



TRAILS FOR ALL

EXPANDING THE
ACCESSIBLE
TRAILS NETWORK IN THE
COMMONWEALTH
2026



APPENDIX E:

WORKS CITED

AARP. "Top 10 States Where Retirees Are Moving." Accessed December 26, 2025. <https://www.aarp.org/money/retirement/2024-states-where-retirees-moved/>.

American Trails. "Trail Effects on Neighborhoods: Home Value, Safety, Quality of Life - American Trails." Accessed December 26, 2025. <https://www.americantrails.org/resources/trail-effects-on-neighborhoods-home-value-safety-quality-of-life>.

CDC. "U.S. State Profile Data: Adults 18+ Years of Age." Disability and Health Data System (DHDS), April 3, 2025. <https://www.cdc.gov/dhds/impacts/index.html>.

Gaskin, Darrell, Thomas LaVeist, Ani Turner, and Samuel Obbin. "The Time Is Now: The \$5.9 Billion Case for Massachusetts Health Equity Reform." Blue Cross MA Foundation, June 2023.

Massachusetts Healthy Aging Data Report. MA Healthy Aging Collaborative, 2025. <https://mahealthyagingcollaborative.org/data-report/explore-the-profiles/>.

Mass.Gov. "New Report: Massachusetts Ranked #1 in Outdoor Recreation Businesses Relocation." Press Release. Accessed December 26, 2025. <https://www.mass.gov/news/new-report-massachusetts-ranked-1-in-outdoor-recreation-businesses-relocation>.

Rails to Trails Conservancy. "New Rails-to-Trails Conservancy Data Shows Strong Demand for Places to Walk, Bike and Be Active Outside - Rails to Trails Conservancy | Rails to Trails Conservancy." Press Release. Accessed December 26, 2025. <https://www.railstotrails.org/trailblog/new-rails-to-trails-conservancy-data-shows-strong-demand-for-places-to-walk-bike-and-be-active-outside>.

Rhode, Paula C., Katherine Froehlich-Grobe, Jill R. Hockemeyer, Jordan A. Carlson, and Jaehoon Lee. "Assessing Stress in Disability: Developing and Piloting the Disability Related Stress Scale." *Disability and Health Journal* 5, no. 3 (2012): 168–76. <https://doi.org/10.1016/j.dhjo.2012.03.002>.

"S0101: Age and Sex - Census Bureau Table." Accessed December 26, 2025. <https://data.census.gov/table/ACSST1Y2024.S0101>.

"UMass Donahue Institute | Population Projections." Accessed December 26, 2025. <https://donahue.umass.edu/business-groups/economic-public-policy-research/massachusetts-population-estimates-program/population-projections>.

Wang, Guijing, Caroline A. Macera, Barbara Scudder-Soucie, Tom Schmid, Michael Pratt, and David Buchner. "A Cost-Benefit Analysis of Physical Activity Using Bike/Pedestrian Trails." *Health Promotion Practice* 6, no. 2 (2005): 174–79. <https://doi.org/10.1177/1524839903260687>.

APPENDIX F:

BACKGROUND AND REFERENCE DOCUMENTS

"Accessibility Guidebook for Outdoor Recreation and Trails." USDA Forest Service, August 2012.

"Adaptive Hiking 101." GRIT, n.d. https://www.gogrit.us/adaptive-hiking?srsltid=Afm-BOooD88UkXKmlI0iktYbKfMnLR4oa4vzcVp_1MCKgHzFXlwbo3AtR.

"Adaptive Trail Standards." Kootenay Adaptive Sport Association, 2020.

American Trails. "Trail Accessibility Hub." <https://www.americantrails.org/resources/accessibility-hub>.

Birdability. "Access Considerations for Birding Location." Accessed December 23, 2025. <https://www.birdability.org/access-considerations>.

Birdability Site Review Checklist. 2021.

"California State Parks Trails Handbook Chapter 8 - Accessible Trail Design." Updated 2019. https://www.parks.ca.gov/?page_id=29674.

"Central Massachusetts Regional Planning Commission: Accessible and Inclusive Trails Grading Rubric." n.d.

"Data Fields Required for Trail Access Information." Beneficial Designs, n.d.

Department of Justice. *2010 ADA Standards for Accessible Design*. September 15, 2010.

"Forest Service Outdoor Recreation Accessibility Guidelines." Forest Service, 2013.

"Forest Service Trail Accessibility Guidelines." Forest Service, Update 2013.

"Fort River Birding and Nature Trail: Universally Accessible Outdoor Visitor and Learning Center." Silvio O. Conte National Fish and Wildlife Refuge, n.d.

French, Andrew, and Artie McCollum. "Fort River Birding and Nature Trail: Providing Universal Access." Silvio O. Conte National Fish and Wildlife Refuge, n.d. <https://www.mass.gov/doc/fort-river-solving-common-trail-problems-with-creative-solutions/download>.

Gertz, Lucy, Stu Weinreb, Kris Scopinich, et al. *Mass Audubon's All Persons Trails: A Manual of Guidelines and Best Practices For Developing and Operating Universally Designed Interpreted Trail Experiences*. Mass Audubon, 2016.

Guidance on the 2010 ADA Standards for Accessible Design. September 15, 2010.

"Inclusive Trails Access Toolkit." Central Massachusetts Regional Planning Commission, April 2024.

Jensen, Peter. "Guidelines for Pedestrian Trail Design and Layout." October 2015.

Jensen, Peter. "Trail Assessment for Accessibility & Sustainability." February 2024.

"MassTrails Accessibility and Trails Guide." Commonwealth of Massachusetts, n.d.

"National Trail Surfaces Study." United States Access Board, National Center on Accessibility, February 2014.

"Open to All: A Disability Inclusion Guide for Land Trusts." Land Trust Alliance Advisory Council on Inclusive Health and Disabilities, 2021.

Oregon Institute of Technology, Matthew Sleep, Damian Matzen, and Oregon Institute of Technology. *ADA Accessible Trail Improvement with Naturally Occurring, Sustainable Materials*. Transportation Research and Education Center (TREC), 2020. <https://doi.org/10.15760/trec.249>.

Outdoor Developed Areas: A Summary of Accessibility Standards for Federal Outdoor Developed Areas. United States Access Board, 2014. <https://www.access-board.gov/files/aba/guides/outdoor-guide.pdf>.

"Outdoor Recreation Data Collection Field Guide." MOOR, BRPC, 2025.

"Outdoors for Everyone: What Makes a Better Park." Christopher & Dana Reeve Foundation, n.d.

Stevens, Rachel, and Jim Oehler. *Trails for People and Wildlife*. New Hampshire Fish and Game, n.d.

Stinson, Mark. "Trails and the Wetlands Protection Act." September 2015.

Town of Lexington, and Lexington Conservation Stewards. "Wetland Trail Permitting." n.d.

"Trails Guidelines and Best Practices Manual." Department of Conservation and Recreation, n.d.

"Vermont Wetlands Program Public Guidance: Recreational Trail Building and Wetlands." June 2002.

WeConservePA. "Trails for All People: Guidance for Accessibility and Inclusive Design." 2021.

"What Is Trail Access Information?" Beneficial Designs, May 2025.

Wood, Mark, and Tara Llanes. "Explorer Bike aMTB Trail Design Guidelines." n.d.



Mt. Tom North Trailhead Park, Easthampton