Essential Eligibility Criteria

Big Ridge State Park

First Hike of the Year

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

- Be able to understand and follow directions
- Be able to recognize and identify environmental risks, including potentially hazardous plants and animals
-Tolorate the elements including temperature for up to three (3) hours
- Navigate trail on hard packed soil and gradual inclines and declines for up to two (2) miles
-Navigate three (3) wooden bridges over shallow creek beds
-Perform self care including nutrition, hydration, and personal hygiene, and manage all existing medical conditions

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

TENNESSEE State Parks