

Essential Eligibility Criteria

Seven Islands State Birding Park

Bobwhite Trail to Bridge-Night Program

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

- Understand and follow instructions to avoid and/or manage risks
- Tolerate the outdoor elements for 1.5 hours
- Perform self-care including maintaining nutrition and hydration, and managing existing medical conditions
- Be able to identify and recognize environmental risks, including but not limited to sun exposure and potentially hazardous animals and insects
- Navigate trail surfaces using low light conditions and varying temperature depending on season
- Move over paved surface with gradual inclines and declines for a total of 1.6 miles (round-trip)

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