

KNOWLEDGE ABOUT ACCESSIBILITY FOR A SPECIFIC TARGET GROUP

This guide supports the organisation of accessible woodland walks for people with disabilities. It offers practical tips, adjustments and reflections, showing how to ensure comfort, presence and equal participation in nature. Whether someone uses a wheelchair, has a visual impairment, or experiences sensory difficulties – everyone deserves a full and authentic connection with nature.

WHAT TO KNOW – PRACTICAL GUIDANCE:

1. Route and location

- Wybierz ścieżki dostępne – utwardzone, Choose accessible paths – firm, suitable for wheelchairs or with assistance.
- Avoid steep climbs, muddy stretches, or narrow passages.
- Check in advance: where parking is available, and whether there are accessible toilets.
- If the terrain is natural but uneven – bring mats, boards, ramps, or cushions.

2. Sensory adjustments

- Keep a gentle pace – people with sound sensitivity or mobility challenges may need more quiet and more time.
- Avoid excessive noise or too many stimuli.

- Encourage listening to birds, touching tree bark, observing leaves in the wind – slow, natural experiences.

3. Materials and support

- Bring mats for sitting or lying down, blankets, cushions.
- Provide large-print descriptions, images, or symbols – for people with visual impairments or cognitive difficulties.
- Consider the support of an assistant or volunteer.
- Make sure the group knows how to support – without judgement, with openness.

PRACTICAL CHECKLIST – TO BRING (depending on the season)

All year round:

- Mat / foam pad / folding ramp
- Waterproof poncho or umbrella
- Water, snack
- Tissues, disposable gloves
- First aid kit, insect repellent (mosquitoes/ ticks)
- Communication cards, pictogram boards

Spring/Summer: sunscreen, sunhat, peaked cap, sunglasses.

Autumn/Winter: warmers, hot-water bottles, insulated mat, extra blanket, gloves, headbands, warm drink in a flask.

ASK YOURSELF:

- How can I make things simpler, easier, more accessible?
- What barriers (physical, social, psychological) can I reduce so that nature is available to everyone?



WHAT CAN YOU CONTRIBUTE?

- Your presence, attentiveness and openness are the most important tools of accessibility.
- You don't need to know everything – sometimes it's enough to ask: "What do you need, how can I help you?"

REFLECTION:

Accessibility is not only a ramp or a wide path. It is care, flexibility, and readiness to adapt your plan.

