

Essential Eligibility Criteria

Lantern Hike

Cumberland Mountain State Park

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

- ? 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 temperature for 1 hour
- ? Travel over and negotiate varied terrain for 1 mile

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