

# Essential Eligibility Criteria

Natchez Trace State Park

## Cub Lake Trail Hike

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

- Travel over and negotiate varied terrain for 2.7 mile in an estimated 2.5 hours.
- Travel over trail for 2.5 hours without sitting.
- Tolerate exposure to the natural elements, including sun/temperature for 2.5 hours.
- Carry at least 18 ounces of water, for 2.7 mile in an estimated 150 minutes.

Should you need any additional assistance, please contact the park:

**731-968-3742**

Or visit our website at:

<https://tnstateparks.com/parks/natchez-trace>