



## RECREATIONS

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### Outdoor Activities

[www.mass.gov](http://www.mass.gov)

[www.zoaroutdoor.com](http://www.zoaroutdoor.com)

The Northeast's Leader in Outdoor Adventures

#### *Outdoor Explorations*

<http://www.outdoorexplorations.org/>

Outdoor Explorations make the outdoors a welcome place to be for people with disabilities. Kayaking, Ropes Courses, Whitewater Rafting, Hiking, Snowshoeing, Backpacking, Camping, Family Adventures, Sailing, Wildworks, Outdoor inclusivity training! Breaking down barriers to adventure...Wendy Manus, Program Director (781) 395-4999

Massachusetts Trails-Pick trails from all over Massachusetts for free

<http://www.trails.com/>

This is your guide to the outdoors. Planning a day hike, mountain bike ride or backpacking trip? Trails.com has all the information you need to enjoy the outdoors.

#### *Backpacking*

<http://www.hikingandbackpacking.com/massachusetts.html/>

Hiking and Backpacking in Massachusetts - If you happen to be in Massachusetts, you're not far from a great hiking or backpacking trail or area. A couple of top spots include [Cape Cod National Seashore](#) and [Boston Harbor Islands National Recreation Area](#). Also check out the [Mass Central Rail-Trail](#). For specific info on finding the perfect outdoor trail, try [Trails.com](#) for over 30,000 trails. [Wilder net](#) is another Web resource that has a lot of info on finding a good hiking trail.

**OneDayHikes** is a terrific travel resource for discovering the best day hikes and trails in the world. **Gorp** has a great list of places to go as well as tips and guides.

***Hiking-Walking***

**[www.mass.gov/dcr](http://www.mass.gov/dcr)**

**Blue Hills Walking Club-Dept. of Conservation and Recreation  
Blue Hills Reservation-695 Hillside Street.  
Milton, MA 02186 617-698-1802 x3**

***Mall Walking***

**<http://walking.about.com/od/beginners/a/mallwalking.htm/>**

**Shopping malls around the world open their doors early for walkers. What makes this a perfect match? Out of the weather: Inside a climate controlled mall, walkers can dress comfortably and not worry about wind, rain, snow, ice, heat.**

**Away from the traffic: No intersections to cross, broken glass or bushes obstructing the path, auto fumes or rush hour. Security: Walking with others and with mall security on duty. Restrooms and water: always nearby in the mall.**

***Walking Trails***

**[AARP.org/Walking/](http://AARP.org/Walking/)**

**Learn how your Recreational Walks can bring Important Health Benefits**

***Massachusetts Walking***

**[www.local.com/](http://www.local.com/)**

**Find Walking in Massachusetts' On line local search**

**<http://www.local.com/results.aspx?keyword=walking&cid=1264&gclid=CIadkKKTI Z4CFc9h2godmjKk6g/>**

**<http://www.trails.com/>**

**Pick Trails from all over Massachusetts-FREE- This is your guide to the outdoors. Planning a day hike, mountain bike ride or backpacking trip? Trails.com has all the information you need to enjoy the outdoors! Trails.com offers more than 43,000 trail maps and descriptions and topo maps of the entire United States! Save, download, print and email as many of our guides and maps as you'd like!**

### *Fitness Trail Products*

[www.triactiveamerica.com/](http://www.triactiveamerica.com/)

Outdoor fitness products For parks, schools & organizations

[http://walking.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=walking&cdn=health&tm=18&gps=456\\_565\\_926\\_601&f=11&su=p284.9.336.ip\\_&tt=2&bt=1&bts=0&zu=http%3A//www.ava.org/clubs/walknmass/index.htm/](http://walking.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=walking&cdn=health&tm=18&gps=456_565_926_601&f=11&su=p284.9.336.ip_&tt=2&bt=1&bts=0&zu=http%3A//www.ava.org/clubs/walknmass/index.htm/)

### *Top 10 Walk in Boston, Massachusetts*

Volkssport events are organized to entice people of every age, both genders, and all levels of athletic prowess to exercise outdoors at their own pace. ("Volkssport" is intended to mean "sport of the people.") These non-competitive events may be walks, bikes, swims, or cross-country skis. Most popular, however, are the walks—usually 10 kilometers on a well-marked trail with directions and a map to get you back where you started. There is usually a 5 kilometer option for those not wishing to walk 10 kilometers.

Walks are designed to include historic sites, scenic vistas, downtown areas, woodland trails, parks, or other points of interest. Each walk is free.

### *Horseback Riding*

<http://www.horse-riding.net/stables/detailed/4584-horse.html>

<http://www.challengeunlimited.org/>

Kathy Izzi, 450 Lowell Street, Andover, MA 01810, 978-475-4056

Non-profit organization established to serve individuals with and without disabilities using the animals and the environment of Ironstone Farm

[http://www.clear-round.com/complete-equine/therapeutic\\_riding.shtml#Massachusetts](http://www.clear-round.com/complete-equine/therapeutic_riding.shtml#Massachusetts)

[Windrush Farm Therapeutic Equitation, Inc.](#) - a non-profit working horse farm of therapeutic challenge and reward for the disabled, Massachusetts, US-Therapeutic Riding

[1824 Therapeutic Riding Catalog](#) - therapeutic riding centers use many specialized pieces of equipment, not readily found in tack stores; 1824 has gathered together the most commonly requested of these into a convenient, easy to use catalog

[North American Riding for the Handicapped Association](#) the official site of Therapeutic Riding in North America.

[American Competition Opportunities for Riders with Disabilities, Inc.](#) - calendar of shows for riders with disabilities, quarterly newsletter

[Freedom Rider](#) - a catalog for the challenged equestrian

*Baseball*

*Football*

*Soccer*

*Golf/Miniature Golf*

[www.starland.us](http://www.starland.us)

Star Land Mini golf, batting cages, Laser tag, Rock wall, Go Karts, Arcade games

*Yard Sales*

*Flea Markets*

*Fairs*

Topsfield Fair

King Arthur Fair

*Playgrounds*

<http://www.boundlessplaygrounds.org/>

Boundless Playgrounds, Inc. partners with local communities to build inclusive playgrounds where children of all abilities can learn and play together.