Essential Eligibility Criteria

Byrd Lake Trail

Cumberland Mountain

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

- Tolerate exposure to the natural elements, including sun/temperature for up to 1 hour
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities
- Travel over and negotiate paved terrain for 1 mile in an estimated 40 minutes to 1 hour

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

TENNESSEE State Parks