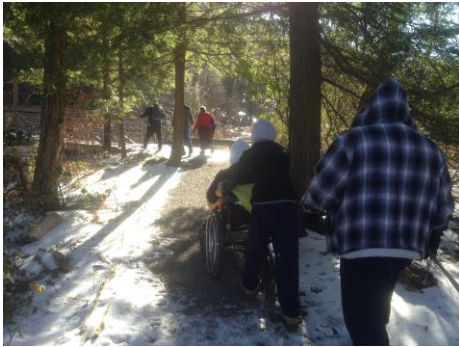


# Outdoor Recreation Programs

## For People with Brain Injuries



People with brain injuries and their family and friends are invited to join All Out Adventures for upcoming guided outdoor winter recreation programs including hiking, snowshoeing, seated cross country skiing, kicksledding and indoor ice skating and sled skating.

**Outdoor Winter Recreation** is a great way for people with brain injuries to get exercise, socialize with others, and enjoy nature. There is an indoor building with a big glass window and indoor bathrooms. Activities include snowshoeing, and ice skating and sled skating (conditions permitting). For those that use a wheelchair, the winter trails are made accessible with seated cross country skis and kicksleds upon request. Outdoor Winter Recreation programs are free of charge. **In the case of no snow, we will hike and use all-terrain wheel chairs.**

**Ice Skating and Seated Sled Skating** can be an exciting activity for friends and families as we skate to the music during public skating time. Cost: \$5 for rink admission plus \$5 for skate rental. All Out Adventures has a limited number of skates available at no charge. No charge for use of seated ice sleds.

Call All Out Adventures for more information and to register at **413-584-2052**. You can also visit us online at [www.alloutadventures.org](http://www.alloutadventures.org) or email us at [ship@alloutadventures.org](mailto:ship@alloutadventures.org)

- The following programs are open to people with brain injuries and their guests.
- **Equipment and support provided, but limited, please pre-register.**
- All program sites are wheelchair accessible. Call us for accessibility information.

Date:	Time:	Activity:	Location:
Tuesday, January 10	12:00 – 2:30PM	Sled Skating and Ice Skating	Fitzpatrick Rink, 575 Maple St., Holyoke, MA
Tuesday, January 17	12:00 – 3:00PM	Outdoor Winter Recreation	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, January 31	12:00 – 2:30PM	Sled Skating and Ice Skating	Fitzpatrick Rink, 575 Maple St., Holyoke, MA
Tuesday, February 14	12:00 – 3:00PM	Outdoor Winter Recreation	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, February 28	12:00 – 3:00PM	Outdoor Winter Recreation	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, March 14	12:00 – 3:00PM	Outdoor Winter Recreation	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, March 21	12:00 – 2:30PM	Sled Skating and Ice Skating	Fitzpatrick Rink, 575 Maple St., Holyoke, MA



**All Out Adventures**  
outdoor recreation for people of all abilities

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All Out Adventures is a 501(c)(3) non-profit organization based in Northampton that promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation.