


State Parks-ADA Accessible and Wheelchair Friendly Trails

There are about 41 State Parks in Colorado. Admission for a day is \$7-\$10 per vehicle. There is no charge for vehicles bearing a disabled veteran's plate.

- **Arkansas Headwaters Recreation Area**

The AHRA has a variety of trails for outdoor recreation.

 Hayden Meadows “at the northern end of AHRA, has ADA accessible interpretive and fishing trails, 5 wetland boardwalks, and 2 bridges surrounding a small reservoir.”

Phone 719-539-7289 [Map & Brochure](#)

- **Barr Lake State Park**

Phone 303-655-1495 or 303-659-6005 [Trails](#) [Brochure and Map](#)




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Boardwalk to Waterfowl Observation Point,
Barr Lake State Park

The park surrounds a 1900 acre reservoir ringed with Cottonwoods, marshes and aquatic plants. It is a favorite with the birding community.

You can ride their “Eagle Express” (like a golf cart seating 14) for a naturalist guided tour. It is available in warm weather on weekends. Call 303-659-6005 for information. Barr Lake also just opened a new ADA compliant fishing pier!

 Although the road around the 9 mile perimeter of the lake is not officially ADA compliant, it is a hard pack, dirt and small gravel road and outside of serious mud and snow times shouldn't pose a problem. From the Nature Center to a Gazebo reached by a boardwalk over the water is 1.2 miles. In fair weather

this includes a spectacular view of the Front Range, but even on a poor day, the lake, waterfowl and old cottonwoods make a pretty walk. There is an accessible blind for wildlife observation.

♿ Niedrach Nature Trail is partly boardwalk, and once current improvements are made, may also become wheelchair accessible, although it is a little narrow in places.

♿ Fox Meadows Trail is easy walking, but includes a few steps.

- **Castlewood Canyon State Park**

Castlewood Canyon State Park near Franktown, Colorado has wheelchair accessible trails as well as more difficult hikes into the canyon. The park is the site of the Castlewood Dam which burst in 1933, sending the waters of Cherry Creek into Denver in a 15' wave. Leashed pets are welcome on most trails. The east side, where the Visitor Center is, has two concrete-paved trails, picnic tables, an amphitheater, and an easy walking trail. Here is their [website](#). [Trails Map](#) Phone 303-688-5242

♿ The Canyon View Nature Walk is 1.2 miles between parking lots and is ADA accessible.

♿ The Bridge Canyon Overlook trail is 400 ft one way.

♿ The first few hundred feet of so of the Lake Gulch trail, leading north from the parking lot has spectacular views of Pikes Peak. Eventually it drops down in a set of difficult steps.




Canyon View Trail, Castlewood Canyon State Park

Chatfield State Park

This state park surrounds Chatfield Reservoir, southwest of Denver. Together they comprise 3,895 acres of water and mostly flat land. Recreational activities here include hiking, horseback riding, fishing, boating, swimming and camping. Chatfield is a good place for birding. Wildlife includes muskrat, coyote, foxes, white-tailed deer and bear.

Phone 303-791-7275 [Park website](#) [Trails](#) [Trail Map](#) [Park Brochure](#)

 The Chatfield Internal Trails network is 10 miles of ADA accessible paved trail. The Chatfield Dam Trail is 2.4 miles of ADA accessible asphalt.


- ## **Eldorado State Park**

Eldorado State Park, near Boulder west of highway 93 is a day use park which offers hiking between sandstone cliffs, picnicking along along South Boulder Creek and views of climbers on spectacular rock exposures. GPS at entrance station: N39° 55.923 W105° 16.839.

Here is their [website](#). Phone 303-494-3943 [Trails](#) [Map and Brochure](#)



Fowler Trail

 The Fowler Trail is a self-guided nature walk built for wheelchair use. There is one rather narrow spot, but I was assured that people negotiate it without problems. It is about 1/2 a mile long and has great views. Bring your own binoculars as the two telescopes set up for viewing raptors (or climbers) on the other side of South Boulder Creek are too high for viewing from a wheelchair.



