



**COMMON  
TRAIL**  
ALLIANCE



# Accessible Trails Matter

People with disabilities face many barriers in accessing outdoor spaces, and inaccessible trails can limit their ability to participate in activities that others may take for granted. Accessible trails allow people in wheelchairs to experience the benefits of nature, such as fresh air, exercise, and stress reduction. They promote socialization and community building as people with disabilities can participate in outdoor activities with family and friends.

The ability for wheelchair users to hike freely also provides a sense of empowerment and freedom as they no longer have to rely on others for assistance to enjoy outdoor activities.



# Eliminate Barriers

THE OUTDOORS ARE FOR EVERYONE

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# Diversify the Outdoors

It is essential to diversify the outdoors and make it accessible to all humans because nature belongs to everyone. Outdoor activities and the benefits of being in nature should not be limited to certain groups of people based on race, gender, or socio-economic status.

By diversifying the outdoors, we can create a more inclusive and equitable society. When people from diverse backgrounds and abilities have access to the outdoors, it promotes social cohesion, increases understanding, and reduces prejudice and discrimination.

**GET INVOLVED - LEARN MORE - 407-799-1233**







# Advocates for a Better Trail

BETTER TRAILS, HAPPIER HIKERS

Universal access to trails benefits everyone. It promotes inclusivity and equal opportunities for all individuals to enjoy the benefits of nature and outdoor activities. It creates a sense of community and brings people from different backgrounds and abilities together. Moreover, accessible trails encourage physical activity, which is vital for maintaining good health and reducing the risk of chronic diseases. Trails that are accessible to people with disabilities also provide opportunities for education and awareness about accessibility and disability rights.

Finally, accessible trails promote environmental conservation by encouraging more people to engage with nature and become invested in preserving natural spaces. Therefore, providing universal access to trails is not only an issue of social justice but also a smart and beneficial investment for society as a whole.







# Discover Common Ground

IN THE GREAT OUTDOORS



# Moving Towards a Better Trail

We know the problems, so what are the solutions? Creating and enforcing accessibility guidelines can ensure that all new trails and outdoor spaces are designed with accessibility in mind. Additionally, retrofitting existing trails with accessible features such as ramps, boardwalks, and smooth surfaces can increase accessibility.





ALL IN ALL

# Accessibility Matters

It ensures that people with disabilities can participate in society and enjoy the same experiences as their able-bodied peers. When we make our physical spaces, technology, and services accessible, we break down barriers and create a more equitable society.





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