Essential Eligibility Criteria

Old Stone Fort State Archaeological Park

Backbone Trail 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 and instructions to avoid and/or manage risks
Tolerate exposure to the natural elements, including sun/temperature for 2 hours

Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities

Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, steep and uneven terrain, cliff edges, crevasses, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals, insects, and plants [delete phrases as needed]

Be 8 years old or older

Travel over and negotiate varied terrain for approximately 2.5 miles in an estimated 120 minutes/hours

Travel over trail for 120 minutes without sitting

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

TENNESSEE State Parks