

## Recreation and Travel Resources

**Birdability** [www.birdability.org](http://www.birdability.org) A crowd sourced site that is sponsored through the Audubon organization that rates potential birding sites and their accessibility

**Travel and Recreating in the Era of COVID 19** archived webinar from June 4, 2021 on the CanDo MS website [www.cando-ms.org/multiple-sclerosis-programs/webinar-series/traveling-and-recreating-safely](http://www.cando-ms.org/multiple-sclerosis-programs/webinar-series/traveling-and-recreating-safely)

[www.activemusers.org](http://www.activemusers.org) Website with articles on travel tips for people with disabilities of all levels and information on products to help with travel demands. It addresses specific types of sports/recreational activities and the resources to help pursue them. Very comprehensive.

**Concert venues** <http://www.adaconcertvenues.com/> The site needs updating post covid but may be a starting point of where to look and then go to the particular venue website for more details

**National Parks Pass** <https://store.usgs.gov/access-pass>

National Park Access Pass

The Access Pass, part of the America the Beautiful – National Parks and Federal Recreational Lands Pass Series, is available free for US citizens or permanent residents with permanent disabilities. Applicants must provide documentation of permanent disability and residency or citizenship. The pass may be obtained in person at a federal recreation site or through the mail using an application form. (Note: While the pass itself is free, the cost of obtaining an Access Pass through the mail is \$10 for processing the application.) Read more about the Access Pass, and other passes, below. Please note that passes are not available at all national parks; see a [list of all federal recreation sites \(PDF\)](#), including national parks, where the passes are issued.

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U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) may get a free, lifetime pass that provides admittance to more than 2,000 recreation sites managed by five Federal agencies, including Lake Mead National Recreation Area. [Access Passes are available online.](#)

Required documentation: A copy of ID issued by an authorized U.S. agency such as your driver's license, passport or state-issued ID and documentation that proves permanent disability such as:

- Statement by a licensed physician (Statement must include: that the individual has a PERMANENT disability, that it limits one or more aspects of their daily life, and the nature of those limitations.)

- Document issued by Federal agency such as the Veteran's Administration, Social Security Disability Income or Supplemental Security Income
- Document issued by a state agency such as a vocational rehabilitation agency

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**Colorado Parks passes:** <https://www.cpw.state.co.us/> to view park passes available in Colorado. If you have a permanent total disability rating the Columbine pass is \$14/year. There are passes for disabled Colorado vets and first responders, Aspen leaf senior passes for residents older than 64 are \$70/yr per vehicle, Centennial passes for income eligible residents for \$14/yr. The standard family pass is \$120/yr and can be transferred between vehicles

<https://www.challengedathletes.org> This organization's website has links to over 40 organizations that cater to disabled athletes in Colorado as well as all other states. If you are interested in a sport and have any form of disability it is a go-to site

wheelmap.org is a crowdsourced site to identify wheelchair accessible sites worldwide

disabledtravelersguide.com It is a resource for worldwide traveling with a disability in a country-by-country format. It was created in 2011 but has many tips and tricks as well as offering a starting place for further exploration to update the pertinent info. There is a free downloadable guide

**TSA precheck**-\$85 fee for a 5 year pass that allows for more easy movement through airport screening lines. The application can be completed on line.

Contact airlines ahead of time to get assistance with your own wheelchair transport or their staff will move you from gate to gate in one of their wheelchairs or carts. Great assistance and just offer a small tip to the transporter.

Keep your medications with your personal carry-on or in a readily available backpack when traveling by car. **See attached suggested travel packing list.** Put in a plastic sheet protector and then check off items as you pack them with an easy erase marker. Recheck this when changing locations on the trip.