

Essential Eligibility Criteria

Seven Islands State Birding Park

Hickory Ridge Trail

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

- Understand and follow instructions to avoid and/or manage risks
- Tolerate the outdoor elements for 1.5 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, loose rock and unstable surfaces, steep and uneven terrain, cliff edges, and potentially hazardous animals and insects
- Move over uneven, rocky, narrow terrain for one mile
- Move up or down stairs of various heights

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