

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 kayaking programs.

Cycling – we can accommodate riders of all abilities with stable recumbent trikes, tandem cycles including a wheelchair tandem, hand-pedaled cycles. Participants can opt to go on a guided group ride or take out a cycle on their own with a companion. **Kayaking**—you can paddle solo or with another person in a tandem kayak. Our staff are friendly and knowledgeable certified kayak instructors. We will paddle together as a group on the Connecticut River.

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

- **\$5 program fee per session. Equipment included. Pre-registration required.**
- All program sites are wheelchair accessible with assistance at the dock in Northampton. Call us for accessibility information.

July and August 2019 Schedule

Date:	Time:	Activity:	Location:
Monday, July 8	12 – 1:30PM or 1:45-3:15PM	Kayaking	Connecticut River Greenway Riverfront Park 92 Damon Rd., Northampton, MA
Monday, July 15	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA
Monday, July 22	12 – 1:30PM or 1:45-3:15PM	Kayaking	Connecticut River Greenway Riverfront Park 92 Damon Rd., Northampton, MA
Monday, July 29	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA
Monday, August 5	12 – 1:30PM or 1:45-3:15PM	Kayaking	Connecticut River Greenway Riverfront Park 92 Damon Rd., Northampton, MA
Monday, August 12	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA
Monday, August 19	12 – 1:30PM or 1:45-3:15PM	Kayaking	Connecticut River Greenway Riverfront Park 92 Damon Rd., Northampton, MA
Monday, August 26	12 – 3PM	Cycling	Norwottuck Rail Trail, 8 Railroad St., Hadley, MA



All Out Adventures
outdoor recreation for people of all abilities

214 State St., Northampton, MA 01060 • (413) 584-2052 (tel) • (413) 584-2819 (fax)
www.alloutadventures.org • info@alloutadventures.org

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.