Massachusetts is unique in offering adaptive recreation programs that provide people with disabilities the opportunity to participate in outdoor recreation in Massachusetts State Parks. Structured programs feature adaptive recreation equipment, professional staff and lifeguards as well as instruction and individual support as needed. Staff and Volunteers are trained in disability awareness, sighted guidance technique, transfers, equipment adaptations and other methods to create an environment of support, as well as a fun and safe experience for all. Programs are inexpensive or free. A signed liability waiver is required.

Many individuals with disabilities from Massachusetts and nearby states use the programs regularly. Some move beyond the Universal Access Program to acquire their own adaptive equipment, use the parks more independently and advance to other adaptive recreation opportunities throughout New England and beyond. Friends, families, and others are always welcome to participate in Universal Access Programs alongside participants with disabilities.

Hiking

Assistive equipment and teamwork help people of all abilities explore hiking trails and nature’s beauty at a leisurely pace. Adaptive equipment includes mountain wheelchairs, push joggers, walkers, hiking sticks and gait belts. These programs often include nature interpretation and other activities for non-hiking days. Hikes may be on easy, moderate or challenging terrain and vary from a quarter mile to two miles in length. The following parks are most regularly used in the hiking program, although new parks are added each year.

Blue Hills Reservation, Milton
Breakheart Reservation, Saugus
D.A.R. State Forest, Groton
Duxbury Reservation, Duxbury
Middlesex Fells Reservation, Stoneham
Mt. Greylock State Reservation, Lenoxborough
Mt. Tom State Reservation, Holyoke
Quabbin Reservation, Belchertown
Robinson State Park, Agawam
Spectacle Pond Reservation, East Wareham
Walden Pond State Reservation, Concord
Wendell State Forest, Wendell

More Programs Inside...
Skating Rinks
Skating rinks offer public skating hours with weekday skating being generally quiet. There is typically a modest admission fee for both skating and the rental of conventional ice skates. Some rinks allow or provide supportive skates for skaters with special needs. The following skating rinks are wheelchair accessible and provide one or more ice-skating schemes as indicated.

<table>
<thead>
<tr>
<th>Town</th>
<th>Rink Name</th>
<th>Phone</th>
<th>Ice Sleds</th>
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<tbody>
<tr>
<td>Auburn</td>
<td>Morgan</td>
<td>617-832-7201</td>
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<tr>
<td>Cambridge</td>
<td>Simoni</td>
<td>617-354-9523</td>
<td>3</td>
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<tr>
<td>Boston - Hyde Park</td>
<td></td>
<td>617-364-9188</td>
<td></td>
</tr>
<tr>
<td>Boston - North End</td>
<td></td>
<td>617-523-9327</td>
<td></td>
</tr>
<tr>
<td>Boston - West Roxbury</td>
<td></td>
<td>617-323-9512</td>
<td></td>
</tr>
<tr>
<td>Brockton</td>
<td>Aulaf</td>
<td>508-583-5604</td>
<td>4</td>
</tr>
<tr>
<td>Franklin</td>
<td>Pinelli / Vets</td>
<td>508-541-7024</td>
<td>2</td>
</tr>
<tr>
<td>Greenfield</td>
<td>Collins / Moylan</td>
<td>413-772-6901</td>
<td>2</td>
</tr>
<tr>
<td>Holyoke</td>
<td>Fitzpatrick</td>
<td>413-532-3209</td>
<td>4</td>
</tr>
<tr>
<td>Medford</td>
<td>Flynn</td>
<td>781-395-8492</td>
<td>2</td>
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<tr>
<td>Milton</td>
<td>Ulin</td>
<td>617-496-6962</td>
<td>2</td>
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<tr>
<td>Newburyport</td>
<td>Graf</td>
<td>978-462-8112</td>
<td>1</td>
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<tr>
<td>North Adams</td>
<td>Vietnam Vets</td>
<td>413-664-6135</td>
<td>3</td>
</tr>
<tr>
<td>Plymouth</td>
<td>Armstrong</td>
<td>508-746-8825</td>
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<tr>
<td>Quincy</td>
<td>Shey</td>
<td>617-472-9325</td>
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<tr>
<td>Revere</td>
<td>Cronin</td>
<td>781-284-9491</td>
<td>2</td>
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<tr>
<td>Springfield</td>
<td>Smead</td>
<td>413-781-2599</td>
<td>4</td>
</tr>
<tr>
<td>Taunton</td>
<td>Aloesso</td>
<td>508-814-4987</td>
<td>2</td>
</tr>
</tbody>
</table>

**Recommended Experiences – Places to Go on Your Own**

### Ocean Beaches
The Massachusetts state parks offer some of the most beautiful beaches in the country. Improving shoreline accessibility is an ongoing effort that has created a number of opportunities for people of all abilities to enjoy.

- **Carson Beach, South Boston**: A 0.5 mile urban shoreline features a paved pedestrian way from Castle Island to the Kennedy Library. This beach offers bathhouse, restrooms, accessible fishing pier and beach wheelchairs.
- **Horseneck Beach State Reservation, Westport**: 2 miles of shoreline accessible via beach wheelchairs and paved route between dunes and beach.
- **Revere Beach State Reservation, Revere**: 2.8 miles of shoreline features a promenade, bandstand, bath house, shade shelters and beach wheelchairs. This beach is easily accessible by public transportation.
- **Saucony Mountain State Forest, Sandwich**: Beach wheelchairs and campground on Cape Cod Bay at the north end of the beach.
- **Pittsfield State Forest, Pittsfield**: 0.75 mile paved Tranquility Trail through the forest crosses a brook and has an optional audio tour component.

