





#### **Special points of Interest:**

- AGRABILITY is funded through a Grant from the USDA.
- Colorado AgrAbility is a working partnership between Colorado State University Extension Services and Easter Seals Colorado
- Call 1-800-875-4732 to contact the Project or:
- www.eastersealsco.org

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Volume 1, Issue 2

Fall 2001

## Favorite Farm Vacation Spots!! Welcome!

#### From the Editor:

Well, it's finally fall and harvest is almost over. It is a time when people working in agriculture might squeak in a chance to think about "things they'd like to do" for recreation, leisure, or fun.

Many of the farm folks we work with through AgrAbility can be pretty scarce to find at home in the fall. For them, it is an opportunity to take trips or go visit family. For others in agriculture who live with a disability- the opportunity for recreation and leisure seems like an unobtainable goal. Perhaps the physical barriers seem overwhelming or information about recreation for the disabled is unavailable in their community. Whatever the case, we have put together a list of recreation sites and programs in and around Colorado that provide accessible facilities and/or opportunities for recreation to people with disabilities. We hope you find this information helpful in pursuing your individual interests, acquiring new ones, or challenging your abilities in new ways.

#### Why is Recreation Important Work?

Leisure, recreation, fun! The words may have different meanings for each of us. Some of us may feel leisure is a way of learning new skills, like skiing or playing an instrument. Others may feel it is a way of spending valued time with family and friends. Most of us do have interests we enjoy, and generally people feel leisure activity is essential to good health.

According to Linda Epps, a certified therapeutic recreation specialist in Austin, Texas who has worked in physical rehabilitation for 20 years, leisure is important for the health of people with disabilities as well. "There should never be any barriers to recreation, there are always ways to adapt an activity so a person can do it!" she states emphatically. A person may have to change how they complete a leisure activity using a different method, or using special equipment, but it can be done- from hunting and fishing to A-Z.

Over the last few decades, considerable effort has been given in the United States towards the rights of people with disabilities to live and participate in the community. This includes the ability to access and utilize public facilities like libraries, sports arenas, and yes, the Great Outdoors! In the following pages, we have attempted to list many resources available in Colorado for accessible recreation. However, it is always a good idea to call and confirm whether a facility or program is accessible for a particular disability. And, as with anything- planning and preparing for contingencies is an important part of planning any event or trip.

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### **Accessible Vacation Spots in Colorado:**



How about a vacation? You deserve a break after a long, hopefully productive harvest. Read on, we have included a few options for your vacationing needs. Enjoy!!

#### Fishing Anyone?

~Gunnison National Forest

2250 Highway 50

Delta, CO 81416

970.874.6600

www.coloradoguide.com

Adaptive Sports Center

PO Box 1639

Crested Butte, CO 81224

970.349.2296

Camping, fishing, canoeing, hiking, white water rafting river trips, backpacking, and biking.

## Accessible trails and Hiking-for the brave souls....

~Fruitgrowers Reservoirs

1.800.962.2547

www.coloradoguide.com

√ ~Gazebo Trail

Colorado State Parks

www.coloradoguide.com

\$4.00 daily, \$40.00 annually

hiking and bird watching

~Adaptive Adventures

PO Box 2245

Evergreen, CO 80439

303.679.2770

www.edaptive.org

www.adaptiveadventures.org

Alpine skiing, Nordic skiing, snow mobiling, snow cat skiing, hut trips, basketball, hockey, camping, water skiing, canoeing, scuba diving, biking, hiking, tennis, kayaking, hand cycling, sail-

ing, and mountain biking.

#### Horseback riding anyone.....

North American Riding for the Handicapped Association, Inc (NAHRA)

PO Box 33150

Denver, CO 80233

1.800.369.RIDE

~ Praying Hands Ranches for Children

Carl or Shirley Hanson

4825 East Daley Circle

Parker, CO 80138-6029

303.841.4043

Landscaping, planting, animal husbandry, ranch and stable management, petting farm, and horticulture therapy.

~Rocky Mountain Village

P.O. Box 115

Empire, CO 80438

303.569.3857

800.692.5520

Easter Seals Colorado Camp for children and adults with disabilities.

