Essential Eligibility Criteria

Fort Loudoun State Park

Day After Thanksgiving Hike

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

- Understand and follow directions to avoid and/or manage risks
- Tolerate the elements including temperature for at least two (2) hours
- Perform self-care including maintaining nutrition and hydration, personal hygiene,and managing existing medical conditions away from building facilities
- Be able to identify and recognize environmental risks, including potentially hazardous animals and insects
- Move over uneven, packed soil terrain with occasional tree roots
- Navigate trail up and down gradual inclines and declines for 4 miles
- Navigate at least two (2) wooden bridges
- Move up or down stairs along the trail independently

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

TENNESSEE State Parks