Program Difficulty Classification

All Outdoor Recreation activities are rated on a difficulty scale (below). This scale is objective, based on a numeric value obtained by factoring in miles traveled, starting elevation, elevation gained, hiking classification (see description below), on or off trail travel, and extreme weather variables. This scale is objectively scored with an aim to provide a rough idea of what may be encountered for the average person. Please consult with your doctor as to whether participation in this activity is appropriate for you. Outdoor Recreation assumes that through your enrollment in an activity, you understand the difficulty as outlined below and meet the physical and mental requirements needed to participate.

Difficulty:	Description:
Easiest	A hike that is generally suitable for anyone who enjoys walking. Relatively short and mostly level with a possible slight incline.
Moderate	A moderate hike is generally suitable for novice hikers who want a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections.
Moderately Strenuous	Moderately Strenuous hikes will generally be challenging for an unconditioned person. The terrain will involve a steady and often steep incline and may require the occasional need to use hands for balance and support. Trail may be in higher elevations where altitude and/or exposure to elements such as heat, rain, or snow may be present.
Strenuous	Strenuous hikes will challenge most hikers. The hike will generally be longer and steeper due to more elevation gain in higher altitudes. Exposure to elements such as heat, rain, or snow is possible. Scrambling with the need to use hands for support will generally be needed.
Very Strenuous	Only well-conditioned and well-prepared hikers should attempt very strenuous hikes. The hike will generally be longer and steeper, and may include rock scrambling, stream crossings, and other challenging terrain.

Hiking Class	Description:
I	Off-road walking to hiking on well maintained trails that are well marked. Generally hard packed terrain where no specialized gear is needed.
II	Hiking where steep sections of trail to include loose rock or scree may be encountered. The use of walking aids such as trekking poles may support travel. Trails may or may not be well marked but generally are well maintained.
III	Hiking to scrambling terrain where the use of hands to support you for balance will be needed. Generally higher exposure to trips and falls in steeper terrain. Trail isn't always marked and/or maintained and navigation potential is needed.
IV	Scrambling terrain where exposure to falls that may cause injury or death are possible and where the use of hands and feet to support you are needed. Helmets and the use of ropes should be considered for safe travel.
V	Rock Climbing