

## La meva experiència accessible a Barcelona

Martyn Sibley, *blogger* de referència en l'àmbit de la #discapacitat i amant dels #viatges, malgrat patir atròfia muscular espinal, explica la seva experiència a Barcelona després d'una col·laboració amb el programa Barcelona Sustainable Tourism, de Turisme de Barcelona, i l'Agència Catalana de Turisme.

At the beginning of December last year I was in the beautiful city of Barcelona. It was the 4th of December to be precise - The United Nations International Day for disabled people. I was visiting as a speaker at an accessible tourism conference.

The conference was a great success. People came from hotels, transport and attractions to learn about selling their services to disabled people. I shared my experiences of travelling the world in a wheelchair. Everyone looked happy from the day and headed off to implement their ideas.

My fiancé and I decided to stay longer in Barcelona and do some amazing Catalan tourism. We visited the amazing Cosmo Caixa science museum. It was really good fun and totally accessible for me everywhere. We also enjoyed long walks by the beach, with delicious food and drink.

Following a chance meeting with Javier from Barcelona Special Traveller we were invited to try out adapted skiing. The taxi collected us from our brilliant accommodation at MIC Sant Jordi and we headed for La Molina mountains. Just two hours drive away.



Vídeo de l'experiència de Martyn Sibley a la Molina: [https://www.youtube.com/watch?v=YU\\_2emmJYCA](https://www.youtube.com/watch?v=YU_2emmJYCA)

I arrived a little nervous but mostly excited. After an introduction I put on the protective clothing and was lifted into the sit ski. After some help getting comfortable and safe we hit the slopes!

It was so cool! I've never gone so far without an engine. My instructor from Train and Play guided me, and my adrenaline, all the way to the top of the mountain and down again. I had so much fun and would recommend this activity to everyone.



Best wishes,

**Martyn Sibley**

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