## For those of you who crave adventure there's always SKIING....

Breckenridge Outdoor Education Center

1.800.383.2632

White water rafting, hiking, rock climbing, and adaptive skiing program.

~National Sports Center for Disabled

PO Box 1290

Winter Park, CO 80482

970.726.1540

0

N

# National and State Forests, Parks, Monuments & Grasslands in Colorado Call for information concerning Accessibility at each location.

Black Canyon of the Gunnison National Park 102 Elk Creek Gunnison, CO 81230 970.249.1914 ext. 23

Colorado National Monument Fruita, CO 81521 970.858.3617

Florissant Fossil Beds National Monument PO Box 185 Florissant, CO 80816-0185 719.748.3253

Mesa Verde National Park PO Box 8 Mesa Verde NP, CO 81330 970.529.4465

Pawnee National Grassland 666 O Street Suite 4 Greeley, CO 80631-3033 970.353.5004

Grand Mesa National Forest 2250 Highway 50 Delta, CO 81416-8723 970.874.6600

Pike National Forest (San Isabel) 1920 Valley Drive Pueblo, CO 81008 719.545.8737

Roosevelt National Forest 1311 South College Ave. Fort Collins, CO 80524-3098 970.498.2778

San Juan National Forest 701 Camino Del Rio Durango, CO 81301 970.247.4874 Curecanti National Recreation Area 102 Elk Creek Gunnison, CO 81230 970.641.2337

Dinosaur National Monument 4545 E. Highway 40 Dinosaur, CO 81610-9724 970.374.3000

Great Sand Dunes National Monument 11500 Highway 150 Mosca, CO 81146 719.378.2312

Rocky Mountain National Park Estes Park, CO 80517 970.586.1206

Comanche National Grassland 27162 Hwy. 287 PO Box 127 Springfield, CO 81073 719.523.6677

Arapaho National Forest 1311 South College Ave. Fort Collins, CO 80524-3098 970.498.2778

Rio Grande National Forest 1803 W. Highway 160 Monte Vista, CO 81144 719.852.5941

Routt National Forest 925 Weiss Drive Steamboat, CO 80487-9315 970.879.1870

White River National Forest 9th and Grand Glenwood Springs, CO 81602 970.945.2521

#### For Further Information:

Access-Able Travel Source Western Branch of National Therapeutic Recreation Society

PO Box 1796 619 Prospect Lake Drive

Wheat Ridge, CO 80034 Colorado Springs, CO 80910

www.access-able.com 719.632.7031

\*accessible lodging, guides to cities, states, El Monte RV and foreign countries

San Francisco and Los Angeles

1.800.367.3687

www.elmonte.com/mhwhlchr.htm Access to Recreation

PO Box 5072-430

Thousand Oaks, CA 91359-5072 Wilderness Inquiry 1.800.634.4351 313 5th Street SE

PO Box 84 Catalog for recreation items.

Accessible RV Rentals Minneapolis, MN 55404

702.452.1427 1.800.728.0719

\*rentals, conversions, and www.wildernessinguiry.org

custom built rigs

Colorado Challenge Center

PO Box 621563

**Ambassador Motor homes** Littleton, CO 80162 British Columbia and San 303.933.8788

Francisc Paula Schupbach Executive Director

604.946.3696 **Hunting Digest** 

www.infoserve.net/rv/ www.huntingdigest.com/

Website for disabled hunters

Special Needs

1849 Emerson Street NRA Disabled Shooting Services

303.839.4800 www.nrahq.org/shooting/compete/disabled.asp

303.839.4820 (TTY)

Open Mon-Fri 8 am to 5pm Physically Challenged Bow Hunters

www.pcba-inc.org/

Outdoor Buddies (Colorado \$10/yr., quarterly newsletters, affordable

www.outdoorbuddies.com hunting in U.S., adaptive equipment, guides

Provide outdoor opportunities for those with physical and outfitters,

disabilities Host hunting, fishing, archery, shooting

camping, canoeing, outdoor survival, and wildlife photography.