### Camping
Camping is one of the most popular attractions in state parks. Specific information about camping is best obtained from DCR’s Camping brochure or www.mass.gov/dcr/camping. Sites are reservable six months in advance through Reserve America at 877-422-6762 or www.reserveamerica.com. Accessible camping makes use of tent sites, campsites and yurts. Yurts are canvas-sided structures with furnishings and electricity especially favored by campers with disabilities. Parks with an asterisk (*) offer accessible yurts or cabins.

- **Erving State Forest, Erving**: D.A.R. State Forest, Hoosac
- **Harold Parker State Forest, N. Andover**: Hornbeck Beach State Reservation, Westport
- **Mount Healthy Trail State Forest, Charlemont**: *Nicholson State Park, Breiter
- **October Mountain State Forest, Lee**: Salisbury Beach State Reservation, Salisbury
- **Saucony Mountain State Forest, Savoy**: Scusset Beach State Reservation, Sandwich
- **Shawme Crowell State Forest, Sandwich**: D.A.R. State Forest, Hoosac

### Selected Parks – Places to Go on Your Own

**WESTERN**

- **Ashwillcroft Rail Trail, Adams to Lanesborough**: 413-442-8288
- **D.A.R. State Forest, Hoosac**: 413-269-7066
- **Mt. Greylock State Reservation, 309 North St., Lanesborough**: 413-609-4832
- **Pittsfield State Forest, 155 Canaan Street, Pittsfield**: 413-442-8012
- **Savoy Mountain State Forest, 250 Central Shaft Road, Florida**: 413-663-8460

**CENTRAL**

- **Blackstone River State Park, 237 Oak Street, Uxbridge**: 508-279-7004
- **Dorr State Park, 289 Pearl St., 1010, Gardner**: 978-632-7887
- **Eving State Forest, 203 East Main Street, Eving**: 877-544-3939
- **Lake Wyola State Park, 84 Latimer Road, Dudley**: 413-387-5137
- **Mt. Tom State Reservation, 125 Reservation Road, Holyoke**: 413-534-1136
- **Norwell Trail, Amherst – Northampton**: 413-586-8766
- **Robinson State Park, North Street, Athol**: 978-378-2877

**NORTHEAST**

- **Great Brook Farm State Park, 84 Lowell Road, Carlisle**: 978-369-6312
- **Hullabaloo Point State Park, Gold Avenue, Rockport**: 508-546-2997
- **Harold Parker State Forest, 1515 Taunton Rd, N. Andover**: 978-688-3391
- **Hopkinton State Park, 71 Cedar St., Hopkinton**: 508-435-4003
- **Nahant Beach & Lynn Shore Reservation, Lynn, Nahant**: 781-485-2033
- **Saucony Mountain State Forest, Reservation Road, Salisbury**: 978-462-4401

**SOUTHEAST**

- **Borderland State Park, 259 Massachusetts Avenue, North Easton**: 508-238-6566
- **Cape Cod Rail Trail, Dennis-Wellfleet, call Rochester State Park for information**: NA
- **Dunk State Park, 425 Center Street, Taunton**: 508-238-6566
- **Mt. Tom State Reservation, Hoosac**: 2 miles of shoreline accessible via beach wheelchairs and parking and a portable porta-potty
- **Scusset Beach State Reservation, Sandwich**: Accessible fishing pier for salt water angler access to the Cape Cod Canal.
- **Vogel State Park, 847 Long Pond Road, Newburyport**: 978-462-4813

**GREATER BOSTON**

- **Arnold Arboretum, 1600 Beacon Street, Brookline**: 617-236-5558
- **Blue Hills Reservation, 205 Willow Street, Milton**: 617-606-1813
- **Boston Harbor Islands, Spectacle Island**: 617-236-0066
- **Breakwater Beach State Reservation, Forest St., Saugus**: 781-233-0834
- **Caddy Park, Quincy Shore Drive, Quincy**: 617-727-5118
- **Cedar Island, Deer Island, South Boston**: 617-727-5290
- **Constitution Beach, Orient Heights, East Boston**: 781-485-2023
- **Esplanade, Storrow Drive, Boston**: 617-727-1558
- **Pleasure Bay Beach, Deer Island, South Boston**: 617-727-5118
- **Revere Beach Reservation, Revere Beach Blvd, Revere**: 781-485-2020
- **Webb Memorial Park, River Street, Wayland**: 781-740-1603

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This chart highlights a selection of most recommended parks for accessible visitation. Each offers accessible attractions though not all parks may feature as accessible. If you have any questions or hesitation prior to visiting, call the park in advance to verify conditions.

Beach wheelchairs are now available for your visit. Call in advance to reserve beach wheelchairs to ensure one will be available for your visit.

Many of the Boston area parks can be reached by public transportation. For information on public transportation to the sites listed, check with the Massachusetts Bay Transportation Authority website at www.mbta.gov

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**WEB CODES**

- **Accessible**: Meets all codes and guidelines for accessibility.
- **Fair Accessibility**: Meets many of the ADA standards with few barriers. Some visitors with disabilities may require assistance.
- **Minimal Accessibility**: Does not meet ADA standards and has significant barriers. Many/most disabilities may require assistance.
- **NA**: Not available or not applicable.

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