

Essential Eligibility Criteria

Cummins Falls State Park

Bike Ride With a Ranger

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

- *Stay alert and focus attention during instruction
- *Travel over varied terrain while operating a bicycle with speeds up to or beyond 15mph
- *Understand and follow directions and instructions to avoid and/or manage risks
- * Tolerate exposure to the natural elements, including sun/temperature for 2-3 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.