**Buckmasters** 

http://www.buckmasters.com/More\_Buckmasters/BADF/DisabledHunters.html

This is a site that has information and links on different forms of adaptive equipment, state laws/regulations, opportunities, and local and national disabled groups.

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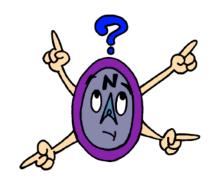
| Vacation Spots outside of Colorado:  This is a great idea for those of you that just need a break and get out of this beautiful state. These are only a few of the places you could go for a fun, family vacation this year and the years to come. Keep in mind that there are many more opportunities out there. So lets try visiting one of the other states this year for a change of scenery. |                                       | $\overline{T}$ |
|---|---------------------------------------|----------------|
|   |                                       | R              |
|   |                                       | A              |
|   |                                       | V              |
| states this year for a change of scenery.   |                                       | E              |
| ~The Farmers Museum   | Five farming periods covered from     | L              |
| Lake Road   | 1700 Indian village to a 1900 farm.   |                |
|   | Farm festivals throughout year.       | I              |
| Cooperstown, NY 13326   | ~John Deere Pavilion                  | D              |
| 1.888.547.1450  | Moline, IL                            | E              |
| www.agriculture.com/vacation  | 390.765.1000 (open daily)             | A              |
| Lots of early settler history.  | "Most comprehensive agricultural      | S              |
| ~Disabled Sports USA Far  | exhibit in the world." On the Missis- | -              |
| West  | sippi River where John Deere built    | F              |
| PO Box 9780   | the first plow nearly 160 years ago.  | 0              |
| Truckee, CA 96162   | ~National Cowboy Museum               | R              |
| 530.581.1461  | Oklahoma City, OK                     | Y              |
| dsusatahoe@truckee.net  | 405.478.2250                          | O              |
| ~National Ability Center  | History of Native Americans and       | U              |
| · ·   | cowboys. Open daily except:           | !              |
| PO Box 682799   | Thanksgiving Day, Christmas Day,      | !              |
| Park City, UT 84068   | and New Year's Day.                   | !              |
| 435.649.3991  | ~National Ag Hall of                  |                |
| nac@xmission.com  | Fame                                  |                |
| For children with disabilities. A   | 630 Hall of Fame Drive                |                |
|   |                                       | Which way      |

http://aghalloffame.com est of Kansas City, dedicated t

West of Kansas City, dedicated to 86th Congress as memorial to farm leaders charged with capturing the early heritage of food and fiber production in agriculture. Open mid-March through November.

Bonner Springs, Kansas

Which way do we go!???



~Living History Farm

1.800.841.8890

~Outdoor Sports Expo

**Contact Arthur Combs at Health** 

Urbandale, Iowa

515.278.5286

recreational camp.

and Mobility

www.inf.org (for activity



Creating solutions, changing lives.

NON-PROFIT ORG. U.S.POSTAGE PAID Denver, Colorado Permit No. 1153

#### Favorite Farm Vacation Spots!!

Easter Seals Colorado 5755 W. Alameda Ave. Lakewood, CO 80226

Phone: 303-937-7713 x 224

Fax: 303-233-1028 TTY: 303-232-5685

We're on the Web!!
www.eastersealsco.org
This material is based upon work
supported by the Extension Service;
U.S. Department of Agriculture, under
Special project number 98-EDFA-1-0267



### References:

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Colorado Division of Wildlife. "Fishing Opportunities a plenty in Colorado." Fence Post; May 28, 2001. Vol. 22, No. 22.

Thanks to:



## BI-STATES MACHINERY

In Greeley, Colorado for inviting us up for a tour of your

farm machinery.

240 5th Street Greeley, CO Ph: (970)356-3666.

Please contact us if you have any questions or comments about this issue.

Thanks to Melinda Jacob and Alicia Keith, Occupational Therapy Assistant Students from the University of Southern Indiana in Evansville, Indiana, for researching and writing this Fall's Crop Circle.

Large print text available upon request Contact Carla Wilhite at 303.937.7713 ext. 224.

Vacation,
Here I come!!

