

KEEN Activity Level Guide for Guided Outdoor Adventures

1. Relaxed: Outdoor learning at its most relaxed with minimal prerequisite fitness.
 - Activity: 1-3 hours most days
 - Distances: walk less than 3 miles most days
 - Surfaces: flat terrain
 - Elevation Change: little to none
 - Altitude: less than 3,000 ft
2. Easy Active: Great for newcomers to outdoor adventures who are ready to move.
 - Activity: 2-5 hours most days
 - Distances: Hike up to 6 miles, cycle 10-30 miles most days
 - Surfaces: flat or rolling terrain with some steep ascents/descents and uneven trails
 - Elevation change: up to 2,000 ft/day
 - Altitude: up to 6,000 ft
3. Moderate: For active outdoor novices comfortable with regular exercise.
 - Activity: 4-6 hours most days
 - Distances: Hike up to 10 miles most days, cycle 20-40 miles most days
 - Surfaces: rolling or mountainous terrain with some steep ascents/descents and uneven trails
 - Elevation change: up to 3,000 ft/day
 - Altitude: up to 10,000 ft

Moderate Plus (3/4): for travelers seeking both moderate (3) and vigorous (4) activity levels. (Please refer to daily trip itineraries for specifics)

4. Vigorous: Recommended for fit adventurers with basic skills
 - Activity: 5-8 hours most days
 - Distances: Hike up to 12 miles most days, cycle 30-50 miles most days
 - Surfaces: mountainous, exposed terrain with steep ascents/descents and uneven trails
 - Elevation change: up to 4,000 ft/day
 - Altitude: up to 14,000 ft.
 - Experience may be required
5. Strenuous: Designed for very fit adventurers with relevant experience
 - Activity: 10+ hours/day
 - Distances: Hike 12 or more miles most days, cycle 50 or more miles most days
 - Surfaces: remote, mountainous, exposed terrain with steep ascents/descents, uneven trails with loose features.
 - Elevation change: up to 4,000 ft/day
 - Altitude: may well exceed 14,000 ft
 - Experience is required