



Ladies Adventure Club - Maine, Difficulty Rating Scale

Ladies Adventure Club Maine outings are rated on a scale of 1 to 5, with 1 being the easiest and 5 the most strenuous. The following are general descriptions of the levels. Consult the trip description for specific details, reach out to the leaders with questions, and refer to the tables below for distance, speed, elevation gain, and expected activity on the adventure. Note that an individual trip may be rated higher by the guide than the tables might indicate for a number of reasons – e.g. short distance but very difficult terrain, etc.

1. Relaxed: Suitable for most active participants with normal mobility and participants new to the activity described. Some specific clothing and equipment may be needed. For outdoor adventures, expect to be actively on the move for up to 3 hours. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks. Yoga classes, barre classes, etc. would fall into this category.
2. Easy: Suited to those new to the activity, but somewhat more challenging than a “Relaxed” trip. Expect to be active up to 4 hours. A bit more active time than level 1, but with generous breaks
3. Moderate: Some experience with and fitness for the expected activity is required. Expect to be active up to 4-6 hours. Reasonable breaks in the action.
4. Vigorous: Suitable for those with recent related experience in the activity. Expect to be active up to 5-6 hours, with brief breaks.
5. Strenuous: Most physically demanding. Suitable for those with recent related experience in the activity. Significant fitness is required. Expect to be active 6+ hours.



Ladies Adventure Club – Maine, Difficulty Rating Chart

Hiking/backpacking:

| Activity Level | Moving time up to, hours | Distance up to, miles | Daily elevation gain/loss, up to, ft. | Comments |
|----------------|--------------------------|-----------------------|---------------------------------------|---|
| 1. Relaxed | 3 | 3 | 500 | Hikes over rough terrain and/or poorly marked trails may be rated up a level. |
| 2. Easy | 4 | 4 | 1000 | |
| 3. Moderate | 4-6 | 6 | 2000 | |
| 4. Vigorous | 5-6 | 10 | 3000 | |
| 5. Strenuous | 6+ | 10+ | 3500+ | |

Biking:

| Activity Level | Moving time up to, hours | Distance up to, miles | Moving speed, up to, mph |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Relaxed | 3 | 15 | 8-10 |
| 2. Easy | 4 | 20 | 10.5-12 |
| 3. Moderate | 4+ | 30 | 12.5+ |

XC Skiing:

| Activity Level | Moving time up to, hours | Distance up to, miles | Comments |
|----------------|--------------------------|-----------------------|---|
| 1. Relaxed | 2 | 4 | Hilly or rough terrain may be rated up a level. |
| 2. Easy | 4 | 6 | |
| 3. Moderate | 4+ | 8 | |

Sea Kayaking:

| Activity Level | Moving time up to, hours | Distance up to, miles | Comments |
|----------------|--------------------------|-----------------------|---|
| 1. Relaxed | 3 hours | 5 | Protected water with little wind and current, within 1/2 mile of shore |
| 2. Easy | 3-4 hours | 6-7 | Less sheltered rivers or harbors, open water in flatwater conditions, waves < 1ft., 5-10 knot winds, following seas, boat wakes |
| 3. Moderate | 4-6 hours | 8-12 | Open water, up to 2 ft. seas, 2-3 knot currents, 10-15 knot winds, open water crossings up to 2 miles |