



Maryland Recreation and Arts Activities for Adults with Disabilities

Amusement Parks

Six Flags America - restrooms, telephones, restaurants, rides/attractions, theaters, parking, wheelchair rentals, sign language interpreters, guide dogs are permitted, first aid, telecommunication devices available, alternate entrances for rides and special ticket rates. 13710 Central Ave., Largo, MD 20755. 301-249-1500.

<http://www.sixflags.com/america/info/questrelations.aspx>

Frontier Town - restrooms, restaurants, parking, guide dogs permitted, first aid, alternate entrances for rides, special ticket rates. PO Box 691, Ocean City, MD 21842. 410-289-7877.

<http://www.fortwhaley.com/index.cfm>

American Veterans Special *In honor of our Veterans, Friday November 7th to Tuesday, November 11th, Active military can present a current military ID can pay for one night, and get the next night free. Call 410-641-9785 Offer Expires: 12/01/08*

Trimpers - restrooms, restaurants, rides/attractions, parking guide dogs are permitted, alternate entrances for rides, some employees have special training in working with people with disabilities. PO Box 157, Ocean City, MD 21843. 410-289-8617 <http://www.beach-net.com/trimpers/>

Art, Theater and Dance

Enoch Pratt Library - provides special services for people with disabilities including large print books, books on tape, a Kurzweil Reader, Telesensory Vantage CCD, magnifying glasses, assistive devices to access the Internet as well as all the Pratt databases. (ZoomText and JAWS), sign language learning videotapes, closed caption videos and films. For public events the Wheeler Auditorium has an audio loop amplification system. 410-396-5430.

<http://www.pratt.lib.md.us/info/specialneeds.html>

Maryland Arts Access, Inc. - whose goals include making arts, recreation and cultural activities accessible throughout Maryland for all persons regardless of disability or the nature of disability. 1 North Charles St. Blaustein Building, Baltimore, MD 21201. Provides audio description, Braille and large print programs for events. (410) 347-1650.

These organizations provide accessible performances.

- The Mechanic Theater (410) 625-4230
- Baltimore Opera Company, Lyric Opera House (410) 727-6000
- Center Stage (410) 332-0033

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- Pumpkin Theater - (410) 828-1814
- Trinity Church, Lutherville, Maryland- (410) 821-6573

Montgomery County Special Needs Library - serves the reading and information needs of people with blindness or low vision, hearing disabilities, developmental disabilities, learning disabilities, physical disabilities or limited mobility. The Special Needs Library also serves families of people with disabilities, students, service providers, and people who are homebound. Provides Newsline for the Blind. 6400 Democracy Blvd. Bethesda, MD 20817. Voice: (301) 897-2212. TTY: (301) 897-2217 www.montgomerycountymd.gov/content/libraries/disabilities/drc.asp

Paradigm Players - a community theater involving individuals with and without disabilities, on stage, backstage, and in the audience. <http://www.dcmdva-arts.org/sourceth/paradigm.htm>

Rhythms of Hope Dance Company - a dance company for people ages 12-55 who have neurologic disabilities. The company is under the direction of the National Rehabilitation & Rediscovery Foundation, Inc. (NRRF). 2556 Virginia Avenue, NW Suite 160, Washington, DC 20037. NRRFboots@aol.com

The Metropolitan Washington Ear: AD for live theatre, museums, films, training; Radio Reading Service; Dial-In Newspaper and Magazine Reading 301-681-6636; www.washear.org

Camps

Camp Greentop - a residential camp for people with disabilities in the Catoctin Mountain National Park of Maryland (next door to Camp David). The League for People with Disabilities, 1111 E. Cold Spring Lane, Baltimore, Md 21239-3998. (410) 323-0500. <http://www.campgreentop.org>

Camp Pecometh - offers the camping experience to adults over 16 who are mentally and/or physically challenged. 136 Bookers Wharf Road, Centreville, MD 21617. 410-758-0304. <http://www.pecometh.org>

Fairlee Manor - offers services for children and adults with disabilities in Delaware and on Maryland's Eastern Shore including summer camp sessions, adventure education, nurturing family camp, respite weekends, and elderhostel Fairlee Manor 22242 Bay Shore Rd. Chestertown, Maryland 21620. 410-778-0566. http://de.easterseals.com/site/PageServer?pagename=DMDR_recreation_respite

Lions Camp Merrick - provides a summer residential program that is both educational and fun for children and adults who are deaf and hard of hearing, blind and/or diabetic. 3650 Camp Merrick Place, Nanjemoy, MD 20662. 301-870-5858.

