



# eTrike helps me enjoy the great outdoors

**Helen Petley** lives in Worcestershire with her husband and dog Elma. Helen loves the outdoors and has adapted her lifestyle since being diagnosed with MS, so she can continue to be active.

I was a sporty, athletic type, with two young sons full of energy, one with autistic spectrum disorder (ASD). Life was about bike rides, long walks and being outdoors. We also had a baby daughter who joined us on the back of my bike as soon as she could sit up safely. I continued this lifestyle after diagnosis – my balance was challenged but I coped. Then my balance got worse and I had a bad fall from my bike with my daughter strapped in her seat. This was a wake-up call. I couldn't walk in a straight line, let alone cycle, so I got an electric trike.

This was ok for a while, but then my legs started to stiffen and weaken. The mobility scooter beckoned and sometimes the wheelchair. I've loved the outdoor lifestyle ever since I was a child and although the mobility scooter could get me places, it never lifted me or gave me a buzz.

Then I came across a lady online who had a Mountain Trike, an all terrain wheelchair which

uses lever drives to self-propel the chair forward. She told me all about her adventures and I decided to give it a go. Fortunately, I was able to purchase a second-hand Mountain Trike and later had it converted into an eTrike, with an electric power-assist kit. This allows me to switch between manual riding and assisted power riding and means I can travel much further.

The eTrike folds down to go in the boot of my Mini Countryman. I've had some wonderful days out at National Trust places, the coast, the Derbyshire Dales and places around Gloucestershire. It copes well off-track and I'm always laughing when I find a piece of challenging ground and I get bumped about. It reminds me of my Mini in the late 70s!

I have a dog, Elma, who has been in training as my assistance dog so she can accompany us out and about too. Between Elma and my eTrike I can't fail to smile.

More information about the all terrain wheelchair product range from the Mountain Trike Company can be found on their website. They provide home demos and offer a short-term hire scheme for UK customers. All orders come with free UK delivery, a choice of frame colour and a three-year warranty. Visit [mountaintrike.com](http://mountaintrike.com) or email [info@mountaintrike.co.uk](mailto:info@mountaintrike.co.uk)

