

Course Physical Activity Level Rating Chart*



Activity Rating Level 1

Participants must be able to carry luggage, packs, and/or equipment; climb stairs; sit or stand for up to 1 hour; get in and out of vehicles easily; and walk a few blocks indoors or out.



Activity Rating Level 2

Participants must be able to carry luggage, packs, and/or equipment; participate in physical activity for 1-2 hours; climb stairs; sit or stand for over 1 hour; and walk on uneven and/or varied terrain from three blocks up to one mile at a 2.0 mph pace over the course of the day (may include slight elevation changes).



Activity Rating Level 3

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 2 hours; be in good health, mobile, able to participate in 3-5 hours of physical activity per day; and walk on uneven and/or varied terrain up to five miles at a 2.5-mph pace over the course of the day and/or for multiple consecutive days (may include moderate elevation changes).



Activity Rating Level 4

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 2 hours; be in excellent health, extremely mobile, and used to an active lifestyle. Program activities may require up to 6 hours of strenuous, moderate- to fast-paced activity per day, equivalent to hiking 6 to 10 miles at a 3-mph pace over uneven and/or varied terrain (may include moderate to intense elevation changes). A conditioning regimen is recommended, beginning at least 2-3 months prior to departure that includes hiking (preferably), walking or some other form of cardiovascular exercise (swimming, cycling) in order to prepare for the activity in this adventure.



Activity Rating Level 5

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 3 hours; have a high level of physical fitness and appropriate expertise in the program activities (e.g. hiking, climbing, rafting, etc.); and should expect full days of fast-paced, strenuous physical challenges (may include moderate to intense elevation changes). A conditioning regimen is recommended, beginning at least 2-3 months prior to departure that includes hiking (preferably), walking or some other form of cardiovascular exercise (swimming, cycling) in order to prepare for the activity in this adventure.

*Trip activities may vary. Not all trips will include all aspects of the assigned activity rating. For more information on individual trip activity levels or to request special accommodations, please e-mail Edventures@yc.edu or call 717-7755.