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Normandy Farm Therapeutic Riding, Inc. - 3153 Ady Road, Street, MD 21154. Phone: Sara Watson (410) 893-7983 <http://www.normandyfarm.org>

National Center for Therapeutic Riding - 3600 Dustin Road , P.O. Box 434, Burtonsville, MD 20866-0434. Phone: 301-421-0380

United States Driving for the Disabled, Inc. - provides therapeutic equine carriage driving to the disabled. PO Box 264, Jarrettsville, MD 21084. (410) 692-5487. <http://www.usdfd.org/>

Maryland State Parks with Accessibility Features

Assateague State Park - fully accessible to the disabled. Special campsites, beach wheelchair and fishing pier all are all designed for easy access. 7307 Stephen Decatur Highway, Berlin, MD 21811. (410) 641-2120.
<http://www.dnr.state.md.us/publiclands/eastern/assateague.html>

Big Run State Park - handicapped access to camping area and composting toilets. For further information please contact our office (301) 895-5453. Address: c/o New Germany State Park, 349 Headquarters Lane, Grantsville, MD 21536. (301) 895-5453.
<http://www.dnr.state.md.us/publiclands/western/bigrun.html>

Cunningham Falls State Park - a fishing pier located by the boat ramp, a 300 yard long trail to the falls from Maryland Rt. 77, and some restrooms are accessible. 14039 Catoctin Hollow Road, Thurmont, MD 21788. (301) 271-7574.
<http://www.dnr.state.md.us/publiclands/western/CunninghamFalls.html>

Dans Mountain State Park - in Allegany County, about nine miles south of Frostburg, east of MD Route 36, offers an accessible overlook, and an accessible ramp to a swimming pool. There are also picnic tables and pavilions for all to enjoy.
<http://www.dnr.state.md.us/publiclands/western/dansmountain.html>

Deep Creek Lake State Park - several accessible campsites are available by reservation. Waterfront area offers some accessible restrooms. Two accessible fishing docks are available at the park's boating facility. 898 State Park Road Swanton, Maryland 21561. Phone: (301) 387-5563. The Deep Creek Lake Discovery Center offers hands-on exhibits that showcase the natural resources of Western Maryland, families can learn about the flora and fauna, wildlife, cultural and historical heritage that have turned this former logging and coal mining region into a popular modern day vacation destination.
<http://www.dnr.state.md.us/publiclands/western/deepcreeklake.html>

Elk Neck State Park - has several new campsites with full hook-ups that are fully A.D.A. accessible including a sidewalk to an accessible bathhouse. We have several sites for disabled hunters during shotgun and muzzleloader deer seasons. There are several picnic

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sites at both sections of the North East River Area. 4395 Turkey Point Road, North East, MD 21901 (410) 287-5333. <http://www.dnr.state.md.us/publiclands/central/elkneck.html>

Fort Frederick State Park - All facilities are handicap accessible except for barracks. Handicap restrooms are available at visitor center only. 111000 Fort Frederick Road, Big Pool, MD 21711. (301) 842-2155.

<http://www.dnr.state.md.us/publiclands/western/FortFrederick.html>

Green Ridge State Forest - a mobility impaired hunting program, shooting range, overlooks, trails, and camping. 28700 Headquarters Dr, NE, Flintstone, MD 21530-9525. (301) 478-3124. <http://www.dnr.state.md.us/publiclands/western/greenridge.asp>

Greenbrier State Park - some buildings are accessible to the mobility impaired. There is also a water wheelchair available on request to access the swim area. 21843 National Pike, Boonsboro, MD 21713-9535. (301) 791-4767.

