

# **Adaptive Trail Exploration**

## **Description:**

Trail exploration provides the opportunity to explore the great outdoors while building cardiovascular fitness, increasing strength and endurance, and socializing and enjoying the company of your peers! Join us in exploring various wheelchair accessible trails in Los Angeles County! Bring your camera to capture the beauty of nature.

## **Expected Group Outcomes:**

- Build strength and endurance
- Build confidence
- Increase self-esteem
- Increase knowledge of leisure pursuits

## **Participant Criteria:**

- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to provide own transportation to the location
- Must be independent with mobility (manual or power wheelchair or walking)
- Must wear shoes if walking

## **Group size:**

Unlimited

## **Cost Per Participant:**

FREE; there may be parking costs depending on location

## **Activity Waivers/Paperwork required (if applicable):**

- Wellness Program Waiver
- Rancho Waiver of Liability

## **Frequency per Month:**

Once per month

## **Locations:**

Various wheelchair accessible trails in Los Angeles County

# Adaptive Trail Exploration Pictures

