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# Universal Access Program

The following programs are offered to people with disabilities and their family and friends through a collaboration with the Massachusetts Department of Conservation and Recreation's Universal Access Program whose mission is to integrate people of all abilities into Massachusetts State Parks.

Call All Out Adventures at 413-527-8980 to register to register today!

Please note that there is a \$5 fee for kayaking and canoeing programs, and a \$3 fee for cycling.

New this year is the All Out Adventures Summer Pass. For a flat rate of \$30, this pass gives you access to one UAP paddling and one cycling program each week. More information.

Download the Universal Access Newsletter here (PDF version) (Newsletter includes schedule and description of activities.) Download the text version here.

[Universal Access Program 2009 Summer Schedule](#)

[Calendar View](#)

[UAP Letterboxing](#)

Join All Out Adventures for exploration and "treasure hunting" in the Connecticut River Valley. Carry a small notepad and a rubber stamp and search for letterboxes by following clues. Leave your mark at letterboxes and discover many hand-carved images to stamp in your book!

We'll also provide instruction on how to use GPS units to find geocaches - hidden containers with swappable items inside. Learn more about these two intriguing pastimes that attract people of all ages. Call All Out Adventures to register at 413-527-8980. Come for one or more dates - each park has different letterboxes.\*

Wednesday, May 13

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DAR State Forest, Goshen

11AM &ndash; 3PM

Tuesday, June 9

Mt. Sugarloaf State Reservation

Deerfield, 2 &ndash; 6PM

\*Universal Access Letterboxes are set up for the entire season. Call 413-545-5758 if you would like clues to find letterboxes on your own in these and other state park locations. You can also also download the clues here.

UAP Adaptive Recreation Fair!

DCR&rsquo;s Artesani Park

Brighton (Boston)

Saturday, June 6, 10AM &ndash; 3PM

Kick off summer with park festivities and explore possibilities for outdoor recreation! Try out adaptive bikes and hiking equipment. Get your face painted, listen to a DJ, visit with friends and look around. Go on a treasure hunt for letterboxes and geocaches. Sign up for a wide array of summer opportunities, such as kayaking, sailing and hiking in the Boston area and beyond. Cool off in the spray pool. Information on where to purchase bikes included. This event is free and open to the public. Refreshments provided.Pre-register by calling 617-626-1294.

UAP Cycling

The Norwottock Rail Trail is an 11 mile path linking Northampton, Hadley, and Amherst along the former Boston & Main Railroad right-of-way. The path's level terrain provides safe passage for pedestrians, wheelchairs, joggers, skaters, bicyclists, and cross-country skiers of all ages and abilities.

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The Universal Access Program's weekly cycling program is run in collaboration with All Out Adventures and Child and Family Resources. We have an array of adaptive cycles available that truly make cycling accessible to everyone; from hand cycles to tandem tricycles to recumbent tricycles. Check out the cycles here.

Participants can reserve a cycle for one hour per week by calling All Out Adventures at 413-527-8980.

Program time is 12-5 with reservations on the hour.

Fridays: June 12, 19, 26; July 10, 17, 31; August 7, 14, 21, 28; Sept. 4, 11, 18, 25

Location:

8 Railroad Street, Hadley, MA on the Norwottuck Rail Trail.

Please park on the lawn on the side of the building closest to Rte. 47 where you will see our tent and sign.

#### UAP Paddling

Canoeing and Kayaking are made safe, fun and accessible for everyone at our weekly paddling programs. Our programs are staffed with certified paddling instructors and lifeguards, and we paddle as a group on the water using tandem and single kayaks. Participants reserve a one-hour time slot at a paddling program. Explore the waters at one of the state parks below near you! Kayak, PFD (lifejacket) and paddle provided. All must wear a PFD, no exceptions. Pre-registration is required; call All Out Adventures at 413-527-8980.

Mondays: Kayaking at Walden Pond, Concord

July 13, 20, 27; August 3, 10, 17

9:45-3:15 PM

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Tuesdays: Canoeing at Elwell State Recreation Area, Northampton

July 7, 14, 21, 28; August 4, 11, 18

9:45-4:15 PM

Wednesdays: Kayaking at DAR State Forest, Goshen

July 1, 8, 15, 22, 29; Aug 5, 12, 19

9:45-4:15 PM

Thursdays: Kayaking at Douglas State Forest, Douglas

July 9, 16, 23, 30; August 6, 13, 20

9:45-3:15 PM

### UAP Evening Kayaking

Join All Out Adventures in exploring Barton's Cove by kayak on the Connecticut River in Gill. Watch for bald eagles and visit the plunge pools carved by glaciers as we explore this peaceful cove. We will paddle in a group using single and tandem kayaks.

Barton's Cove, Gill

Monday, August 24

6-8 PM

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## Berkshire Bike and Boat Event

Farnum's Crossing,Cheshire, MA on the Ashuwillticook Rail Trail

Saturday, August 8

10-4 PM

## ADA Celebration

Dunn Pond State Park

Gardner

Friday, July 24,

Kayaking from 11-4 PM

The Universal Access Program will offer kayaking at Dunn Pond as part of the festivities to celebrate the 19th Anniversary of the Americans with Disabilities Act. Contact The Massachusetts Statewide Independent Living Council for more information on the Celebration.

