



FITNESS LEVEL REQUIRED & DIFFICULTY EXPECTED

For every trip we mention the estimated level of fitness required and expected difficulties. See below how we rate the various levels.

Fitness level

0 I'm absolutely out of shape!

1 I have a basic level of fitness, because I have an active daily life

2 I have a moderate level of fitness and try to stay fit with doing sports once a week

3 I have a good level of fitness since exercise is important for me and I do a long bike ride or walk weekly

4 I am a fit person and do more than once a week endurance activities

5 I am addicted to fitness sports, and exercise almost daily and feel very fit!

Difficulty

I - Cycling & mountain biking:

A city & valley cycling on well-maintained roads & cycle paths:

B flat roads or downhill cycling on tarmac;

C double tracks with a few moderate up and downhill parts;

D single tracks with technical parts;

II - Canoeing & kayaking:

A mostly calm & flat waters with little current (< 1 knots) and some light breeze, easy & frequent landings;

B exposed waters with moderate currents (1 – 2 knots) and sea breeze, landing not always everywhere possible;

C open water with unexpected currents and strong winds, landing not always possible nearby;

D white water conditions with rapids and cold water, wetsuit and self-rescue knowledge needed;

III - Rambling, Walking, Hiking & Nordic Walking:

A flat & wide well-maintained roads with no traffic;

B gravel roads and double tracks with some moderate up & downhill;

C double and single tracks with frequently up & downhill;

D single tracks and rough terrain with stones/snow/water/mud and steep up & downhill;



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