

Essential Eligibility Criteria

South Cumberland State Park

Sycamore Falls Nature 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 3 miles in an estimated 2.5 hours.
- Travel over trail for 40 minutes without sitting.
- Carry a pack weight of up to 5 pounds, including at least 64 ounces of water, snacks for 3 miles in an estimated 2.5 hours.
- Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, steep and uneven terrain, and moving water (fast or slow) such as rivers or creeks.
- Tolerate exposure to the natural elements, including sun/temperature for 2.5 hours
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities.

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