

Essential Eligibility Criteria

Window Cliffs State Natural Area

Window Cliffs Trail

Program participants should be able to do the following, independently or with the assistance of a companion or adaptive equipment:

- Tolerate the outdoor elements for three (3) hours
- Perform self-care including maintaining nutrition and hydration, and managing existing medical conditions
- Carry a pack including at least thirty-two (32) ounces of water, for 5.4 miles total for an estimated 3 hours
- Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, very steep and uneven terrain, cliff edges, slippery rocks, and potentially hazardous animals and insects
- Be prepared for moving water (fast or slow) as there are eighteen (18) creek crossings total to complete the trail with slick, wet rocks
- Evaluate crossing moving water (fast or slow) safely
- Ascend up to five (5) feet of cliff face to get on top of the Window Cliffs where you will be on a narrow, cliff edge with no protective railings
- Support body weight while moving up and down a very steep incline and decline over loose rocks, tree roots, and uneven terrain for one (1) mile

Should you need additional assistance to participate, please contact the park or visit our website.