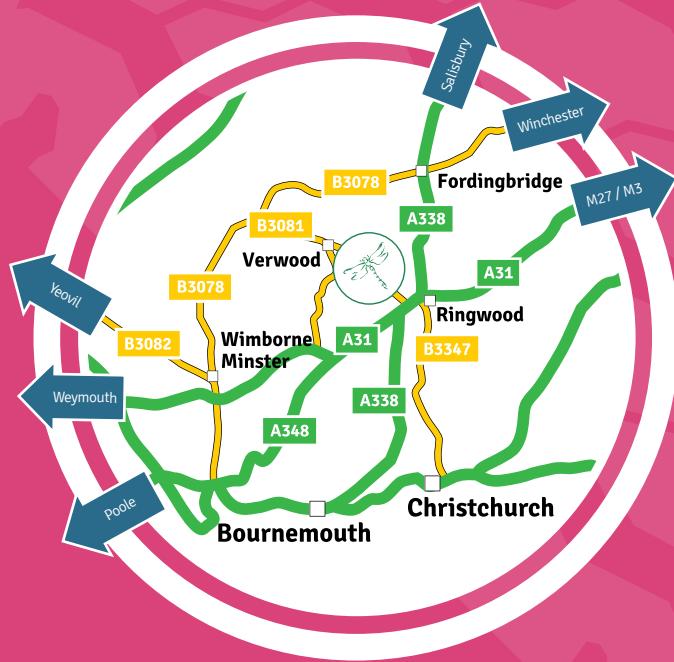
## By Bike / Foot

You can walk or cycle to Moors Valley from Ringwood or West Moors along the Castleman Trailway.

You can access the north end of the Country Park from Potterne Way in Verwood by walking through the playing fields at Potterne Park.

## By Bus

The number 38 bus service that covers the Ferndown and Ringwood area stops at Lions Lane, at the Castleman Trailway entrance to Moors Valley (just over a mile walk to the Visitor Centre). Please visit the Traveline website (click on all stops) or phone **0845 0727 093** for more details.



## Get in touch with the Health and Activity Team

**Email:** activate@christchurchedorset.gov.uk  
**Website:** [www.moors-valley.co.uk/events](http://www.moors-valley.co.uk/events)  
**Call:** 01425 480811

Moors Valley Country Park and Forest  
Horton Road  
Ashley Heath  
BH24 2ET

### Other useful websites:

[www.activedorset.org](http://www.activedorset.org)  
[www.wessexacc.org.uk](http://www.wessexacc.org.uk)  
[www.accessdorset.org.uk](http://www.accessdorset.org.uk)

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