

Accessible Recreation Resources Accessible through Bay Area Public Transportation Services

Throughout the San Francisco Bay Area, we have many accessible recreation options reachable by public transportation. These include parks, swimming pools, sports programs, fishing piers, boating areas, and amusement facilities, that are disability-friendly and accessible. Listed below are links to enable you to discover fun adventures. Most Bay Area cities' websites offer information about accessible recreation information and programs, so use your browser to find more, as well as the more specific types of recreational activities listed below.

Here are some links to get you started:

- San Francisco Programs <http://sfrecpark.org/about/disability-questions/>
- Redwood City <http://www.redwoodcity.org/departments/parks-recreationand-community-services/activities-programs/accessible-recreation>
- Alameda <https://alamedaca.gov/city-hall/commission-disabilityissues/accessible-recreation-cdi>
- East Bay Information <http://www.ebparks.org/parks/accessibility>
- San Jose Department of Parks, Recreation & Neighborhood Services offers the Office of Therapeutic Services offers a city-wide adapted sports, social recreation and mental health day rehabilitation programs. (408) 535-3570.

Parks and Playgrounds

In San Francisco, for example, Golden Gate Park is a long park offering many varied spaces and gardens, along with Mission Dolores Park, recently renovated, <http://sfrecpark.org/destination/mission-dolores-park/>.

There are disability-friendly options for children with disabilities. Accessible playgrounds include the Rotary Play Garden in San Jose (<http://www.grpg.org/rpg/>) and Roberts Regional Recreation Area (<http://www.ebparks.org/parks/roberts>) in the Oakland hills which offers a barrier-free playground, one of the largest accessible playgrounds in California.

For additional information on other California accessible playgrounds see: <http://www.accessibleplayground.net/united-states/california/>

Pools

Public and hotel swimming pools are required by the Americans with Disabilities Act to be accessible. An example includes the Pomeroy Recreation and Rehabilitation Center near the San Francisco zoo has a pool as well as accessible basketball courts.

Phone: (415) 665- 4100, website: <http://www.prrcsf.org/index.php/aquatic-services/therapeutic-swim-program.html>

Accessible Trails

Check out information on Bay Area and California Coastal trails that are accessible. The guides are available online and some are even available in print by contacting the California Coastal Conservancy. Below are a few resources:

- [Bay Area Accessible Trail Information](#)
- [San Francisco Bay Area Wheelchair Accessible Trails](#)
- [Mid-Peninsula Trails](#)
- [WheelingCalscoast.org](#) / California Coastal Conservancy California's coastlines offers outdoor adventures for wheelchair riders, with wide, fairly level and firm paths of travel. This guide offers a wealth of information: http://accessnca.org/recreation/recreation_details.php

National, State and Regional Parks

Using your browser, check out these parks, all which offer accessibility information:

Cabrillo National Monument

Point Reyes National Seashore

Golden Gate National Recreation Area

Golden Gate National Parks Conservancy

Santa Cruz State Parks

State Parks of the San Luis Obispo County Coast

East Bay Regional Parks

Sonoma County Regional Parks

Sports and Recreation

[Environmental Traveling Companions \(ETC\)](#) Phone: (415) 474-7662

ETC in San Francisco offers whitewater rafting, sea kayaking and cross-country skiing adventures for people of all ages with a range of disabilities. ETC books trips for agencies, schools and individuals with disabilities, along with their families and friends.

[Bay Area Outreach & Recreation Program](#) Phone: 510-849-4663, Email: info@borp.org

BORP provides challenging and innovative sports and recreation for adults and youth with physical disabilities and visual impairments. They hold an annual adaptive cycling event call "Revolution." They also offer wheelchair basketball programs for adults and children. Basketball wheelchairs are provided if needed.

[Tot Cycle](#)

A website offering lots of resources, mostly aimed at families with kids with disabilities, on ways to cycle together.

Sailing opportunities

Bay Area Association of Disabled Sailors (BAADS) at Pier 40, The Embarcadero San Francisco, CA, 94107, 415-281-0212, <http://www.baads.org>. BAADS seeks to make all aspects of sailing in the San Francisco Bay Area accessible. This includes full participation in teaching sailing, cruising, racing, and developing engineering designs for adaptive equipment to benefit people with diverse abilities.

Exercise / Accessible Gyms

The accessibility of gyms around the Bay Area varies, some promoting their wheelchair access, but that may only mean a level entrance or elevator or use of a pool lift, but not necessarily adapted machines. Contact your local gym to inquire.

- [UC Berkley Recreation Sports Facility](#)

The RSF currently has over a dozen kinds of accessible equipment from Nautilus One machines.

- **Accessible Fitness** (Santa Clara) 2936 Scott Boulevard, Santa Clara, California, 95054, (408) 986-1419 Accessible Fitness offers a completely wheelchair accessible Fitness Center facility and personal training.

- [YMCA SF](#) offers a low-cost solution for access to a gym and pool. Contact your local area YMCA for more information on accessibility. San Francisco has a variety of locations contact the location nearest to you for access information.

Dance, Creative and Expressive Activities

- [Axis Dance Company](#) (Oakland) - a wheelchair dance troupe based in Oakland, CA. AXIS has workshops and classes and summer intensives for wheelchair dance, and presents performances around and beyond the Bay Area.
- Culture Disability Talent (CDT) (Berkeley)
<http://www.culturedisabilitytalent.org/mission.html> CDT is a non-profit, collaborative organization that works to transform disability stereotypes by providing access and opportunities for performers and mediamakers with disabilities. Comprised of disability cultural artists, activists and allies, CDT promotes artistic excellence and diversity by presenting disability cultural events.
- NIAD Arts Center (Richmond) <http://niadart.org> provides art instruction, open studio type and gallery for artists to sell their work.

Van Rentals

- [Accessible Vans of America](#)
Ramped minivans for rent daily and weekly rates, airport delivery for a fee.
Information Phone: 866-224-1750
- [Mobility Works](#)
Ramp-equipped van rentals and sales. They are based out of San Jose and serve Oakland, San Jose and San Francisco airports. 1-877-275-4915
- [Wheelchair Getaways](#)
Ramped minivans for rent daily and weekly rates, airport delivery for a fee. (800) 642-2042

Public Transportation Sources

These sites serving the Bay Area can help you plan your trip using public transportation:

[San Francisco Municipal Transportation Agency](#) lists accessible service on buses, BART, and cable cars serving San Francisco. See other's like this in the "County by County" briefs in this document.

San Francisco/Bay Area Transit Information