Looking east from Fowler Trail



Heading down Fowler Trail

Golden Gate State Park

Visitor Center Show Pond Trail

Permitted users: Walkers only

Total distance: 0.25

Usage: High

Degree of difficulty: Easy

Elevation: starts and finishes at 8,200 feet

ADA accessible: Yes

Comments: This short interpretive walk around the Visitor Center show pond, provides information on local plant and animal life at Golden Gate. It is a nice way to break up your visit to Golden Gate. Picnic facilities make it an ideal location for lunch.

Mueller State Park

Phone 719-687-2366 [Short Trails for the Family](#) [Trails Map](#)

 Dragonfly Loop 0.20 mile a very short paved trail, but a pretty spot good for fishing, birding, wildlife and flowers.

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Mueller State Park



From Wapiti Trail, Mueller State park

- **Ridgeway State Park** Phone 970-626-5822 [Trails](#) [Map](#) [Brochure and Trails Map](#)
 - ♿ Mear's Bay Trail 1.0 mile concrete trail that “winds along the shoreline of Mear's Bay in the Dutch Charlie area. Waterfowl such as Western grebe, Canada geese and great blue heron can be seen here during the more quiet hours of the day. Enjoy beautiful views of the San Juan Mountains reflected in the bay.”
 - ♿ Marmot Run Trail 1.8 mile that “runs along the east shore of the Uncompahgre River and the Ridgway Reservoir.”
 - ♿ River Walk 0.2 mile runs along the Uncompahgre River
 - ? Forest Discovery Trail 0.6 mile is a steep, up to 12% grade, self-guided nature walk, but has a “compacted – firm” surface with no obstacles. It is next to the Dutch Charlie Visitors Center, so you could ask there about difficulty.
- **Rifle Falls State Park**
- **Roxborough State Park**

This beautiful park near Denver is a designated National Natural Landmark. “The park, with close to 4000-acres, is filled with dramatic red-rock formations, distinct plant communities, and a host of wildlife ranging from

black bears to mule deer.” There are accessible restrooms and a visitor center. The park is day use only. Phone 303-973-3959 Here is the [park website](#). [Trails](#) [Brochure](#) and [Trail Map](#)



] The Roxborough Ride gives disabled visitors a naturalist-led tour of the Fountain Valley Trail. You can ride this trail in the “Roxborough Ride”, a golf cart seating 6 guests and a volunteer driver/naturalist guide. Although the Ride is free, donations are requested. Each disabled person must be accompanied by an able

person to help them on and off the cart. The ride is usually scheduled for Saturdays and Sundays and reservations are wise. Call the park, 303-973-3959, for more information.

- **St. Vrain State Park**

- 🦫 **Muskrat Run Nature Trail**

Permitted uses: Foot and non-motorized bicycles.

Total distance: 1 mile

Usage: Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Hiking with Umbrella Comments: The Muskrat Run Nature Trail circles Sandpiper Pond and is about one mile in length. Here you will find picnic shelters on the north side of Sandpiper Pond, while the cattails and tall reeds rustle in the wind along the east. The trail also connects to smaller honey holes at Killdeer and Avocet Pond, before running along Mallard Pond and the Camper Services Building. Fishing piers are available for the avid fisherman and don't be surprised if you observe one of our many muskrats trying to steal your fish off the line!

- 🦫 **Bald Eagle Pond Trail**

Permitted uses: Foot and nonmotorized bicycles.

Total distance: 1 mile

Usage: Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Bald Eagle Pond Comments: On the south side of the entrance road is Bald Eagle Pond, home to bass, crappies, bluegill, perch and catfish. This approximately one mile trail leads away from the day-use picnic area and encircles the pond, with easy access to the banks for fishing. Small cottonwoods flank the edges of the pond and meadows spread into the quiet, serene, natural beauty of the park. Look towards the tall cottonwood on the island in the northwest corner of the pond to see why it's called Bald Eagle Pond.

