

# Senior Cycling

At Look Park in Leeds and the Norwottuck Rail Trail in Hadley



## Tuesdays in Hadley:

May 10, 24, June 7, 28. All Tuesdays July and August.

**Tuesdays at Look Park: May 17 & 31**

**Time: 9:30AM – 12:30PM**

(Reserve a cycle for a one-hour timeslot)

### Where to meet:

- » The program meets at **8 Railroad Street in Hadley**. Park in the lot closest to Rte. 47.
- » **Look Park, 300 N Main St, Florence, MA.** Meet just inside the park in first parking lot on right.
- » In case of inclement weather. Call our office number before you leave home to listen to a recorded message about the status

### Cost:

\$5/day. **Note: \$7 vehicle entry charge at Look Park. No charge for walking into Look Park. No charge for parking in Hadley.**

### Pre-registration required:

Please call or email All Out Adventures for more information and to register:

**413-584-2052 or**

**info@alloutadventures.org**

**www.alloutadventures.org**

**Join us...**Seniors (60+) are invited to join All Out Adventures this season for a weekly cycling program on the Norwottuck Rail Trail in Hadley and Look Park in Florence. Whether you cycle regularly, are new to the sport, or getting back into it after a long absence, we have a bike for you! We can accommodate riders of all abilities with stable recumbent tricycles, tandem cycles including a wheelchair tandem, hand-pedaled cycles and more. Bring a friend or family member or come on your own to enjoy this healthy activity with the support of All Out Adventures staff and our adaptive bicycles.

### What to wear and bring:

Wear closed-toed shoes like sneakers. Bring a backpack with a water bottle, salty or sweet snack, and cell phone if you have one. Properly-fitted helmets required. We provide them or you are welcome to bring your own.



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

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.

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