<http://www.dnr.state.md.us/publiclands/western/greenbrier.html>

Helen Avalynne Tawes Garden - The barrier-free garden contains pleasant ponds; a raised planter with plants of varied textures, tastes and fragrances; and many cultivated plantings. Representations of the state's various geographic areas are featured in this five-acre garden. <http://www.dnr.state.md.us/publiclands/tawesgarden.html>

Janes Island State Park - all restrooms, 1 cabin, 5 campsites, the Nature/ Environmental Education Center, the fish cleaning table, dock area and the conference center are all accessible to the physically challenged. 26280 Alfred Lawson Drive, Crisfield, MD 21817. (410)968-1565 (office) or 1-888-432-CAMP(2267) for reservations.

<http://www.dnr.state.md.us/publiclands/eastern/janesisland.html>

Martinak State Park - has one camp loop that is handicapped accessible with a central bathhouse. 137 Deep Shore Road, Denton, MD 21629. (410) 479-1619.

<http://www.dnr.state.md.us/publiclands/eastern/martinak.html>

Patapsco Valley State Park - All developed areas of the park have facilities that are accessible to the disabled. Most picnic pavilions and all restrooms are accessible. A one acre pond at the Avalon Area is restricted for fishing to those people under 16, over 64, or disabled with an Access Maryland Pass, and is accessible by wheelchair. Also at the Avalon Area is the scenic Grist Mill Trail. It is a 1 1/2 mile paved multi-purpose trail along the Patapsco River. The trail is wheelchair accessible. A wheelchair accessible platform for fly fishing is available to Anglers at Morgan Run Natural Environment Area. All interpretive and outdoor education programs are scheduled by reservation through the Park Naturalist Office 410-737-0451. 8020 Baltimore National Pike, Ellicott City, MD 21043. (410)461-5005.

<http://www.dnr.state.md.us/publiclands/central/patapscovalley.html>

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Patuxent River State Park - a hunting area located off Howard Chapel Road provides for hunting from a vehicle by special permit available from the Wildlife Division of DNR. Seneca Creek State Park, 11950 Clopper Road, Gaithersburg, MD 20878. (301) 924-2127. <http://dnr.maryland.gov/publiclands/central/patuxentriver.html>

Point Lookout State Park - a limited number of accessible campsites are available, the 710' fishing pier at Point Lookout is accessible, and there are accessible picnic sites at the beach area. The first four sites Green's Point. PO Box 48, Scotland, MD 20687. (301) 872-5688. <http://www.dnr.state.md.us/publiclands/southern/pointlookout.html>

Rocks State Park - handicapped picnic sites are available at Hills Grove and Rock Ridge. Check with park office upon arrival. 3318 Rocks Chrome Hill Road, Jarrettsville, MD 21084. (410) 557-7994 <http://www.dnr.state.md.us/publiclands/central/rocks.html>

Rocky Gap State Park - in Western Maryland, offers a mobility impaired fishing dock, amphitheatre, picnic tables, camping, trail and hunting programs along with interpretive pontoon boat rides. 12500 Pleasant Valley Road, Flintstone, MD 21530. (301) 784-8403. <http://www.dnr.state.md.us/publiclands/western/rockygap.html>

Savage River State Forest - offers two miles of handicapped hunter access roads which are open to hunters throughout the hunting season. (301) 895-5759. 349 Headquarters Lane, Grantsville, MD 21536. (301) 895-5759 <http://www.dnr.state.md.us/publiclands/western/savageriver.asp>

Seneca Creek State Park - most of the facilities in the day use area are accessible, including the Visitor Center where interpretive programs are presented, six large picnic shelters, and many family picnic sites. Three picnic sites have been designed specifically for wheelchair access. The Boat Center has a paved lakefront walkway for fishing access, as well as a wheelchair accessible 32' pontoon tour boat. 11950 Clopper Road, Gaithersburg, MD 20878. (301) 924-2127. <http://www.dnr.state.md.us/publiclands/central/seneca.html>

Susquehanna State Park - the Greenways Trail from Conowingo to Stafford Road is accessible. Address: c/o Rocks State Park, 3318 Rocks Chrome Hill Road, Jarrettsville, MD 21084. (410)557-7994 <http://www.dnr.state.md.us/publiclands/central/susquehanna.html>

