

## Activity Levels

### 1 - EASY GOING

Designed to focus on the experience and not the journey. These trips will have a shorter duration of time for any physical activity, they will be lower in mileage. You do not need any previous experience to thoroughly enjoy yourself on these trips.

- **Biking:** Average miles per day – less than 5
- **Walking/hiking:** Average miles per day – less than 4
- **Activity duration:** Average hours per day - less than 4
- **Elevation change:** Total feet – less than 500
- **Climbing grade:** Yosemite decimal system – up to 5.7
- **Whitewater class:** Rapid class 1-5 – class 2

### 2 – ACTIVE

Designed for the novice adventurer looking to learn more about the outdoors. These trips will ease you out of your comfort zone, and teach you some of the basic essentials of what to do and how to do it in order to have fun in the wilderness. No experience is needed to sign up for these trips, but a basic level of fitness will help to make these trips more enjoyable.

- **Biking:** Average miles per day – 5-14
- **Walking/Hiking:** Average miles per day – 4-6 (pack with 5-10 lbs.)
- **Activity duration:** Average hours per day – 4-7
- **Elevation Change:** Total feet – 500 - 999
- **Climbing grade:** Yosemite decimal system – up to 5.9
- **Whitewater class:** Rapid class 1-5 – class 3

### 3 – ADVENTUROUS

Designed for the seasoned explorer as well as the daring novice. Participants on these trips will experience advanced challenges for beginners. You may experience longer hours, higher mileage, greater elevations or rigorous challenges. There is also potential for higher levels of exertion on these trips.

- **Biking:** Average miles per day – 15-30
- **Walking/hiking:** Average miles per day – 7-10 (pack with less than 40 lbs.)
- **Activity duration:** Average hours per day - 8-10
- **Elevation change:** Total feet – 1000 – 1999 (and/or above 8,000ft)
- **Climbing grade:** Yosemite decimal system – up to 5.10
- **Whitewater class:** Rapid class 1-5 – class 4

### 4 – EPIC

Designed for the veteran outdoors person. On these trips you can expect longer days, more miles, greater challenges, and higher levels of exertion. As with all aspects of CSUSB Adventures trip we invite novices on any of our trips. In order to promote safety for all participants and staff, a high level of fitness is encouraged.

- **Biking:** Average miles per day – more than 30
- **Walking/hiking:** Average miles per day – more than 10 (pack with 40+ lbs.)
- **Activity duration:** Average hours per day – more than 10
- **Elevation change:** Total feet – more than 2000 (and/or above 10,000ft)
- **Climbing grade:** Yosemite decimal system – more than 5.10
- **Whitewater class:** Rapid class 1-5 – class 5