

# Maah Daah Hey

## Activities

### This Trip is Rated Fitness Levels 3-4 and Technical Levels 2-4

While every trip is designed to appeal to active adventure seekers, and in many cases, particular skill levels, there is always a different idea of what that exactly means. That is why we have designed the chart below to help make sure you join the proper tour. We know your pace may vary from one day to the next—and your traveling companions' may differ as well. We present a range of mileage options on each tour as well as provide support vehicles as much as possible. That way you can take a break and do as little or as much as you would like each day.

### Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking			20			
2	Mountain Biking			24			
3	Mountain Biking			20			
4	Mountain Biking					36	
5	Mountain Biking			13			