

Essential Eligibility Criteria

Natchez Trace State Park

Visitor Center Trail 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 0.7 mile in an estimated 1 hour.
- Travel over trail for 1 hour without sitting.
- Tolerate exposure to the natural elements, including sun/temperature for 1 hour.
- Carry at least 18 ounces of water, for 1 mile in an estimated 60 minutes.

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