

## Adirondack Hamlets to Huts Route Difficulty Rating

	Difficulty Level	Hiking	Flat water Paddling Wind and current frequently impact difficulty	Biking Most of the biking on AHH routes is on dirt/gravel logging roads
1	Easiest	<ul style="list-style-type: none"> <li>● <b>Physical conditioning required:</b> Trekkers should be able to climb 40 stairs consecutively and walk 6-8 miles over moderately steep slopes and uneven terrain without difficulty. Days are typically shorter but can be up to 6 hours or more.</li> <li>● <b>Route finding skills required:</b> All routes require basic map reading skills and the ability to follow a marked trail, some that are infrequently used requiring careful attention</li> <li>● <b>Distance of daily travel:</b> ~6-8 miles</li> <li>● <b>Total Elevation Change:</b> ~1,000 ft</li> </ul>	6 miles or less with no portages or 1 short/easy portage	< 15 miles May or may not include challenging terrain
2	Moderate	<ul style="list-style-type: none"> <li>● <b>Physical conditioning required:</b> Trekkers should be able to climb 60 stairs consecutively and walk 8-10 miles over steep slopes and uneven terrain without difficulty. Days can sometimes be up to 8 hours or more.</li> <li>● <b>Route finding skills required:</b> All routes require basic map reading skills and the ability to follow a marked trail, some that are infrequently used requiring careful attention</li> <li>● <b>Distance of daily travel:</b> ~8-10 miles</li> <li>● <b>Total Elevation change:</b> ~ 3,000 ft</li> </ul>	7-10 miles with 1 or 2 easy portages	16-30 miles Over moderate terrain
3	Difficult	<ul style="list-style-type: none"> <li>● <b>Physical conditioning required:</b> Trekkers should be able to climb 80 stairs consecutively and walk 10-12 miles over steep slopes and uneven terrain without difficulty. Days are fairly long, sometimes up to 10 hours or more.</li> <li>● <b>Route finding skills required:</b> All routes require basic map reading skills and the ability to follow a marked trail, some that are infrequently used requiring careful attention</li> <li>● <b>Distance of daily travel:</b> ~10-12 miles</li> <li>● <b>Total Elevation change:</b> ~3,000 - 3,999 ft</li> </ul>	12-14 miles with 1 or more challenging portages	20-35 miles Over challenging terrain
4	Strenuous	<ul style="list-style-type: none"> <li>● <b>Physical conditioning required:</b> Trekkers should be able to climb 100 stairs consecutively and walk 12-16 miles over steep slopes and uneven terrain without difficulty. Days are long, up to 12 hours or more.</li> <li>● <b>Route finding skills required:</b> All routes require basic map reading skills and the ability to follow a marked trail, some that are infrequently used requiring careful attention</li> <li>● <b>Distance of Daily travel:</b> ~15 miles</li> <li>● <b>Total Elevation change:</b> ~ 4,000 ft</li> </ul>	14 miles and more with or without portages	More than 35 miles May or may not include challenging terrain

*Disclaimer: This is a general guideline and not every route will fit into just one category. Use your best judgment. These descriptions as shown are under constant development, based on our experiences and guests' feedback. Although we do our very best in providing our guests with the best information possible, the difficulty scale has a purely indicational function. Adirondack Hamlets to Huts does not accept any liability for using our hiking difficulty scale.*