



## Fitness & Experience Levels Explained

### Immerse Trips

#### **Fitness Level: 2**

#### **Experience Level: beginner-advanced**

If you have wanted to backpack, but have been unsure of what/how to do it, this is for you! This trip will allow participants to experience carrying a full pack for a shorter period of time (about 3 hrs on 2 different days) and also enjoy a longer, more technical terrain (4 miles up & 4 miles down Stratton Mtn) with a more comfortable/lighter pack on. This trip will allow us all to take the time to be more mindful of the beauty of our environment. This is a great trip for the beginner and also for the advanced backpacker who wants to have a more relaxed & chill agenda.

### Explore Trips

#### **Fitness Level: 3**

#### **Experience Level: intermediate-advanced**

This trip has some easing in and out on Days 1 & 3, but tucked in the middle is a full-on, epic, all day hike with your full pack on. Depending on how many breaks we take, this could be up to 10 hrs of hiking. I have had beginners on this trip - who made up for lack of experience with "trail-tude" = a positivity, ease & acceptance of whatever the trail had to show them.

**Fitness Level Scale** - use to 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** - use to 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.