National Aquarium

The National Aquarium at Baltimore - offers many accessibility features including Assistive Listening Device;, the AccessAquarium program which offers free evenings at the National Aquarium in Baltimore for individuals who are physically or mentally challenged; ASL Interpreters; Audio Tours, a Braille Tour ; Captioning on all interactive videos; Express Entry for visitors with special needs; Reserved Seating for the dolphin presentation; Scripts

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for all public presentations including seal and puffin feedings, general visitor auditorium programs, the dolphin show and the "Windows on the Wild" exhibit in the Exploration Station are available at the information desks in the Main Aquarium and at the Information Desk; Phones - there is public TTY phone and all public phones are equipped with amplification mechanisms; a "Touch Bag" of tactile items; Tour Guides and Readers - Available on a limited basis through prior arrangement. <http://www.aqua.org/>

Sports

America's Athletes With Disabilities, Inc. - raises and manages the funds necessary to support the Victory Games, athletic competitions held around the country that offer adults and youth with disabilities crucial and valuable experiences in personal growth and achievement. 8630 Fenton Street / Suite 920, Silver Spring, MD 20910. (800) 238-7632 <http://americasathletes.org/>

Baltimore Adapted Recreation and Sports (BARS) - Water skiing, snow skiing, canoeing, sailing, SCUBA, skeet shooting, wheelchair tennis, racquetball, hand cycling, kayaking, nature walks, rafting, and camping programs offered. Recreational Equipment: Bi-skis, mono-skis, water-skis, kayaks, sailboats, tents. PO Box 878, Sparks, MD 21152. 410-472-3363. <http://www.barsinfo.org/>

Maryland Ravens, Inc. - wheelchair softball, basketball, lectures and demonstrations by physically challenged participants which provide excellent "role models" for elementary school children. 829 D Windstream Way, Edgewood, Maryland 21040. (410) 679-9264. <http://www.md Ravens.org/>

Disabled Sports USA (DS/USA) - provides the opportunity for individuals with physical disabilities to participate in sports, recreation and related educational programs, fields teams to compete in the World Championships for track and field, cycling, volleyball, and swimming. 451 Hungerford Drive #100, Rockville, MD 20850. (301) 217-9840. <http://www.dsusa.org/>

Multiple Sclerosis Recreation Programs - bowling, field trips, aquatics, baseball.

- Eastern Shore - 207 Maryland Avenue, Suite #4, Salisbury, MD 21801. (410) 543-0007.
- Western Maryland - 420 E. Patrick Street, Suite 250, Frederick, MD 21701. (301) 288-3808.
- Central Maryland - 10946 Beaver Dam Road, Suite E, Hunt Valley, MD 21030. (410) 527-1770



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Nation's Capital Handicapped Sports - Programs: Darts, Golf, Skiing (at Whitetail, PA), Swimming, Table Tennis, Weight Training, Water Skiing. Major Events: Halloween 5K and 10K run. PO Box 1366, Olney, MD 20830. 301-208-8949, 410-672-6766.

<http://www.ncscd.ca>

Travel

Melwood Access Adventures - an American Camping Association accredited recreation and travel program which offers supported travel experiences year-round. 5606 Dower House Road · Upper Marlboro, Maryland · 20772. (301) 599-8000.

<http://www.melwood.org/howwehelp/recreation/accessadventures.asp>

Water Sports - Boating, Sailing, Swimming

Adapted Aquatics - Adapted Aquatics held at Cedar Lane School in Howard County. For fee and registration information call the TR office at 410-887-5370.

Chesapeake Region Accessible Boating - P.O. Box 6564, Annapolis, MD 21401-0564 . 410-974-2628 . Programs: Adapted Sailing. "Sail Free" clinics, private lessons available.

<http://www.crab-sailing.org/>

National Ocean Access Project (NOAP) - Programs: regional sailing programs, assist U.S. Sailing in conduct of Independence Cup (national disabled yachting regatta). Maintain information on adapted sailing equipment such as the Freedom Independence Sailboat, and adapted sailing seat for paraplegic and quadriplegic sailors. P.O. Box 1705, Rockville, MD 20849-1705. 301-217-9843