

Handcycling at Sugar House Park during the Salt Lake City Marathon

UTAH OFFICE OF TOURISM

Utah is known for its recreation opportunities, from hiking in five national parks to skiing The Greatest Snow on Earth® to white-water rafting down the mighty Colorado River. But did you know all of these attractions and activities are accessible to people of all ability levels? And don't forget the city scene. You can catch Utah Jazz NBA basketball, Real Salt Lake MLS soccer, Utah Bees baseball, Utah Grizzlies hockey, the Utah Symphony, a traveling Broadway show, an art gallery, museums, or maybe the opera.

The following Utah organizations work together to advocate specialized recreation plans through the use of adaptive equipment, trained staff, and scholarships. Utah's adaptive recreation opportunities create lasting, life-enhancing experiences by connecting people, nature, volunteers, and the community.

Once You're Here

Salt Lake City International Airport is 10 minutes from downtown and offers a guide for travelers with disabilities. www.slcairport.com/special-needs.asp

Wheelchair Getaways, Salt Lake City, can meet you at the airport with a fully-accessible, ramp-equipped rental van. www.wheelchairgetaways.com/franchise/utah_saltlakecity

Thrifty Car Rental, Salt Lake City International Airport, offers accessible minivans that include wheelchair ramps with dropdown service for ground-level access, hand controls, and removable seats to accommodate wheelchairs. For more information or to book your minivan contact: carla@thriftryslc.com or www.thrifty.com

For Starters

Utah is home to five national parks, 43 state parks, two national recreation areas, and countless Bureau of Land Management (BLM) recreation sites, most of which are easily accessible to those with disabilities. To make planning your park & recreation area adventures easier, take a look at the following websites for a complete list of trails, activities, and facilities.

Utah National Parks Accessibility:
www.nps.gov/accessibility.htm

Utah State Parks Accessibility:
stateparks.utah.gov/about
scroll down to "Facilities For Those With Disabilities"

US Bureau of Land Management:
www.blm.gov/ut/st/en/fo/moab/recreation/accessibility.html, 801-539-4225

Wasatch Front Adaptive Recreation Resources

TRAILS (Therapeutic Recreation And Independent Life Styles), Salt Lake City, is an outreach program of the University of Utah Health Care Rehabilitation Center that promotes health and active lifestyles for individuals with spinal cord injury or disease through the educational, social, and psychological components of recreation. TRAILS works with doctors, therapists (physical, occupational, and recreation), and engineers to develop programs and adaptive equipment specifically for those with spinal cord injuries. The organization also works with the University of Utah Recreation and Outdoor Rental Program to house and rent adaptive equipment. Statewide programs include hand-cycling, swim lessons, kayak outings, camping, and skiing. healthcare.utah.edu/rehab/community/trails.html, 801-581-2526

Splore, Salt Lake City, has been providing outdoor recreation opportunities for people with disabilities since 1977. Programs throughout the Salt Lake and Moab areas are season-specific and go year-round. SPLORE is most well-known for being the first organization in the state to take people with disabilities rafting down the Colorado River. Additional programs include indoor and outdoor rock climbing, canoeing, Nordic skiing, snowshoeing, hiking, camping, and specialized group trips. Be sure to ask about the scholarship program. www.splore.org, 801-484-4128

The Kostopulos Dream Foundation, Salt Lake City: Camp K is a place for people of all ages and ability levels. Campers can stay on-site for a week and enjoy activities such as horseback riding, arts and crafts, canoeing, camping, rope courses, and fishing. Camp K also offers week long road trips on their Travel Trip Adventures programs where participants can enjoy hiking, camping, river rafting and wildlife viewing at places such as Bryce Canyon, Moab, Yellowstone, and other regional adventure destinations. The Kostopulos Dream Foundation is located on 25 acres of woods, mountains, lakes, and streams up Salt Lake's Emigration Canyon. Be sure to ask about the scholarship program.

www.campk.org, information@campk.org, 801-582-0700



Silver Lake boardwalk at Solitude, Big Cottonwood Canyon



Running the Colorado River



Rock climbing at Storm Mountain, Salt Lake County



Kayaking at Little Dell Reservoir



Bryce Canyon National Park overlook



Adaptive downhill skiing, Snowbird



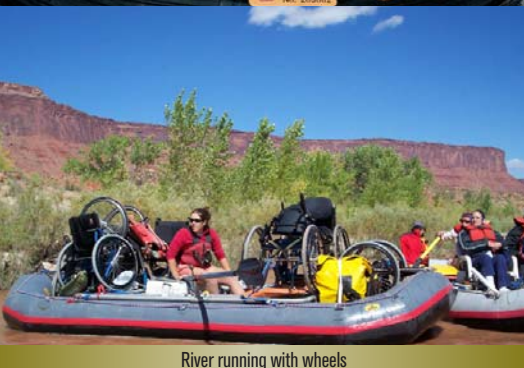
View of the Wasatch from 11,000 feet via Snowbird Tram



Snowmobiling in the Uinta-Wasatch-Cache National Forest



Most Lagoon park rides & attractions are accessible to guests with disabilities



River running with wheels

Wasatch Front Adaptive Recreation Resources (continued)

