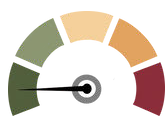


# Alaska Geographic Difficulty Level Scale

Please read the information below to better understand each difficulty level.

- Field courses require off-trail hiking over uneven ground such as tundra, forest, and river bars.
- Off-trail hiking is more difficult and requires more effort and coordination compared to a similar distance on a trail.
- You should be able to hike in any weather and carry a day pack with food, water, and extra layers for up to eight hours.
- It is your responsibility to accurately assess your ability to perform the daily physical activities of the course.



## Difficulty Level 1

You must be physically prepared to hike on-trail 1-3 miles with an elevation gain of less than 300 feet.



## Difficulty Level 2

You must be physically prepared to hike off-trail up to 2 miles **each day**, comfortably, with elevation gains up to 600 feet. Expect uneven footing and short sections of dense undergrowth.



## Difficulty Level 3

You must be physically prepared to hike off-trail up to 3 miles **each day**, comfortably, with elevation gains up to 1000 feet in undulating terrain. Expect uneven footing, wet boggy tundra, dense undergrowth, and minor stream crossings. Good coordination is recommended.



## Difficulty Level 4

You must be physically prepared to hike off-trail up to 5 miles **each day**, at a comfortable pace, with climbs up to 1500 feet. Expect uneven footing, wet boggy tundra, dense undergrowth, loose rocks, and stream crossings less than knee height. Good coordination is recommended.



## Difficulty Level 5

You must be physically prepared for brisk, destination-oriented off-trail hiking up to 5 miles **each day**, with climbs up to 2000 feet. You should be physically conditioned to do these hikes comfortably. Expect loose rock, uneven footing, dense undergrowth, steep hillside traverses, and stream crossings lower than knee height. Good coordination is required.

*Still have questions? Please reach out to us at [courses@akgeo.org](mailto:courses@akgeo.org)*