Essential Eligibility Criteria

Radnor Lake

2024 International Mountain Day

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

* Be 12 years old

* Tolerate the outdoor elements for up to three (3.5) hours
Support body weight while moving up and down a very steep 45% incline and decline on paved surfaces for 1/4 of a mile

*Be able to identify and recognize environmental risk including unstable surfaces, steep terrain and potentially hazardous animals and insects

* Support body weight while, navigating paved surfaces up and down gradual inclines and declines for 2.5 miles

*Perform self-care including maintaining nutrition and hydration, and manage existing medical conditions

*Support body weight while navigating off-trail up and down steep inclines for 2.5 miles on uneven surfaces

*Understand and follow instructions to avoid and/or manage risks

*Support body weight while pulling invasive exotic plants by hand

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

TENNESSEE State Parks