**Level of Challenge Scale**

The Level of Challenge scale is meant to help you understand the physical fitness and experience levels recommended for each outdoor trip. This scale does not include information on the inherent risks of specific outdoor activities or emotional challenges you may face.

**Beginner**

* Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
* Experience needed: No previous experience with this activity is required

**Intermediate**

* Physical Fitness: A basic level of fitness is recommended for participants to enjoy this trip.
* Experience needed: Previous experience is recommended but not required.

**Advanced**

* Physical Fitness: An above average to advanced level of physical fitness is recommended or may be required.
* Experience needed: previous experience with the activity is required.

**Remoteness Scale**

This scale is meant to help you understand how accessible modern-day conveniences will be during your trip. This may include amenities such as restrooms, showers, cell service, and sleeping arrangements. Check specific trip descriptions for more details.

**Level 1**

This is a front country trip where showers and flush toilets are available. Sleeping arrangements may be indoors or in tents. You will likely be able to charge electronics and should have regular access to cell phone coverage.

**Level 2**

This is a front country trip with less access to modern-day conveniences. Sleeping arrangement will likely be in tents. Expect pit toilets or similar restroom facilities with little to no access to running faucets. Cell phone coverage may be available but is unreliable. You may have occasional access to electrical outlets to charge electronics.

**Level 3**

This is a backcountry trip. Sleeping arrangements will be in tents and access to vehicles/roads is extremely limited or difficult to arrange. There is no access to showers, running water, or toilets. There is no access to electrical outlets to charge electronics and cell phone coverage is very unreliable or non-existent.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day Hikes** | **Distance** |  **Weight Carried** | **Terrain** | **time** |
| Beginner | 1-3 miles | 0-3 lbs | Even trail surfaces. Hard packed soil, gravel, or paved paths. Little to no elevation change. | 1-5 hours |
| Intermediate | 3-7 miles | 2-5 lbs | Rocky and uneven paths. Elevation change is likely gradual with short sections of steep terrain.  | 3-6 hours |
| Advanced | 6+ miles | 4-7 lbs | Rugged trail that is challenging to navigate. May include longer sections of steep incline and descents.  | 5-8 hours |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Backpacking** | **Distance** |  **Weight Carried** | **Terrain** | **time** |
| Beginner | 2-4 miles per day | 15-20 lbs | Even trail surfaces. Hard packed soil, gravel, or paved paths. Mild elevation change | 1-5 hours per day; 1-2 days |
| Intermediate | 4-8 miles per day | 15-40 lbs | Rocky and uneven paths. Elevation change is likely gradual with short sections of steep terrain.  | 3-6 hours per day; 2-3+ days |
| Advanced | 6+ miles per day | 25-50 lbs | Rugged trail that is challenging to navigate. May include longer sections of steep incline and descents.  | 5-8 hours per day; 2-3+ days.  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Cycling** | **Distance** |  **Weight Carried** | **Terrain** | **time** |
| Beginner | 2-4 miles  | 0-3 lbs | Even trail surfaces. Gravel, or paved roads/paths. Route is simple to follow. Little to no elevation change | 1-3 hours |
| Intermediate | 5-20 miles  | 2-5 lbs | Even trail surfaces. Gravel, or paved roads/paths. Route may have some challenging sections that require diligent attention to directions. Elevation change is gradual and any steep sections are short.  | 2-6 hours |
| Advanced | 15+ miles  | 2-7 lbs | Route may be challenging to navigate. May include longer sections of steep incline and descents.  | 3-8 hours |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mountain Biking** | **Distance** |  **Weight Carried** | **Terrain** | **time** |
| Beginner | 1-3miles  | 0-3 lbs | Hard packed soil or gravel paths. Route is simple to follow. Little to no elevation change and only occasional obstacles. | 1-3 hours |
| Intermediate | 3-10 miles  | 2-5 lbs | Uneven trails that are rocky and uprooted. Elevation change is gradual and any steep sections are short. Obstacles are more frequent but may be walked. | 2-6 hours |
| Advanced | 6+ miles  | 2-7 lbs | Rugged Trails with technical features and obstacles that may not include an alternate route. May include longer sections of steep incline and descents. Route may have some challenging sections that require diligent attention to directions. | 3-8 hours |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Rock Climbing** | **Distance** |  **Weight Carried** | **Terrain** | **time** |
| Beginner |  | 0-3 lbs | Top rope and bouldering routes are chosen for first time and beginner climbers. Intermediate routes may be available.  | 1-5 hours |
| Intermediate |  | 2-5 lbs | Top rope and bouldering routes are chosen for beginner and intermediate climbers. Generally within the 5.5-5.10 range. Some more advanced top rope routes may be available.  | 3-6 hours |
| Advanced |  | 2-7 lbs | Routes are chosen for intermediate to advanced climbers and may be single or multi-pitch. | 3-8 hours |