Salt Lake County Parks & Recreation Adaptive Program The mission of the SL County Parks & Recreation Adaptive Program is to enhance the quality of life for individuals with disabilities by facilitating equal access and experiences for all, regardless of age or ability. Programs are year-round and numerous, ranging from sports to social activities and recreation. The program is constantly adding new activities ranging from sled hockey to adaptive baseball to the Special Olympics. Check the website for more information. www.recreation.slco.org/adaptive, 801-559-1500

Wasatch Adaptive Sports at Snowbird Ski & Summer Resort is located atop Salt Lake's Little Cottonwood Canyon and is best known for their winter programs which include skiing, snowshoeing, and sled hockey. But they also offer a host of year-round programming such as tram rides to stunning, 11,000 foot mountain views, alpine slides, zip lines, and a barrier-free trail for wheelchair and hand-cycling access. Programs include skiing, hiking, fishing, orienteering, cycling, horseback riding and bowling. Be sure to ask about the scholarship program. www.wasatchadaptivesports.org, 801-933-2188

Courage Reins Therapeutic Riding Center, Highland, Utah County: Courage Reins' mission is to improve the quality of life for people with disabilities. Through therapeutic horseback riding and other equine based activities, Courage Reins provides a safe, fun, and challenging setting for physical, cognitive, social, and emotional growth. Physical and Occupational Therapists offer Hippotherapy and Equine Assisted Psychotherapy sessions. www.couragereins.org, 801-756-8900

Wasatch Back Adaptive Recreation Resources

Common Ground Outdoor Adventures, Logan: With programs throughout the state and surrounding region, Common Ground's mission is to provide life-enhancing outdoor recreational opportunities for youth and adults with disabilities. Common Ground provides adaptive equipment and support, enabling people with disabilities to participate in outdoor recreation alongside their peers. Programs are year-round and varied, but they are best known for their destination and vacation trips to Utah's state and national parks. Activities include fishing, hiking, climbing, hand-cycling, destination trips, dog sledding, canoeing, skiing, yurt trips, camping, and river rafting. Be sure to ask about the scholarship program. www.cgadventures.org, 435-713-0288

National Ability Center, Park City is committed to providing affordable sports and recreational experiences in a nurturing environment. As a national role model, the center promotes the concept of ability through integration, public awareness and education. In 2008, 26,000 lessons and outings were provided for people with disabilities. Activities include rafting, indoor and outdoor rock climbing, canoeing, Nordic skiing, snowshoeing, hiking, camping, horseback riding, rafting, and specialized group trips. Be sure to ask about the scholarship program. www.discovernac.org, info@discovernac.org, 435-649-3991

Southern Utah Adaptive Recreation Contacts

Moab and Southeastern Utah

Tag-a-Long Expeditions: www.tagalong.com
Holiday River Expeditions: www.bikeraft.com
Splore: www.splore.org, 801-484-4128
Adrift Adventures: www.adrift.net

Zion, Bryce Canyon, and St. George Area

Common Ground: www.cgadventures.org, 435-713-0288
Hatch River Expeditions: www.hatchriverexpeditions.com
 (operator has done adaptive rafting trips through the Grand Canyon)

Selection of "Must Do" ADA Locations & Activities Listed North to South

Utah's 26 Scenic Byways, Statewide:
www.byways.org

Bear River Migratory Bird Refuge, Brigham City:
bearriver.fws.gov

Ogden Nature Center
www.ogdennaturecenter.org

George S. Eccles Dinosaur Park, Ogden:
www.dinosaurpark.org

Hill Aerospace Museum, Roy/Ogden:
www.hill.af.mil/library/museum

Lagoon Amusement Park, Farmington:
www.lagoonpark.com/parkInfo/guestPolicies

Provo & Jordan River Parkway / Legacy Parkway Trails:
www.utahmountainbiking.com/trails/provorvr.htm
www.ci.slco.ut.us/transportation/bicycletraffic/jrpt.htm

Utah State Capitol Building, SLC
utahstatecapitol.utah.gov

Foothill Cultural District, SLC: (includes Hogle Zoo, Utah Natural History Museum, This is the Place Heritage Park, Red Butte Garden, Fort Douglas Museum, Utah Museum of Fine Arts, etc.) www.foothillcd.com

Clark Planetarium & IMAX Theater, SLC:
www.clarkplanetarium.org

Discovery Gateway Children's Museum, SLC:
www.discoverygateway.org

Temple Square, SLC:
www.visittemple-square.com

Tracy Aviary, SLC:
www.tracyaviary.org

Wheeler Historic Farm, SLC:
www.wheelerfarm.com

Living Planet Aquarium, Sandy:
www.thelivingplanet.com

Silver Lake Boardwalk, Solitude, Big Cottonwood Canyon:
www.climb-utah.com/WM/silver.htm

Utah Olympic Parks, Park City, SLC:
www.olymparks.com

Swaner Preserve & Eco Center, Park City:
www.swanerecocenter.org

Thousand Peaks Snowmobile Adventures, Park City:
www.thousandpeaks.com

Cascade Springs Boardwalk & Trails, West of Heber Valley:
www.utahhikinginfo.com/2010/09/cascade-springs.html

Utah Field House of Natural History Museum, Vernal:
www.stateparks.utah.gov/parks/field-house

Thanksgiving Point Dinosaur Museum & Gardens, Lehi:
www.thanksgivingpoint.com

Heber Valley Railroad, Heber to Provo:
www.hebervalleyrr.org

Moab Canyon Pathway Paved Trails Network:
www.discovermoab.com

St. George City Paved Trails Network:
www.sgcity.org/parks/trails