

## Choose Your Own Adventure (Level)

“Heron Land & Water Adventures” uses the following ratings to classify all of our adventures.

Use the guide to determine which level of adventure is best for your experience, fitness, and adrenaline level! Not sure? [Ask us](#) for help and we can customize an experience that is perfect for you!

\*Please note: “Heron Land & Water Adventures” are curated for novice/intermediate adventurers. Therefore, not all possible levels of difficulty are listed here. Industry standards and terminology vary across locations and organizations - please use the descriptions below when referring to the experiences on [our site](#).

### **HIKING ADVENTURES**

#### **TERRAIN - HIKING**

Level 1 (Easy)	Well-defined trails with gentle or no inclines and good footing. Trails may be paved, wood chips, dirt, grass, boardwalks or a combination. Running shoes are acceptable, but trails may be wet and therefore slippery. Suitable for beginners (novice).
Level 2 (Moderate)	Generally defined trails with no paved surfaces. May contain stairs, some inclines, and some poor footing. May require climbing over/under low obstacles. Hiking shoes or boots required.
Level 3 (Strenuous)	Rough terrain. May not follow defined trails and may require bushwhacking. Likely contains steep or long climbs and/or descents, beaver dams, stream crossings, rock scrambling, etc. and some poor footing. Hiking boots, and a high level of fitness required. Long pants and sleeves recommended.

#### **PACE - HIKING**

Level 1 (Leisurely)	Travel at a pace of less than 3km/hr.
Level 2 (Moderate - Brisk)	Travel at a pace of 3-5 km/hr.
Level 3 (Fast)	Travel at a pace of more than 5km/hr.

#### **DISTANCE / DURATION - HIKING**

Level 1 (Easy)	Hikes are generally approximately 1 hour in duration. Distance is dependent on pace, terrain, fitness, etc. but is generally less than 3 km total.
Level 2 (Moderate)	Hikes are generally 1-3 hours in duration. Distance is dependent on pace, terrain, fitness, etc. but is generally between 4-8 km.
Level 3 (Difficult)	Hikes are generally 5+ hours in duration. Distance is dependent on pace, terrain, fitness, etc. but is generally more than 10 km.

## PADDLING ADVENTURES

### CLASS - PADDLING

Class A (Easy)	Lake water. Still. No perceptible movement. *Weather can still create significant changes/movement to Class A water.
Class I (Moderate)	Easy, smooth water with some light riffles. The most difficult problems might arise when paddling around bridges and other obvious obstructions.

### FLOW - PADDLING

Medium (Easy)	Normal flow / depth. Medium water generally is used to describe good water for rivers.
Low (Moderate)	Below-normal levels. Below-normal depth may interfere with good paddling. Shallows may turn into dry banks and low areas become muddy sandbars. May require getting out and walking the vessel or portaging around.
Medium High (Moderate)	Higher than normal. Faster flow than usual. May require portaging around sections.

### COMPETENCE - PADDLING

Level 1 (Novice)	Beginner. Little or no experience in canoe/kayak.
Level 2 (Novice/Intermediate)	Familiar with basic strokes and can handle a tandem canoe competently from the bow or stern, or a kayak, in Class A water.
Level 3 (Intermediate)	Familiar with basic strokes and can handle a solo canoe independently in flat water, and/or a tandem canoe or kayak, in Class I Water.

## CAMPING ADVENTURES

### EXPERIENCES - CAMPING

<p>Level 1 - Roofed Accommodations (Easiest)</p>	<p>“Glamping” in yurts, soft-sided shelters, cabins or RVs on designated campsites maintained by provincial or national parks, conservation areas or municipalities. Campers may park on or very near their sites. Most of the equipment needed is provided, as is electricity and often heating. BBQs and picnic tables are usually available on site. Usually “comfort stations” with running water and showers are available very nearby.</p>
<p>Level 2 - Frontcountry (Easy)</p>	<p>Frontcountry, or “car camping” takes place on designated campsites maintained by provincial or national parks, conservation areas or municipalities. Campers may park on or very near their sites. Usually “comfort stations” with running water are available. Some sites may have electricity, and showers may be available nearby. Some items may be stored in vehicles.</p>
<p>Level 3 - Backcountry (Moderate)</p>	<p>Backcountry camping requires campers to hike or paddle to their sites. Sites are often minimal and do not have running water, electricity, heat, etc. Sometimes picnic tables are available. Often “thunder boxes” are available, as well as “fire rings”. Campers must pack in/out everything, including garbage. Water must be packed in or properly treated. Campers must ensure that food/scented items are protected from wildlife.</p>