



Trip Levels Of Activity And Qualifications

Are you ready for this trip?

"What kind of shape do I need to be in to have fun?" After all, on this trip we don't want you to just "survive" a great trip, we want you to have a lot of fun. Fitness level is the second most frequently voiced concern of travelers.

Levels are shown below to assist you with self-qualifying for your trip.

Please note: Health Requirements: You must be in good physical and mental health. Any physical condition, diet, or treatment requiring special attention must be reported in writing when the reservation is made.

Level 1 Easy Going, Barely Break A Sweat

These trips can be enjoyed by almost anyone. If you regularly engage in some sort of physical activity or aerobic exercise at work or play, then these trips are possible for you. You will need to move your luggage around yourself, carry a light daypack, and participate in day-hikes. Pre-trip physical conditioning is suggested and should include hiking or walking or cycling. You should feel comfortable hiking 2 to 4 hours and/or walking 4 to 6 miles at a time.

Level 2 Burn Some Calories and/or Some Higher Elevation

Physical conditioning and consistent exercise prior to these trips is essential. You will be burning calories while hiking over hilly and uneven terrain, often covering more than 6 miles in a day. Pre-trip physical conditioning should begin no later than 2 months before departure and should include walking, hiking, or cycling that definitely breaks a sweat. If you're participating in a Level 2, then we recommend training that includes using part of a weekend to hike or cycle for a longer distance and more hours than your workout during the week. If your trip includes going to some elevation, your trip departure package will address some of the features of being active at elevation. We also advise that you should consult your physician about your fitness for being at elevation. Some trips may include exposure to elevations from 8000 to 14,000 feet.

Level 3 Good Work Out, Burn Calories, Higher Elevation, Some Remoteness

Physical conditioning and consistent exercise prior to these trips is mandatory. These trips are a good work out for a reasonably fit person. Day hikes will cover 10 miles or more. There may be a stream crossing, a mountain pass to cross, and rough trail or terrain for many days. Previous experience is not required, but conditioning with your trips description in mind will be a large asset to your enjoying the trip. Pre-trip physical conditioning should begin no later than 3 months prior to departure and must include hiking or walking 10 miles without difficulty. (You want to bring footwear and feet ready for the walk.) If your trip goes to some elevation, your trip departure package will address some of the features of being active at elevation. We also advise that you should consult your physician about your fitness for being at elevation. Your trip may include exposure to elevations from 8000 to 17,000 feet.

Level 4 Epic, Challenging, High Elevation, Remote Locations

Physical conditioning and consistent exercise prior to these trips is mandatory. These are expedition like trips, there may be Sherpa's, yaks, or horses along, but most travelers bodies will be challenged and tired at the end of the day. Pre-trip physical conditioning should begin no later than 3 months prior to departure and must include hiking or long bicycle rides. Hiking multiple days at home of 12 or more miles. or cycling 60 miles on successive days should be no problem. (Again, footwear and feet must be ready for the adventure. This trip does go to elevation; your trip departure package will address some of the features of being active at elevation. We also advise that you consult your physician about your fitness for being at the elevations this trip entails. Your trip may include exposure to elevations, from 8000 to 19,000 feet.

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