Coot Pond Trail

Permitted uses: Foot and nonmotorized bicycles.

Total distance: .5 miles

Usage: Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Coot PondComments: This half-mile trail separates Coot and Pintail Ponds, and has easy access to the designated rock piers for fishing. A peaceful, less populated trail, Coot Pond Trail is very scenic with beautiful views of Long's Peak and the Front Range, as a backdrop to the west. The trail can be accessed from the Coot Campground to the east or Blue Heron Reservoir to the west.

Pelican Pond Trail

Permitted uses: Foot and nonmotorized bicycles.

Total distance: 1.3

Usage: Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Pelican Pond TrailComments: The Pelican Pond Trail at the north end of the park is a 1.3 mile loop around one of the largest ponds on the park. It is a virtual bird watching trail, from the graceful American White Pelicans to the Cormorants atop the driftwood, mingling with the Mallard and Goldeneye Ducks. Flowers adorn the path and the adjoining meadows, while the St. Vrain Creek swiftly flows on the north side of the pond. Huge cottonwoods provide shade over several benches along the way, for a cool rest on a warm day.

Red Tail Pond Trail

Permitted uses: Foot and nonmotorized bicycles.

Total distance: .35 miles

Usage: Low - Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Comments: This .35 mile trail sits between Red Tail campground loop and Kestral campground loop. Visitors looking for a simple, enjoyable walk will find just that at Red Tail Pond Trail. It also provides easy access to the pond for a fun fishing experience. For visitors not camping, the Red Tail Pond Trail can be accessed from public parking along the main road leading through the South campgrounds.

Blue Heron Trail

Permitted uses: Foot and nonmotorized bicycles.

Total distance: 1.6

Usage: Medium

Degree of difficulty: Easy

ADA accessible: Yes

Pets: Yes and must be under control and on a leash not exceeding 6 feet in length.

Comments: Blue Heron Trail surrounds Blue Heron Reservoir, the largest body of water at the park. Enjoy open spaces and incredible views of Long's Peak. You won't want to miss seeing a breath-taking sunset from the trail. The trail also provides shore access for fishermen trying to land a bass, catfish, walleye, crappie, sunfish or bluegill. Bird enthusiasts will appreciate the different avian species that use Blue Heron Reservoir as a stop over on migratory flights or call it home year-round. Take the first right past the self-serve kiosk at the park entrance to access to the trail.


- **Staunton State Park**

phone 303-816-0912

Staunton State Park, north of US285 near Shaffer's Crossing, is the most recently opened of Colorado's state parks. The park features high grassy meadows at 8,100 feet in altitude to granite cliffs over 10,000 feet. "Staunton State Park's varied geology, soils, water features, and climate support rare and unexpected plant communities and a rich diversity of wildlife..."

Although not listed as "accessible" several of the trails are smooth and easy. We walked just the lower first 2 miles of the Staunton Ranch trail, which meant a 4 mile round trip and my (then) 88 year old husband had no problem with it. Here is the [Park's website](#). There is a 20' by 12' ADA access fishing pier at the Davis Ponds. [AllTrails' description](#) [Park Brochure](#) [Trail](#)

Map Leashed pets are allowed.

 A wonderful new development at Staunton is their motorized track chair. Call ahead to reserve the chair, which can be used on 10-15 miles of trail within the park. There is no extra charge other than the park's pass required of everyone.




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Davis Ponds Loop Trail, Staunton State Park



© Cecilia Travis 2013

Davis Ponds Loop Trail, Staunton State Park

 Davis Ponds Loop trail 2.3 miles is easy and has been recently improved. There are a couple of places that might be a little steep without brakes, but I have seen steeper labeled “wheelchair accessible”.

Steamboat Lake State Park

- Phone 970-879-3922 Trails Map and Brochure

 Willow Creek Trail 3.8 miles total