



OUTDOOR ADVENTURE PROGRAM

RECREATIONAL
SERVICES



TRIP/CLINIC/CLASS SKILL LEVEL RATINGS



Relaxed - A walk in the park. Good walking shoes or light hikers and be able to carry a light pack. Great for those just getting into the outdoors or looking to attend our cultural trips.



Easy - Light exertion. Expect to have stretches of several hours of activity with breaks built in. Be able to carry a light backpack. Expect to cover some miles but not a ton of elevation gain. Hiking shoes are expected.



Moderate - Potential for tough stretches, you're going to sweat. Some elevation gain and consistent stretches of physical exertion. In hiking terms, expect to cover several miles, carry a light pack, and wear substantial hiking shoes or boots. These trips are designed for participants with some experience and a good level of physical fitness.



Advanced - Physically challenging. Expect to have extended stretches of physical exertion over various terrain. Prior experience in is highly recommended and in some cases required. These trips are built for those with a high level of physical fitness. In hiking terms, hiking boots are required, expect to cover up to up to 12 miles with up to 3,000 feet of elevation gain or several difficult hikes on a multi-day trip.



Strenuous - A continuous fast-paced physical challenge. Participants are expected to be very physically fit. Prior experience is a must and may require attendance in an introductory trip. In hiking terms, this is an extended day hike with more than 3,000ft of elevation gain, or a multi-day backpacking trip covering 20 miles or more. Hiking boots are required.

UNM OUTDOOR ADVENTURE CENTER
Room G1620 Johnson Center or online:
<https://recweb.unm.edu/register/#getaways>
Call 277-8182 for more information.