

Adaptive Recreation resources from around the area:

North Carolina Wildlife Resource Commission: Trackchair reservations, Game land access information, Huntmaster unit information, etc.

<https://www.ncwildlife.org/Outdoor-Activities/Disabled-Access>

<https://www.facebook.com/ncwildliferesourcescommission/>

Catalyst Sports: (Location in Asheville, NC) Adaptive rock climbing, adaptive mountain biking

<https://www.catalystsports.org/asheville>

<https://www.facebook.com/catalystsportsasheville/>

Special Olympics Burke County: Year round sport competition for individuals with intellectual and developmental disabilities

<https://sonc.net/local-programs/>

<https://www.facebook.com/profile.php?id=61558021944029&mibextid=LQQJ4d>

Walkin' Roll: Adapted T-ball league for individuals with disabilities

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

<https://www.facebook.com/WalkinRoll>

We rock the Spectrum- Hickory: Gym space for all kids

<https://www.werockthespectrumhickory.com/>

<https://www.facebook.com/wrtshickory>

Valdese Lakeside Park: ADA compliant Canoe/Kayak launch and accessible Fishing pier

<https://www.visitvaldese.com/visit-valdese/canoe-kayak-launch/>