



TO BENEFIT



GRADING SYSTEM OF OUR CHALLENGES

BEGINNER



HIKER'S PROFILE

Occasional, in good physical condition.

OVERVIEW OF THE CHALLENGE

Hiking duration per day:

- Average: 1–3 hours
- Pace: slow and steady

Average elevation gain:

- 300 m

Average elevation:

- < 600 m

You'll walk along fairly flat trails that are suitable for all types of hikers. The weather conditions will be generally moderate.

BEGINNER-INTERMEDIATE



HIKER'S PROFILE

Accustomed, in good physical condition.

OVERVIEW OF THE CHALLENGE

Hiking duration per day:

- Average: 3–4 hours
- Pace: slow and steady

Average elevation gain:

- 500 m

Average elevation:

- 600–800 m

You'll walk along fairly flat trails suitable for casual hikers. The weather conditions will be generally moderate.

INTERMEDIATE



HIKER'S PROFILE

Accustomed to outdoor sports and in good physical condition.

OVERVIEW OF THE CHALLENGE

Hiking duration per day:

- Average: 4–6 hours
- Pace: steady

Average elevation gain:

- 600–850 m

Average elevation:

- 800–1,000 m

You will hike along both flat and sloping trails that require some technical skill. The weather conditions will mostly be variable.

INTERMEDIATE-ADVANCED



HIKER'S PROFILE

Athletic, in excellent physical condition.

OVERVIEW OF THE CHALLENGE

Hiking duration per day:

- Average: 6–8 hours
- Pace: steady and sustained

Average elevation gain:

- 700–1,000 m

Average elevation:

- 1,000–1,200 m

You will hike along steeper trails that require good technique. Weather conditions may be less favorable. Acclimatization to the altitude may be necessary.

ADVANCED



HIKER'S PROFILE

Expert, high-intensity athlete in excellent physical condition.

OVERVIEW OF THE CHALLENGE

Hiking duration per day:

- Average: > 8 hours
- Pace: strong and sustained

Average elevation gain:

- 1,000–1,300 m

Average altitude:

- > 1,000 m

Race: 42 km marathon
Average duration: 4–5 hours

You will hike along uneven trails that require excellent technique. Weather conditions may be less favorable. Acclimatization to the altitude may be necessary.