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Travel/Recreation for Persons with Disabilities

This topic has three parts. The first part is the information on travel tips that State Department of Health, Disability and Communication Access Board publishes. The second part are links for Hawaii travelers who need assistance travelling outside of Hawaii. And the last part is a list of recreation activities in Hawaii for persons with disabilities.

The travel guides below will assist people who are travelling to Hawaii with information about the accessibility of Hawaii's airports and transportation systems.

[Travelling to Oahu](#)

[Travelling to Kauai](#)

[Travelling to Hawaii \(Big Island\)](#)

[Travelling to Maui and Molokai](#)

Below is the Air Carrier Access Act of 1986 as amended which ensures that individuals with disabilities will be treated without discrimination and require U.S. and foreign air carriers (under certain conditions) to make aircraft, other facilities, and services accessible and take steps to accommodate a passenger with a disability.

[AIR CARRIER ACCESS ACT OF 1986 as amended](#)

For questions regarding travel in Hawaii for persons with disabilities, please contact the State of Hawaii, Department of Health, Disability and Communication Access Board at 808.586.8121

Resources below are for travelers with special needs who will be travelling outside of Hawaii.

Trips Inc. Special Adventures (*For-Profit Organization*)

Phone: 541.686.1013 Website: www.tripsinc.com

New Directions Travel (*Non-Profit Organization*)

Phone: 805.967.2841 Website: www.newdirectionstravel.org

Hammer Travel (*For-Profit Organization*)

Phone: 1.877.345.8599 Website: www.hammertravel.org

RECREATION FOR PERSONS WITH DISABILITIES

Therapeutic Recreation Unit

Department of Parks & Recreation

Oahu: 808.768.3027 (V/T)

Maui: 808.270.7979

Hawaii (Big Island): 808.961.8740

Kauai: 808.245.2618

All four counties offer recreation activities for person with disabilities including classes in athletics, competitive sports, music, dancing, arts and crafts, and cultural activities. These activities are available to the public at little or no cost. (*Government Agency*)

Beach Wheelchair Access
Department of Parks and Recreation
Oahu: 808.768.3027 (Voice and TTY)

All four counties provide all-terrain wheelchairs with oversized rubber tires to ride over soft sand or uneven terrain without sinking. Beach access mats provide a firm, flat surface on the soft sand. Locations and hours of operation are subject to change, please call in advance. (*Government Agency*)

United Cerebral Palsy Association of Hawaii

MAC Plus (Oahu)

Phone: 808.532.6748

Website: www.ucpahi.org/page/show/1629736-mac-plus-kuwili-martial-arts-center

Mac-Plus Recreation is a community based recreation program geared especially for people with disabilities. This program is designed to offer an opportunity for individuals with disabilities to participate in and experience a variety of recreational activities, while at the same time forming new friendships and expanding participants' social networks. Examples of some of the activities offered include UH sports events, outdoor and ocean recreation activities, dinners at a variety of Honolulu restaurants, and special events such as plays, stage shows, and visits to local attractions such as Sea Life Park, the Honolulu Zoo, whale watch cruise aboard the Star of Honolulu, and a leisurely ride on the Hawaiian Railway. (*Non-Profit Organization*)

United Cerebral Palsy Association of Hawaii

Kuwili Marital Arts Center (Oahu)

Phone: 808.532.6748

Website: <http://www.ucpahi.org/page/show/1629736-mac-plus-kuwili-martial-arts-center>

Specializing in adaptive martial arts since 1999, this unique and innovative program offers martial arts training for individuals with disabilities. Person-centered and fully inclusive, all students participate in training activities regardless of ability. Rank promotions are earned based on effort, attitude, and class attendance, with training centered on the schools five core tenets of Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Through

consistent, disciplined practice Kuwili Martial Arts students gain a sense of empowerment, confidence, and self-esteem, as well as improving their physical health. (*Non-Profit Organization*)

Therapeutic Horsemanship of Hawaii (Oahu and Hawaii-Big Island)

Oahu: 808.342.9036

Big Island: 808.937.7903

Website: <http://thhwaimanalo.org/>

Therapeutic Horsemanship is improving the life of an individual's mind and body using horses as a tool. Our sessions include grooming, saddling, riding and learning all about horses. Session activities vary wildly depending on the abilities of our riders. (*Non-Profit Organization*)

Esprit de Corps Riding Academy (Kauai)

Phone: 808.822.4688

Website: <http://kauaihorses.com/>

Esprit de Corps Riding Academy offers lessons for persons with disabilities. As each person is different with different needs, we speak in advance to the person or their caregiver to see how we can best create a fun, safe environment. We have ponies, small horses, and horses for larger people. We do not have a hoist or platform, and rain is common in Kauai, so riders need to be somewhat mobile. The lead instructor has taught Special Education in the public schools and has been teaching horsemanship for 40 nearly years. (*For-Profit Organization*)

Accessible Hawaii (Big Island)

Phone: 808.896.8967

Website: www.accessiblehawaii.com

Accessible Hawaii connects people with physical limitations to adapted activities and accessible facilities on the West Coast of the Big Island. (*Non-Profit Organization*)