



Fitness & Experience Levels Explained

Micro Trips

Fitness Level: 2-4

Experience Level: beginner-advanced

Enjoy a microdose of mindfulness & nature. We have designed these overnight trips to maximize the benefits that backpacking in nature can provide in a timeframe that may fit more easily into your schedule. With our full packs on, we hike about 3-4 hours each day (with minimal elevation gain/loss), and enough time along the way to take it all in.

Immerse Trips

Fitness Level: 2-4

Experience Level: beginner-advanced

A more immersive backpacking experience with 2 nights sleeping out and a perfect mountain to hike on our full day. This trip will allow participants to experience carrying a full pack for a shorter period of time (about 3-4 hrs on our first and last day) and also enjoy a longer, more technical terrain (4 miles up & 4 miles down Stratton Mtn) with a more comfortable/lighter pack on. This is a great trip for the beginner and also for the advanced backpacker.

Fitness Level Scale - determine your current fitness level & better understand trip rating

Fitness Level 1

I am rarely active & have a sedentary job

Fitness Level 2

I am active 3-5x times a week ("active" ex.: walking 30 minutes) OR, I have an active job ("active job" ex: retail work, massage therapist, teacher who stands/walks around the room)

Fitness Level 3

I work out 3-5x per week (ex: yoga/pilates/weight training/exercise class/swimming) AND regularly participate in active forms of recreation (example: running, hiking, longer walks)

Fitness Level 4

I am an endurance athlete (ex: marathon distance runner)

Experience Level - determine your experience level & better understand trip rating

Beginner

I have hiking experience, however, minimal or no backpacking experience

Intermediate

I have backpacked before * OR * I have had all day hiking experiences on varied terrain with a daypack on, and I have been camping before (slept in a tent, eaten/cooked outside, etc.)

Advanced

I have backpacking experience of several trips with at least 1-2 10mile/days - unless the terrain hiked is very technical, in which case the mileage can be less.