Essential Eligibility Criteria

Roan Mountain State Park

Tom Gray Hike

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

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

- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions.

- Be able to participate in a collaborative group setting for up to 60 minutes.

- Travel over and negotiate varied terrain for 0.4 miles in an estimated 30-45 minutes.

- Move over uneven and/or unstable surfaces, such as packed soil, mud, rocky soil, and tree roots for the specified mileage. Navigate structures such as uneven steps, wooden boardwalks, and bridges.

- Be prepared to dress in weather-appropriate clothing, wear sturdy hiking shoes and sun protection, and bring water.

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

TENNESSEE State Parks