Upstream Access

ADVENTURES WITHOUT LIMITS

Belonging in Nature



A monthly outdoor gathering for disabled folks and allies

Slow down. Breathe deep. Be held by nature. Whether you roll, stroll, walk, or simply want to sit and take it all in - **you belong here**.





The Details

Tualatin Hills Nature Park

1st Wednesday of the month
June-October, 6:00 - 7:30 pm

Bring what brings you joy - knitting, sketching, journaling, or just your presence. Let's connect with the land, ourselves, and each other.

Because access, rest, and belonging in nature are our rights - not privileges.

Join us for a calming, community-centered experience that includes:

- Accessible trails
- Quiet art & reflection space
- Rest breaks + sensory-friendly options
- A space where all bodies & minds are welcome

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