



parkride is the region's leading inclusive and accessible cycling and spin service which offers fun and flexible cycling for all to enjoy, regardless of age, disability or cycling ability.

Our main aim is to encourage people to get active through cycling and achieve their personal aspirations.

peddle by



supported by





Scan for parkride timetable



Parkride provides safe and supported cycling opportunities, including parkspin sessions, for individuals and families across Sandwell.

Enjoy cycling sessions in local parks using a range of accessible cycling routes. We can also deliver the sessions in schools and community venues with the appropriate space.

We have a wide range of adapted and standard bikes for children and adults, so there is something for everyone.

Our trained parkride staff will help you find the right bike and provide the level of support you or your family need to enjoy cycling safely and at your own pace

get in touch

 @ParkrideUK

 @ParkrideMM

 @ParkrideUK

 0121 442 2944

 parkride@midlandmencap.org.uk

 midlandmencap.org.uk/parkride/