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Travel, Sports, and Adventure for People with Disabilities

These nonfiction books offer advice, practical tips, and inspiration for active people with a variety of disabilities. To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Select titles can be [downloaded from BARD](#).

Sports for the Handicapped By Anne Allen

Read by Phil Regensdorf Reading time 2 hours, 15 minutes
Capsule sketches of individual athletes illustrate the range of recreational activities and sports available for the enjoyment of disabled people. Includes swimming, skiing, track and field, football, horseback riding, and wheelchair basketball. Also lists organizations devoted to sports for the disabled. For high school and adult readers.

[Download from BARD: Sports for the Handicapped](#)

Also available on cassette RC018776

Travels in a Blue Chair: Alaska to Zambia, Ushuaia to Uluru : a Series of Short Stories By Walt Balenovich

Read by Guy Williams Reading time 13 hours, 55 minutes
Balenovich, who had polio in childhood, recounts adventures in his blue-colored wheelchair--a device he believes does not confine him, but gives him the freedom to travel and meet new friends. Describes exploring Australia's Great Barrier Reef, celebrating Chinese New Year in Thailand, and breaking a knee in Zambia. 2007.

[Download from BARD: Travels in a Blue Chair: Alaska to Zambia...](#)

Also available on digital cartridge DB067926

The Care and Feeding of the Long White Cane: Instruction in Cane Travel for Blind People By Thomas Bickford

Read by Ed Blake

Reading time 1 hour, 49 minutes

The author, blind himself, begins with instructions for novices in cane use and continues with step-by-step advice on walking within buildings, following traffic patterns, and using public transportation. Also discussed are recreational hiking and dealing with inclement weather.

[Download from BARD: The Care and Feeding of the Long White Cane](#)

Also available on cassette RC037053

[Download from BARD as Electronic Braille BR09342](#)

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Water Sports for the Disabled By British Sports Association for the Disabled

Read by Richard Dorf

Reading time 4 hours, 26 minutes

Addresses the possibilities for physically or mentally handicapped individuals to participate in fishing, canoeing, rowing, sailing, skin diving, water skiing, swimming, and other related activities. Includes modifications and devices that can be bought or made to make these sports accessible to the disabled.

[Download from BARD: Water Sports for the Disabled](#)

Also available on cassette RC021153

Sites Unseen Traveling the World Without Sight By Wendy S. David

Read by Kerry Dukin

Reading time 7 hours, 14 minutes

Based on her own experiences in Europe and North America, well-traveled blind psychologist provides tips and tools for taking trips without sighted assistance. Discusses where to go, how to get there, what to bring, what to do, and what questions to ask. 2010.

[Download from BARD: Sites Unseen Traveling the World Without Sight](#)

Also available on digital cartridge DB073854

Fodor's Great American Vacations for Travelers with Disabilities By
Fodor's Travel Publications Inc.

Read by Rick Rohan

Reading time 51 hours, 27 minutes

This handbook for travelers with physical handicaps includes accessibility information in three categories--mobility, hearing, and vision--as well as names and addresses of specialized services and facilities. Destinations include major U.S. cities, numerous national parks, Pennsylvania Dutch country, and Walt Disney World.

[Download from BARD: Fodor's Great American Vacations for Travelers...](#)

Also available on cassette RC044697

An Ocean to Cross: Daring the Atlantic, Claiming a New Life By Liz Fordred

Read by Janis Gray

Reading time 10 hours, 34 minutes

Account of a resourceful paraplegic couple who built a boat in landlocked Rhodesia (now Zimbabwe) and sailed from South Africa to the Americas in 1981. Fordred describes how she and her husband, Pete, overcame formidable obstacles in constructing the Usikusiku to accommodate their handicaps. Details their remarkable journey to gain independence and a new life. 2001.

[Download from BARD: An Ocean to Cross: Daring the Atlantic...](#)

Also available on digital cartridge DB058390

Also available on cassette RC058390

101 Accessible Vacations :Travel Ideas for Wheelers and Slow Walkers By

Candy Harrington

Read by Faith Potts

Reading time 12 hours, 37 minutes

Author of Barrier-Free Travel (RC 61293) provides a guide to United States destinations for people with mobility problems. Details cities, national parks, historical attractions, and recreational opportunities under categories such as big city, the great outdoors, road trips, cruises, small towns, and family fun. Covers lodging. 2008.

[Download from BARD: 101 Accessible Vacations: Travel Ideas for...](#)

Also available on digital cartridge DB067755

22 Accessible Road Trips Driving Vacations for Wheelers and Slow Walkers By Candy Harrington

Read by Theresa Conklin

Reading time 10 hours, 10 minutes

Advocate for accessible travel presents twenty-two itineraries designed for wheelchair users and/or slow walkers. Trips cover the continental United States, including one featuring Utah's five national parks and another showcasing "Land of Lincoln" in Illinois and the Iowa filming location of the movie Field of Dreams. 2012.

[Download from BARD: 22 Accessible Road Trips Driving Vacations...](#)

Also available on digital cartridge DB075991

Barrier-Free Travel a Nuts and Bolts Guide for Wheelers and Slow Walkers

By Candy Harrington

Read by Margaret Strom

Reading time 10 hours, 39 minutes

This edition of Barrier-Free Travel (RC 56626), revised after September 11, 2001, contains updates on access-related rules and regulations and airport security procedures that apply to wheelchair-users and slow walkers. Covers travel with wheeler kids, tips and tools for planning a trip, and expanded sections on cruises and resources. 2005.

