



# Adaptive and Accessible Winter Recreation Throughout Washington State



## ***Outdoors for All - Skiing, Snowboarding, and More***

Outdoors for All provides a variety of recreation activities for individuals with disabilities. They offer a wide range of activities for any skill level. Some of the winter activities they offer are downhill skiing, snowboarding, Nordic skiing, and snowshoeing. Most winter activities are held at The Summit at Snoqualmie and Stevens Pass. To learn more visit <https://outdoorsforall.org/>

## ***Adaptive Ice Skating***

Some ice skating rinks offer adaptive skating options. Contact your local rink to learn more about availability.

The Kraken Community Ice plex offers Sensory-Friendly Public Skate. This public skate is designed for neurodiverse individuals and will have a few sensory friendly features: limited attendance, softer lighting, and lower noise levels. A small number of sensory bags will be available to borrow for free, and a quiet room will be reserved for guests who need a quiet space.

To learn more visit <https://www.krakencommunityiceplex.com/public-skating/>

## ***Washington State Parks***

Washington State Parks offers opportunities for many winter activities like snowshoeing, winter hiking, camping, and even access to historic museums and visitor centers.

Washington State Parks offer a free disability pass to Washington state residents who are legally blind, profoundly deaf, or who meet the disability definition used by the Social Security Administration. This allows for free parking at all State Parks. To learn more visit <https://parks.wa.gov/passes-permits/get-park-pass/disability-pass>

### ***Tips for Accessing Accessible Winter Activities:***

- **Call ahead:** Make sure to check availability and specific accommodations at the venue or service provider.
- **Ask about equipment:** Some activities, like skiing or snowshoeing, may offer adaptive gear, but you might need to reserve it in advance.
- **Look for adaptive programs in your local area:** Many outdoor recreation areas offer programs specifically for individuals with disabilities. Reach out to your local parks and recreation department.
- **Check accessibility features:** Confirm that the venue has wheelchair ramps, accessible restrooms, and other accommodations you may need.