Essential Eligibility Criteria

Fort Pillow State Historic Park

Yellow 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 5 miles in an estimated 4 hours
- 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 4 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 potentially hazardous animals, insects, and plants
- Navigate trail up and down steep inclines and declines at various points throughout the trail with no incline or decline being continuous for more than .25 miles.

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

TENNESSEE State Parks