

Rhys, Recumbent ICE Trike

“The Ice Trike also has e-assist, which is great for hills, but I only tend to use it when I need to because my main goal is to improve the strength in my legs to aid with everything else. It’s not just the physical aspect that’s a factor for me. Getting outdoors, and cycling around the lovely parks, and up the river Taff gives such a huge mental boost.”

After losing his hearing, the ability to walk and suffering with immense balance issues, Rhys was diagnosed with a rare neurological condition. Our cycling officer was able to work with Rhys to assess his needs and adapt our ICE Trike Adventure with toe clips to help Rhys keep his feet on the pedals.



Rhys has now been attending Pedal Power weekly since November 2023.

“Having been a keen cyclist when I was younger, I was ‘wowed’ that there was a way to adapt and cycle again. I was introduced to a recumbent trike, something I was able to use with my poor balance, and disabilities. I was like a kid at Christmas”.

Rhys continues his rides for fitness and leisure and has started completing road cycling training with our cycling officer to give him the confidence to take his cycling to the next level. Rhys has told us that the impact Pedal Power has had on his life has been transformative.

