

Hiking and TrailRider trip

What: A weekend of meeting new friends and hiking in the beautiful Rocky Mountains.

Where: HI Mosquito Creek Wilderness Hostel

When: Aug 15, 16, 17th

Who: Anyone who enjoys spending time in the mountains and getting off the beaten path! All abilities welcome. Family and friends also welcome to attend.



Advanced Cycling Trip

When: July 11th, 12th, 13th 2014

Where: Athabasca Falls Wilderness Hostel

Who: Cyclists with some experience and comfortable on a bike. All types of bikes are welcome!

We will be having sessions on proper training nutrition, technical points and strategy as well as cycling around the area.

Family and friends are more than welcome to join in!

Sponsors



Partners



Contact Us:

Adapted Adventures

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Adapted Adventures



Spring 2014



Adapted Sailing

When: Saturday, June 14 2014

Where: Wabamun Sailing Club

Who: Everyone is welcome. We have accessible boats, lifts, strong volunteers and support for everyone who is interested. We also have sip and puff technology for those who have limited hand/arm mobility.

You will learn the basics of how to steer, assess the waves and possibly race! Come out and try it!

Time: 10am-3pm

Cost: 30\$

Family and friends are welcome to join!



Outdoor Paracycling

Tuesday ride "Leisure / Intermediate Cycling" :

This will be a ride focused on developing cycling skills, creating a social atmosphere cycling at a leisurely pace.

Dates: June 3, 10, 17, 24, July 8, 15, 22, Aug 5, 12, 19, 26 and Sept 2.

Time: 6:30-8pm

Location: TBD: It will vary throughout the city.

Wednesday ride "High Performance / Advanced Cycling" :

This ride will be a high intensity ride, including hills, speed and distance. This group is for experienced riders.

Dates: June 4, 11, 18, 25, July 2, 9, 16, 23, Aug 6, 13, 20 and 27.

Time: 6:30-8pm

Location: TBD: It will vary throughout the city.

Thursday ride "Apprentice / Beginner Cycling" :

This group is for those with no prior outdoor cycling experience or are not able to cycle independently.

Dates: June 5, 12, 19, 26, July 3, 10, 17, 24, Aug 7, 14, 21 and 28.

Time: 10-11:30am

Location: TBD: It will vary throughout the city.

Costs: \$230 program fees for 12 weeks. This includes insurance.*

\$150 bike rental for 12 weeks.*

***Subsidies are available. Please do not let cost be a barrier to participating.**



Canoeing and Kayaking

When: Mondays, July 7th, July 14th, July 21st, July 28th, Aug 11th, Aug 18th, Aug 25th

Where: Kirk Lake, Edmonton, Alberta

Time: 6:30-8pm

Who: Anyone of any ability or injury level! We have modifications, a lift and strong volunteers to get you on the lake and learning about the sport of kayaking and/or canoeing!

Cost: TBA

Family and friends are welcome!

