



Physical Activity Rating Scale

Physical Level 1 Easy Adventure Touring

- Activity: 1-3 hours most days
- Distances: walking and or hiking up to 3 miles a day
- Surfaces: mostly flat terrain
- Elevation change: very little
- Altitude: under 2,500 ft.

Physical Level 2 Moderate Adventure Travel

- Activity: 2-5 hours most days
- Distances: walking or hiking up to 7 miles a day
- Surfaces: rolling hills
- Elevation Change: up to 2,500 ft.
- Altitude: up to 5,250 ft.

Physical Level 3 Active Adventure Travel

- Activity: 4-7 hours most days
- Distances: walk or hike up to 10 miles most days
- Surfaces: rolling or semi mountainous terrain with uneven trails
- Elevation change: up to 3,000 ft.
- Altitude: up to 10,500 ft.

Physical Level 4 Challenging Adventure Travel

Recommended for physically fit travelers

- Activity: 6 to 8 hours most days
- Distances: walk, hike, or trek up to 12 miles most days
- Surfaces: Mountainous, with steep ascents/descents and uneven trails
- Elevation change: up to 3,500 ft.
- Altitude: Up to 15,250 ft.
- A doctor's authorization is required for these adventure trips.

Physical Level 5 Expeditionary Adventure Travel

Recommended for very physically fit travelers

- Activity: Over 10 hours on most days
- Distances: hike and or trek 12 or more miles on most days with camping most nights
- Surfaces: remote, isolated, mountainous, terrain with steep ascents/descents, uneven trails
- Elevation change: up to 4,000 ft.
- Altitude: could exceed 15,250 ft.
- A doctor's authorization is required for these trips as well as individual experience.