Essential Eligibility Criteria

Big Ridge

Spring 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 3 miles in an estimated 2 hours.
- Travel over trail for 30 minutes without sitting
- Manage personal care in remote environments without access to electricity and/or running water.

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

TENNESSEE State Parks