



**For immediate release
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DCR OFFERING ACCESSIBLE WINTER RECREATION OPPORTUNITIES ACROSS THE COMMONWEALTH

The Department of Conservation and Recreation (DCR) is sponsoring a variety of adaptive recreation opportunities this winter at locations across the Commonwealth. People with disabilities, as well as their friends and families, are invited to participate.

“Our Universal Access Program is one of the most innovative and groundbreaking programs in the nation,” said DCR Commissioner Richard K. Sullivan Jr. “It has helped make our state and urban park recreation programs more inclusive, so that people with disabilities can participate independently or with their friends and families, in a wide variety of activities.”

The activities, offered through DCR’s Universal Access Program, are held primarily on weekends in January, February, and March. They include accessible cross-country skiing, snowshoeing, kicksledding, snowmobiling, and ice skating at DCR parks and facilities. A full list of activities is included below.

The Universal Access Program (UAP) provides recreational accessibility to state and urban park facilities for individuals with disabilities, their families, and friends. For persons with disabilities, free use of accessible equipment, such as sit skis and kicksleds, as well as staff assistance, is available. In spring and summer, UAP offers cycling, kayaking, canoeing, rowing, sailing, hiking, letterboxing, bird watching, interpretive programs and more. Skilled instructors and volunteers provide equipment, instruction, and support.

For additional information on DCR’s Universal Access Program, a schedule of activities, and to preregister, visit www.mass.gov/dcr/ and click on “universal access,” or call 617-626-1294, 413-545-5353, or 413-577-2200 (TTY). Also, ask about volunteer opportunities.

A schedule of activities is below. Preregistration is required.

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The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, dams, and parkways. Led by Commissioner Richard K. Sullivan Jr., the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit www.mass.gov/dcr. Contact us at mass.parks@state.ma.us.