



SUMMER RECREATIONAL IDEAS

The Dream Team – a co-ed baseball league for youths and teens with disabilities.

<https://www.dreamteamtraversecity.com/>

Norte “Bikes For All” – Located at the Civic Center in Traverse City.

“Norte is for happy, healthy, ready to learn kids no matter their ability. We practice inclusion and strive to see that every child has an opportunity to experience the joy of riding a bicycle.”

Contact Abby Havill, Program Director at 231-883-2404 for more information

<https://elgruponorte.org/>

Sleeping Bear Dunes Accessibility Program – “The track chair program is meant to be used by park visitors who need hiking assistance to experience a rustic hiking trail.”

Contact the Track Chair Coordinator by e-mail at trackchair@friendsofsleepingbear.org.

<https://friendsofsleepingbear.org/programs/accessibility/track-chair/>

Special Olympics Area 2 – our area needs youth participants and parent volunteers!

From a parent of a former student – “If parents are hesitant to enroll their child because SOMI is all ages, I would be happy to share our story. Many other areas have more youth playing, but all in all it has been a great experience for my son. He was very unsure of playing with grown-ups but quickly fit right in.”

Let us know if you would like to be connected with this parent!

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Challenge Mountain – “Challenge Mountain recognizes the importance of recreation and leisure in the lives of all community members. We believe that all people, regardless of ability, should have opportunities to experience life and adventure, and in doing so realize their personal value, strengths and abilities. Inclusion of individuals living with disabilities in every aspect of community living helps our communities thrive.”

<https://challengemtn.org/>

Timbers Recreation Area – has an accessible trail that leads to a fishing pier.

<https://www.gtrlc.org/recreation-events/preserve/timbers-recreation-area/>

Traverse Heights - after school hours use of paved trail and adaptive swings.

Veterans Memorial Park in Elk Rapids – paved trail and adaptive swings.

Civic Center – paved trail and adaptive swings.

TART Trail – miles of paved trail with a variety of parking locations.

<https://www.traversetrails.org/>

Traverse Area Community Adaptive Sailing – “Adaptive sailing is a program that is inclusive to individuals with all abilities, including but not limited to those with physical and/or cognitive delays, senior citizens, veterans, and those with critical health concerns.”

<https://www.tacsailing.org/adaptive-sailing>

The Botanic Garden at Historic Barns Park – free tours and wide pathways

<https://www.traversecity.com/listings/the-botanic-garden-at-historic-barns-park/1301/>

Joy 2 Ride Benzie - “The program allows individuals who are physically unable to pedal/ride a bike, the opportunity to enjoy our fantastic Betsie Valley Trail, by using a specially designed wheelchair bike and volunteer “pilots”. <https://www.joy2ridebenzie.org/>

Grass River Natural Area – “This trail, found in Antrim County, has 1.5 miles of boardwalk trails, including the Perception Pathway, which features Braille interpretive signs and a guiding rope.” <https://www.traversecity.com/listings/grass-river-natural-area/137/>

The Sleeping Bear Heritage Trail – 27 miles of paved trail.

<https://www.traversecity.com/listings/sleeping-bear-heritage-trail-sleeping-bear-dunes/1143/>