

People with disabilities testing adapted bikes



"Being met at eye level when you have a disability can be difficult, so it means a lot to have support and someone accompany you while trying the bikes"

Dorte Søndergaard
Participant

A world-class cycling event

In 2025 and 2026, Denmark hosted the [Copenhagen Sprint](#), a UCI WorldTour event featuring elite men's and women's races with some of the world's best riders. Beyond showcasing world-class cycling, the event also served as a platform for community engagement, bringing cycling, public activities, and a vibrant atmosphere to communities across Copenhagen through:

- A cycling festival with activities for all ages
- A public ride on the official route in Copenhagen
- Cheering zones and celebration areas along the entire route

Barriers for people with disabilities

In Denmark and Copenhagen, cycling is more than

a sport – it is a way of life and a key part of everyday mobility. Yet, for many people with physical or mental disabilities, cycling remains out of reach due to barriers such as high costs, non-inclusive infrastructure, and limited access to adapted bicycles (e.g. tricycles, handcycles, tandems, and cargo bikes).

These barriers can make it overwhelming or impossible for the target group to experience the bicycle's many proven benefits, such as improved mobility, health benefits, mental well-being, and social participation ([Danish Knowledge Centre on Disability](#), 2024).

Testing adapted bicycles

To address these barriers, Copenhagen Legacy Lab initiated a dialogue with a broad range of stakeholders working to advance diversity and inclusion in cycling ahead of Copenhagen Sprint 2025. The aim was to explore how inclusive cycling could become a visible



Together with the Danish Cyclists' Federation, the Danish Knowledge Centre on Disability, and the Elsass Foundation, Copenhagen Legacy Lab developed a side event called [Try an Adapted Bike](#). Held alongside the race route in Copenhagen, the matchmaking event invited children, adults and seniors with disabilities or mobility challenges to try a wide range of adapted bikes from six of Denmark's leading suppliers. In both 2025 and 2026, around 50 people with mobility challenges took part in the event, with the aim of:

- Receiving expert guidance from City of Copenhagen consultants on relevant rules and regulations
- Connecting with inclusive cycling communities such as Parasport Denmark, Tour de Elsass, and Danish Handbike Association



- Meeting professional para-cyclists, including Paralympic gold medalist and world champion Emma Lund

Expanding access to cycling

At the side event, participants received guidance from experts and hands-on experiences to discover the possibilities of adapted cycling. At the same time, the suppliers had the opportunity to connect directly with users and gain valuable insights into their needs and experiences. By putting inclusion at the heart of Copenhagen Sprint, the side event helped raise awareness of accessible cycling and fostered dialogue on how to make mobility more inclusive.

Following its success in 2025, the initiative received funding from the City of Copenhagen to return in 2026. Together with the project partners, the target group

was expanded to include senior citizens, enabling even more people to discover the opportunities and benefits of adapted cycling.

Over the two years, Try an Adapted Bike has also attracted political attention and helped put inclusive mobility on the agenda. In 2025, Sophie Hæstorp Andersen, Minister for Social Affairs and Housing, and David Lappartient, UCI President, visited the event to learn more about adapted cycling and its potential. In 2026, Line Barfod, Mayor for Climate, Environment and Technical Affairs, joined the event to discuss key challenges and opportunities for creating more inclusive mobility.

"Being here today is a confirmation that this is joy on wheels. This is what we offer: quality of life - showing people that there is an opportunity to move around on their own."

Hans Danielsen
Sales & Export Manager
at Jørn Iversen Rødekro ApS

Legacy process

Objective

Strategic alignment

Cycling can enhance mobility, health, mental well-being, and social participation for people with disabilities, fostering greater independence and freedom.

At the same time, promoting inclusive cycling supports UCI's "Cycling for All" program and aligns with Copenhagen and Denmark's strategic interests, delivering wider health and economic benefits. Inclusive cycling is therefore not only a priority for individuals, but also for sport and society.

Objective

- To make cycling more accessible for people of all ages and abilities.

Stakeholder involvement

- Copenhagen Legacy Lab facilitated the project, bringing key stakeholders together and supporting the initiative's expansion in 2026.
- The Danish Cyclists' Federation managed logistics and engaged bike suppliers.
- The Danish Knowledge Centre on Disability served as a knowledge partner and helped reach people with disabilities through its extensive network.

- The Elsass Foundation engaged inclusive cycling communities and four professional para-cyclists to inspire participants.
- The City of Copenhagen provided three consultants to advise on legislation and funding for adapted bicycles.
- Copenhagen Sprint Secretariat integrated the side-event into the official race program and promoted it.
- Union Cycliste Internationale (UCI) promoted the side event at the 2025 UCI Mobility & Bike Forum.

Activity

A matchmaking area alongside the race route enabled people with disabilities and senior citizens to try adapted bicycles and receive personalised guidance from suppliers.



Legacy process

Evaluation

Outputs (immediately after the activity)

In 2025 and 2026, the side event engaged around 50 children, adults and seniors. In 2025, around 20 participants completed a survey, which revealed that:

- 100% had a “very good” or “good” experience – and all were likely to recommend the event.
- 95% reported increased knowledge of adapted bikes, and 60% gained a better understanding of which bike would best suit their individual needs.
- 75% felt motivated to start or continue cycling.

Qualitative interviews with the bike suppliers showed that they highly valued the opportunity to engage directly with potential customers.

Outcomes (after 6 to 12 months)

Following the success of the 2025 edition, the side event secured funding from the City of Copenhagen to return in 2026. The initiative also expanded its target group to include senior citizens, enabling more people to access the support needed to start cycling.

The initiative has already generated measurable impact. One supplier traced at least seven sales of adapted bicycles directly to the 2025 edition, generating over DKK 308,000 in revenue. Equally important, the sales have given seven people access to an adapted bike that can strengthen their mobility, independence, and quality of life.

It also remains to be seen whether the initiative will influence policy development around mobility aids – for instance, work towards a permanent test center similar to Beitostølen Helsesportsenter in Norway. What is clear is that the event has significantly raised awareness of the issue.

Impact and legacy (after a year)

The initiative has contributed to several concrete sales of adapted bicycles, demonstrating its ability to advance the objective of making cycling more accessible for people of all ages and abilities.





Copenhagen Legacy Lab is an award-winning strategic initiative under Copenhagen Convention Bureau that drives positive long-term impact from congresses and events.

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