STRIDE
One Step At A Time

Activity Levels

01 Very Low Effort
Outdoor activity based within a single location, involving minimal walking
Example: outdoor event, guided session, or static nature-based activity

02 Low Effort
Easy trail walks with little to no gradient
Example: mostly flat forest style trails

03 Moderate Effort
Trail walks involving a small amount of gradient
Example: undulating terrain or longer routes with gentle ascents

04 High Effort
Hill walks that include reaching a summit
Example: sustained uphill walking to a single peak

05 Very High Effort
Challenging activity involving the ascent of a challenging mountain or of multiple summits within one day
Example: multi-summit hill or mountain challenge