

# 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 cycling, hiking and skating programs.

**Cycling** is a great way for people with brain injuries to get exercise, socialize with others, and enjoy nature. We can accommodate riders of all abilities with stable recumbent trikes, tandem cycles including a wheelchair tandem, hand-pedaled cycles as well as traditional two-wheel bikes. Participants can opt to go on a guided group ride or take out a cycle on their own with a companion.

**Hiking**—we will hike along the accessible trail along Bray Lake at Mt. Tom with an option to go further along a more rugged trail if desired. “Trails” wheelchairs available by request.

**Skating**—we will mix in with the public skate at the Fitzpatrick Rink in Holyoke. There are skate walker balance aids, helmets and sleds available for use at no charge. You can rent ice skates at the rink.

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 [info@alloutadventures.org](mailto:info@alloutadventures.org)

- The following programs are open to people with brain injuries and their guests.
- **\$5 program fee per cycling and hiking sessions. All Out Adventures 2018 Summer pass will cover program fee.**
- **\$5 Entrance fee for ice rink. \$5 ice skate rental. No charge for ice sleds.**
- All program sites are wheelchair accessible. Call us for accessibility information.

Date:	Time:	Activity:	Location:
<b>Thursday</b> , November 8	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA (The forecast looks nice for cycling!)
Tuesday, November 13	12 – 3PM	Hiking	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, November 20	12 – 3PM	Hiking	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA
Tuesday, November 27	12 – 3PM	Skating and Sled Skating	Fitzpatrick Ice Arena, 575 Maple St., Holyoke, MA