[Download from BARD: Barrier-Free Travel a Nuts and Bolts Guide...](#)

Also available on cassette RC061293

There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers

By Candy Harrington

Read by Frank Coffee

Reading time 7 hours, 33 minutes

Guide to one hundred U.S. lodgings that the author deems accessible and welcoming to people with impaired mobility. Reviews inns, bed-and-breakfasts, a safari park, a dude ranch, and other small facilities, detailing accessibility features including sleeping and bathroom accommodations. Lists properties by state and provides sightseeing suggestions. 2006.

[Download from BARD: There is Room at the Inn: Inns and B&Bs for...](#)

Also available on cassette RC062606

Boating for the Handicapped: Guidelines for the Physically Disabled By Eugene Hedley

Read by Phyllis Fabera

Reading time 3 hours, 15 minutes

Provides information for physically handicapped individuals who are involved in recreational boating activities. Offers guidelines in independence afloat, safety afloat, emergency procedures, access, and boats and boating. The print edition contains a summary of the guidelines in braille.

[Download from BARD: Boating for the Handicapped: Guidelines for the...](#)

Also available on cassette RC016251

Access Anything I Can Do That! : Adventuring with Disabilities By Andrea C. Jehn

Read by Kristin Allison

Reading time 3 hours, 59 minutes

Guide to sports and travel for people with disabilities features interviews with world-class athletes, including a paraplegic skier. Describes forty-five individual and team sports adapted for people of varying physical abilities. Covers rules and equipment. Provides tips for travel by airplane, car, charter bus, cruise ship, and train. 2007.

[Download from BARD: Access Anything I Can Do That! Adventuring...](#)

Also available on digital cartridge DB069444

Also available on cassette RC069444

Life on Wheels for the Active Wheelchair User By Gary Karp

Read by Mark Ashby

Reading time 20 hours, 33 minutes

A guide to help people with mobility disabilities enhance their quality of life and adapt more completely to wheelchair use. Karp, who lives fully despite his inability to walk, provides information on home access, intimacy issues, medical concerns, and selecting a wheelchair. Also discusses applicable politics and legislation. 1999.

[Download from BARD: Life on Wheels for the Active Wheelchair User](#)

Also available on cassette RC057050

Traveling Blind Adventures in Vision with a Guide Dog by my Side By

Susan Krieger

Read by Mitzi Friedlander

Reading time 8 hours, 7 minutes

Stanford professor Krieger describes adapting to life with progressively limited vision caused by birdshot retinochoroidopathy. She writes of embarking upon local and long-distance trips and exploring the southwest desert with her guide dog Teela and her lover Hannah. 2010.

[Download from BARD: Traveling Blind Adventures in Vision with a...](#)

Also available on digital cartridge DB071184

[Download from BARD as Electronic Braille BR18861](#)

Also available in braille BR018861

The Encyclopedia of Sports and Recreation for People with Visual Impairments By Andrew Leibs

Read by Jack Fox

Reading time 9 hours, 14 minutes

Profiles thirty-six sports and recreational activities, from alpine skiing to yoga ,that are adapted for individuals with low or no vision. Lists camps, products, and organizations and highlights athletes, coaches, and participants in a variety of programs. 2013.

[Download from BARD: The Encyclopedia of Sports and Recreation...](#)

Also available on digital cartridge DB076499

[Download from BARD as Electronic Braille BR19943](#)

Martial Arts for People with Disabilities By Chris McNab

Read by Dave Corey

Reading time 1 hour, 46 minutes

Instructions, tips, drills, and combat and self-defense techniques for individuals with upper-limb, lower-limb, and/or sensory and learning disabilities. Provides guidelines for selecting training programs and portrays athletes with acute disabilities who have succeeded in martial arts. For junior and senior high and older readers. 2003.

[Download from BARD: Martial Arts for People with Disabilities](#)

Also available on cassette RC058849

Access America Guide to the Western National Parks and Atlas and Guide for Visitors with Disabilities By Northern Cartographic Inc

Read by Dave Jackson Reading time 4 hours, 36 minutes

A guide to the accessibility of parks such as Olympic, Yosemite, Mount Rainier, and Crater Lake for visitors with disabilities. Parks are evaluated as accessible; usable, but with assistance; or inaccessible. Includes information on parking, restroom, dining, and lodging facilities, as well as programs for persons with various disabilities.

[Download from BARD: Access America Guide to the Western National...](#)

Also available on cassette RC031070

[Download from BARD as Electronic Braille BR08284](#)

Also available in braille BR008284

How to Travel a Guidebook for Persons with a Disability By Fred Rosen

Read by Gregory Gorton Reading time 3 hours, 39 minutes

A travel consultant for people with special needs outlines options for transportation, accommodations, dining out, and cruises. Offers practical advice to enhance a trip. 1997.

[Download from BARD: How to Travel a Guidebook for Persons with a...](#)

Also available on cassette RC057909

PassPorter's Open Mouse for Walt Disney World and Disney Cruise Line Easy-Access Vacations for Travelers with Extra Challenges By Deb Wills

Read by Kerry Cundiff Reading time 24 hours, 32 minutes

Comprehensive guide to vacationing in Disney's Florida resorts or on Disney cruise ships for special-needs travelers with hearing or vision impairment, mobility issues, and other physical, mental, or dietary considerations. Provides information on finding accessible accommodations and eateries, getting around, and enjoying each theme park and attraction. Includes resources. 2007.

[Download from BARD: PassPorter's Open Mouse for Walt Disney...](#)

Also available on cassette RC065863