# Captain LJ's Tomboy Adventures



## About Captain LJ's

Captain LJ's Tomboy Adventures offers a variety of outdoor adventures including kayaking, snowshoeing, historical hikes and more! Captain LJ has a wealth of knowledge of the Macedon area and is adept in facilitating adventures that enrich one's enjoyment of the Canal Corridor.

Captain LJ has adaptive kayak equipment that makes transfers and paddling easier. Supportive seatbacks, paddle pedestals to rest the paddle, and outrigger supports as needed. Work with Capt LJ to see what works for YOU!

Captain LJ is a participant in the <u>On The Canals</u> <u>Accessibility Education Program</u> through NYPA/NYS Canal Corporation.

## Access and Added Support

#### To Get Started:

1. Check out the Captain LJ's website at www.CaptLJ.com and explore great opportunities including \*free\* On The Canals programs.

2. Contact the Captain LJ's Inclusion Point of Contact and owner LJ Fisher at <u>CaptLJ@CaptLJ.com</u> or (585) 269-8125 and she will happily discuss options that may work for you and your family!



**Captain LJ's Tomboy Adventures** is a Rochester Accessible Adventures (RAA) Inclusion Partner and has committed to building a culture of inclusion and accessibility throughout their business operations. Check out possible support from RAA's CanalPals, available in some locations. Scan the QR code or go to <u>RochesterAccessibleAdventures.org</u> for info.



#### **Contact Us**

1125 Marina Parkway Macedon, NY 585-269-8125 CaptLJ@CaptLJ.com www.CaptLJ.com

