



Recreational and Outdoor Resource List

Brain Injury Alliance of Washington — <http://biawa.org/>

The Brain Injury Alliance of Washington (BIAWA) is dedicated to increasing public awareness, support, and hope for those affected by brain injury. The Brain Health & Wellness Program is a new program of BIAWA and will be ongoing beginning January of 2016. The classes will be non-clinical to enhance quality of life.

FLASH (Fun Leisure Access Savings and Health) —

http://www.agingkingcounty.org/consumers/adults_with_disabilities.htm

Seattle Mayor's Office for Senior Citizens offers a FLASH (Fun Leisure Access Savings and Health) discount and ID card for adults with disabilities in King County. The FLASH Card provides discounts on goods and services from businesses, recreational facilities and events.

Outdoors for All — <https://outdoorsforall.org/>

The Outdoors for All Foundation transforms lives through outdoor recreation, delivering adaptive and therapeutic recreation for children and adults with disabilities. Outdoors for All's programs includes snowboarding, snowshoeing, skiing, cycling, hiking, river rafting, kayaking, day camps, rock-climbing, and more!

Path with Art — <http://www.pathwithart.org/>

Path with Art transforms the lives of people recovering from homelessness, addiction, and other trauma by harnessing the power of creative engagement as a bridge to community and a path to stability.

Access Pass to National Parks — <http://store.usgs.gov/pass/access.html>

A free, lifetime pass - available to residents of the United States that have been medically determined to have a permanent disability - that provides access to more than 2,000 recreation sites.

ADA-Accessible Hikes — <https://www.wta.org/hiking-info/children/kids-hikes/ada-accessible-hikes>

Wheelchair Accessible Trails — <http://www.traillink.com/stateactivity/wa-wheelchair-accessible-trails.aspx>