

Cycling Without Age

Building better lives

Item 10.3.1

<https://cyclingwithoutage.org/>

- E cycle people carrier
- Volunteer Pilots
- Outreach tool
- Outdoor experience
- Shared vitality & mobility

Halifax



Cycling Without Age Halifax was launched in 2021 by [Northwood Care](#), in partnership with the [Halifax Cycling Coalition](#). Northwood is the first organization in Nova Scotia to offer Trshaw rides to their clients in the Halifax and Bedford communities.

How do I sign up?

For more information please contact [Peter Zimmer](#)



See us on [CBC](#)



Eastern Shore of HRM

Sept 21st, 2021 was the grand opening celebration of the Gaetz Brook Greenway, 7.4 km of the HRM Active Transportation Spine.



3 Cole Harbour, Eastern Passage, Prestons, Lawrencetown Area



Accessibility

Many residents are affected by accessibility concerns and with an aging population, the amount of people with mobility limitations will increase. Creating an accessible city helps create barrier-free and safe journeys for everyone.

THE REGIONAL PLAN WILL:

- Review and update planning documents to ensure they support the Accessibility Strategy and work toward making HRM an inclusive



<https://www.mta-ns.ca/>

Sidewalks or Trail Connection



Vernon and Coldstream

Cycling Without Age in Vernon and Coldstream, BC

For volunteering opportunities or donations please contact: cyclingwithoutage.vernon.bc@gmail.com



Yvonne Wiltse and Lauren Lypchuk out
for a ride

“ I saw what it was doing for the community, and seniors in the community, and I knew this type of program would be wonderful for Vernon and Coldstream, and it resonated with my philosophy in life.

– Lauren Lypchuk

Cultivating Cycling Culture

Research and shared
experience of impact, both for
Pilots and Passengers



"know what's out there!"

Starting and Operating a Cycling Without Age Chapter in a Care Facility

Prepared for
Nancy Gray and Jill Axisa

In
April 2019

By
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Mathura Vithyananthan
Katie David



Motion for Community Planning & Economic Development

Recreation/AT can and should be accessible and intergenerational, providing for AAA. HRM will provide resources to fund a Cycling Without Age Pilot program in Musquodoboit Harbour.

