



VIPAC ADVENTURES



A - EASY

- No experience needed.
- The duration of the trekking is either short, or resting days are provided in between of long itineraries.
- Altitude reached is low.
- The surface is normally flat in good condition and with ascents and descents not very difficult, steep or demanding.
- Walking days between 4 to 7 hours.



B - MODERATE

- No experience needed.
- Anyone used to trek in the countryside, with good health and reasonably fit, will not have problems with this level.
- The walk duration can be medium or short.
- Higher altitudes are reached.
- Conditions of the terrain still in good conditions.
- Walking days between 5 to 8 hours.



C - STRENUOUS

- Previous trekking experience is desirable but not essential if you are confident on your health and physical conditions.
- It is required to have exercised in advance of the trek.
- Altitude, remoteness and terrain also play a part on type of trekking.
- Walking days between 6 to 8 hours.



D - TOUGH

- Previous trekking experience and the ability of walking for several days without rest, is recommended.
- Altitudes are higher, the terrain is not very propitious nor comfortable and could be covered with mud, snow and steep with ups and downs.
- In some steps or passes, you will need the use of ice axes or piolets and crampons.
- Energy is needed because walking times range from 6 to 9 hours.



E - VERY TOUGH

- Extra factors of difficulty are added to those of a D trekking, such as river crossing, high and difficult passes, climbing on ice or snow.
- Normal walking days range from 7 to 9 hours but you must be prepared for trekking 11 hours or more if required.
- Ice axes or piolets and crampons are necessary for most ascends and descends.