# Handcycle Guide

There are different styles of handcycles that are optimized for different use cases. The Delta style handcycle is the more classic design with two wheels in the rear and one in the front. It is great for road and gravel riding, but the front wheel can lose traction on the dirt, so off-road handcycles started to have two wheels in the front and the drive wheel is in the back so that you get significantly better traction. You can click on each style to see the pros and cons as well as a list of handcycles and prices under each style..

| Style | Description | Image |
|---|---|---|
| Delta | The classic Delta handcycle style with two wheels in the back and one in the front. The gravel version of delta is more upright than road, has mountain bike tires, but no suspension and less clearance than off-road. This is a great beginner handcycle and with e-assist is the most comfortable ride you will get on the road. |  |
| Delta Off-road | The off road version Delta has suspension, which helps absorb bumps and makes for a much smoother ride over bumpier terrain. Note that front wheel drive can lead to traction issues on steeper hills. |  |
| Delta Road | The road version is usually lower to the ground and you lay almost flat. Handcylces are optimized for low weight, which can help with independent loading into a car. |  |
| Delta Recreational | The recreasional version is significantly taller, so you have a level transfer to your wheelchair. |  |
| Prone (Off-road) | Off-road style handcycle where the user is kneeling and facing downwards. Generally most capable at handling hardcore downhill sections or climbing over rock gardens. |  |
| Tadpole (Off-road) | Off-road style handcycle with two wheels in the front and the drive wheel in the back, much better traction and tighter turning radius. |  |

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| A-ATV | Adaptive all terain vehicle does not have a crank, but can be used on off-road trails and many times trails most handcycles cannot go. |  |
| Attachable | Attachable handcycle that clamps a third wheel onto your wheelchair. |  |

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