

Accessible Hiking within 1 hour of host hotel (Front Range Urban Corridor):

Please be mindful that at high elevations, hiking may be more strenuous because of lower oxygen concentrations in the air. Also be aware that during summer months, afternoon thunderstorms with lightning are common in the Rockies and/or the sun is strong.

Boulder Open Space and Mountain Parks (OSMP) | Boulder

<https://bouldercolorado.gov/services/visitors-experiencing-disabilities>

- Accessible Trails and Sites Guide | Boulder and beyond
<https://bouldercolorado.gov/media/1734/download?inline=>
- Adaptive Cycle Rides (power assist hand cycles) | Boulder downhamt@bouldercolorado.gov
- Roll and Stroll Hikes | Various metro locations rollandstroll@gmail.com

Clear Creek Canyon Park | Golden <https://www.jeffco.us/1196/Clear-Creek-Canyon-Park>

Staunton State Park | Pine <https://cpw.state.co.us/placestogo/parks/Staunton>

- Track Chairs and Freedom Grit chairs
<https://cpw.state.co.us/placestogo/parks/Staunton/Pages/Track-Chair-Program.aspx>

Barr Lake State Park | Brighton <https://cpw.state.co.us/placestogo/parks/barrlake>

Freedom Trax | Lakewood and Golden <https://freedomtrax.com/>.

- Contact Missy Granish MelGra@lakewood.org to inquire about hiking with the Freedom Trax motorized off-road attachment.

Accessible Hiking within 2 hours of host hotel (Front Range):

Wilderness on Wheels – accessible hiking, camping, fishing | Grant

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

Rocky Mountain National Park | Estes Park <https://www.nps.gov/romo/index.htm>

- Timed entry reservations: <https://www.nps.gov/romo/planyourvisit/timed-entry-permit-system.htm>
- Accessibility: <https://www.nps.gov/romo/planyourvisit/accessibility.htm>
 - o This site has even more detailed info on accessible trails in the park
<http://www.trailaccessproject.org/>
- FREE America the Beautiful Access Pass <https://www.nps.gov/subjects/accessibility/access-pass.htm>

Garden of the Gods | Colorado Springs <https://www.gardenofgods.com/>

Non-hiking Resources and Recommendations

See websites for contact info and details on program offerings during Junior Nationals week.

Exploryst - Accessible Travel Planning Resource | Colorado <https://exploryst.com/>

Adaptive Recreation Guide | Denver Metro – links to various adaptive recreation resources
<https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Human-Rights-Community-Partnerships/Commissions/Commission-for-People-with-Disabilities/Adaptive-Recreation-In-The-City>

Inclusive Playgrounds | <https://www.coloradoparent.com/inclusive-playgrounds-denver/>

Listed below are three favorites; fully inclusive playgrounds near Junior Nationals venues.

- Carpenter Park | Thornton <https://www.thorntonco.gov/recreation/facilities/Pages/carpenter-park.aspx>
- Sensory Park | Westminster <https://www.cityofwestminster.us/ParksRecreation/Parks,TrailsOpenSpace/SensoryPark>
- Northern Lights Park | Thornton <https://slidesandsunshine.com/northernlights/>

Move United Member Organizations in Metro Denver, along the Front Range and throughout Colorado can be found [HERE](#).