Essential Eligibility Criteria

Middle Fork Bottoms State Park

Hikes

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

Hiking
• Travel over and negotiate varied terrain for 5 miles in an estimated 2 hours
• Navigate trail up and down gradual inclines and declines for 1. 5 miles
• Travel over trail for 60 minutes without sitting
• Manage personal care in remote environments without access to electricity and/or running water
• Carry a pack weight of 1 - 5 pounds, including at least 16 ounces of water, for 1 miles in an estimated 30 minutes

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

TENNESSEE
State Parks