

Essential Eligibility Criteria

Cedars of Lebanon State Park

Full Moon Hike

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

Hiking

- 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 up to 1.5 hours
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities
- Travel over and negotiate varied terrain, mostly grassland and some wooded forest, for 1.2 miles in an estimated 1 hours
- Travel over trail for up to 1 hours without sitting
- Manage personal care in remote environments without access to electricity and/or running water
- Maneuver in limited lighting; i.e.. moonlight or flashlights

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