

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 and hiking 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.

Call All Out Adventures for more information and to register for a time slot at **413-584-2052**. You can also visit us online at www.alloutadventures.org or email us at info@alloutadventures.org

- The following programs are open to people with brain injuries and their guests.
- **\$5 program fee per session.**
- All program sites are wheelchair accessible. Call us for accessibility information.

Date:	Time:	Activity:	Location:
Tuesday, April 9	12 – 3PM	Hiking	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA.
Tuesday, April 23	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA
Tuesday, April 30	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA