Essential Eligibility Criteria

South Cumberland State Park

Grundy Forest Day Loop Hike

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

- Travel over and negotiate varied terrain for 2 miles in an estimated 1.5 minutes/hours

- Travel over trail for 30 minutes without sitting

- Manage personal care in remote environments without access to electricity and/or running water

- Stay alert and focus attention during instruction

- Understand and follow directions and instructions to avoid and/or manage risks

- Tolerate exposure to the natural elements, including sun/temperature for 1.5 hours

- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities

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

TENNESSEE State Parks