

Are you living with Parkinson's?

Do you still wish you could experience backpacking in the wilderness?



Pass to Pass is a non-profit organization dedicated to getting able people with Parkinson's outdoors, exercising and enjoying life with other parkies and friends. We have 12 scheduled hikes for 2024. The difficulty ranges from easy dayhikes at Mt Rainier and Joshua Tree to moderate and advanced hikes on the Pacific Crest Trail in Oregon & Washington and on the John Muir Trail in California.

Most backpacking hikes have 4 Parkinson's hikers, 4 support hikers, and 4 llamas carrying the gear for the Parkinson's hikers. The Parkinson's hikers themselves carry a small daypack weighing 15-18 pounds.

Bring a family support hiker, or we have plenty of great volunteers. Pass to Pass is funded by donations, and there is no fee to participate in our hikes.

Most backpack trips are 5 nights & 6 days, averaging 5 miles/day.

We provide Parkinson's hikers with comfy sleeping pad & camp stool with back support.

Regional chapter dayhikes are also available in Washington, Oregon, southern California, Utah, New York and New England.



For more information, go to the Contact page on [passtypass.org](http://passtypass.org).

