

Idaho hot springs

Activities

This Trip is Rated Fitness Levels 3-5 and Technical Levels 3-5

While every trip is designed to appeal to active adventure seekers, and in many cases, particular skill levels, there is always a different idea of what that exactly means. That is why we have designed the chart below to help make sure you join the proper tour. We know your pace may vary from one day to the next—and your traveling companions' may differ as well. We present a range of mileage options on each tour as well as provide support vehicles as much as possible. That way you can take a break and do as little or as much as you would like each day.

Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking			13	766	19	1664
2	Mountain Biking			17	1742	25	4819
3	Mountain Biking			15.4	2222	25	4284
4	Mountain Biking	15	1274			25	4771
5	Mountain Biking			10-20	TBD		