Essential Eligibility Criteria

Harrison Bay State Park

Lakeshore Loop Trail Hike

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

- Manage personal care in remote environments without access to electricity and/or running water for several hours
- Moderate fitness level: This hike will likely take 1 hour to complete, so you should be comfortable with sustained physical activity.
- Ability to hike for approximately 1 hour: The trail length and terrain demand stamina to complete the hike without undue strain.
- Sturdy hiking boots with good ankle support: Uneven terrain with roots and rocks necessitates proper footwear to prevent ankle injuries.
- Basic knowledge of hiking safety: Knowing fundamental safety measures like sun protection, hydration, and emergency procedures is crucial.
- Comfort with uneven terrain: The presence of roots and rocks necessitates an ability to navigate uneven surfaces confidently.
- Ability to carry on your person the needed supplies for a multi hour hike, such as a water bottle, snack or other personal need items.

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

TENNESSEE State Parks