



THE GORGE • OREGON COAST • THE VALLEY

EXPLORE OREGON



WITH ABILITY TRAINING SERVICES

WILLAMETTE RIVE • MOUNT HOOD

20

19

About Explore Oregon

Explore Oregon is a program hosted by Ability Training Services that offers day trips once a month from May through September for adults who experience I/DD and who can safely function in the community in groups of 3-4 people per one provider.

Not everyone can get to these unique destinations on their own, so ATS works hard to bridge the gap by providing experienced helpers, transportation services, communication supports and networking opportunities so that people of all abilities can explore Oregon safely.

Where We Go

In 2019, we will explore:

The Gorge

Mt. Hood

The Oregon Coast

The Valley

The Willamette River

You may sign up for as many or as few trips as you'd like! All trips are all inclusive (two meals, transportation, any admission or fees included in price).



The Gorge

All Day Trip

May 4th, 2019

\$35

We'll begin the trip with a hike at Multnomah Falls! After the hike, we will go to the Multnomah Falls Lodge for lunch. Then we will go to Bonneville Dam for a tour that discusses the science and history of the dam. After the tour, we'll head to Bonneville Fish Hatchery where we will continue learning about the fish and wildlife in the Columbia River. We'll finish the day at Wahkeena Falls where we will eat a relaxing picnic dinner and view the waterfall.



Mt. Hood

All Day Trip

June 15th, 2019

\$70

We will head to Mt. Hood for a day of fun at their Adventure Park. We will get all day adventure passes which allows us access to slides, go karts, pony rides, canoes, carousels, volleyball, badminton, trampolines, tight ropes, mini golf, mountain bikes, rock walls, batting cages, and more! We'll spend the first half of the day on one side of the park, break for sack lunches, and tackle the other side of the park afterward. We will grab dinner at Calamity Jane's on our way home.

A scenic photograph of the Oregon Coast at sunset or sunrise. The sky is a mix of orange, yellow, and blue. The ocean is calm with gentle waves. In the foreground, there are large, dark rocks and a sandy beach. The background shows a forested hillside under a soft light.

Oregon Coast

All Day Trip

July 13th, 2019

\$55

We'll begin the day by driving to Garibaldi and eating lunch by the marina. Then we will go on a 1 ½ hour excursion on the Oregon Coast Scenic Railroad! The ride includes time to hop off and enjoy the beaches. After the train ride, we'll stop by the Garibaldi Museum to learn about boats, local history, the Coast Guard, and more. Afterward, we'll eat dinner at the 50's themed Dutch Mill Diner. We'll end the day by going to tour Tillamook Cheese Factory. Included in this tour is a scoop of ice cream of your choice!



The Valley

All Day Trip

August 17th, 2019

\$75

We'll begin the day learning to groom, saddle, and ride horses at Reber's Ranch in Yamhill! Each person is free to participate up to their level of comfortability. Afterward, we'll stop at Ed Grenfell for a picnic lunch. Then we'll head to Yamhill Valley Heritage Center to see antique farm, logging, and other historical equipment used in the area. We'll then go to Fernhill Wetlands for a tour of their beautiful wetlands, marshes, water garden, and more.

We'll end the day eating dinner at Bridgewater Brewing in Forest Grove!



Willamette River

All Day Trip

September 7th, 2019

\$60

We will start the day at Tom McCall Waterfront Park where we will eat a picnic lunch. Then we will hop on the Portland Spirit to go on a two-hour sightseeing cruise. The captain will provide facts and answer questions throughout the tour. After the cruise, we will head to a portion of Springwater Corridor to hike and learn about the fish and wildlife in the area. We will wrap our day with a delicious dinner at the Old Spaghetti Factory located right near the river.

How to Register

- Go to www.abilityts.com.
- Under the Program tab, click Explore Oregon.
- Fill out a registration form and email it to your Pod Lead.
- Submit payment for the trip(s) you would like to attend using PayPal.
- If you have any questions, please contact Lindsey Bunnell at (541)260-4046 or lindsey@abilityts.com