

We often recommend a 'Cruiser' style bike. This type of bike is easier for the rider to get on and off due to its lower crossbar. It positions the rider in an upright posture, promoting better visibility ahead. Typically, it offers both a hand brake and a coaster brake (back pedaling to stop) to accommodate different learning styles, and it has no gears to reduce rider confusion.



Other considerations to think about include:

Frame: Choosing a low-slung frame can make it easier for riders to get on and off the bike.

Handlebars: They should be higher than the seat to promote an upright seating position and looking forward instead of down.

Brakes: Consider a bike with **both** coaster and handbrakes. Coaster brakes ensure the rider does not pedal backwards. Handbrakes are used for stopping and can be installed at a local bike shop.

Tip: Choose key words to help riders learn pedaling and stopping. Try “**feet go forward**” to make bike go and, “squeeze with your hand(s)” to make bike stop. Hand Brakes can be installed at a local bike shop if the bike you have does not have hand breaks.

Single Speed/No gears: keep it simple and select a single speed bike.

Why not a Mountain Bike or BMX?

These bikes are not ideal for beginner riders. Mountain bike frames are taller, heavier, the cross bar is higher and the handle bars are lower. Tires also have more resistance making it harder to propel. These features can make it more difficult to get on and positions the rider to look down rather than forward and upright. BMX are built for standing and doing tricks making it less stable for casual riding. You will be riding in a crouch position.

