Essential Eligibility Criteria

Fall Creek Falls

Cable Trail Hike

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

- Be 10 years old.
- Understand and follow instructions to avoid and/or manage risks.
- Tolerate the outdoor elements for two (2) 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, falling objects/rocks, loose rock and unstable surfaces, very steep and uneven terrain, cliff edges, crevasses, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals and insects.
- Move over uneven, rocky, narrow terrain 0.40 miles, including over a wooden bridge with 20 steps at 8" high.
- Support body weight while moving up and down a very steep 65% incline and decline over large rocks, tree roots, and potentially slippery soil for 0.10 mile.

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

TENNESSEE State Parks