



FRIENDS of NEVADA WILDERNESS

PROJECT DIFFICULTY RATINGS

FIND WHAT'S RIGHT FOR YOU.

Easy



This project is suitable for a wide range of physical abilities. It's great for individuals new to volunteer conservation work. Appropriate for children over 12 years old with a parent or guardian.

1

Moderate



This project is suitable for individuals in good physical condition who participate in a semi-exercise routine. Most people who are physically active can participate at this level.

2

Challenging



This project is suitable for individuals in good physical condition who participate in a regular exercise routine. This project may be physically challenging to some people, participants need to be in good physical condition and aware of their physical abilities and limits before joining this project.

3

Most Challenging



Strenuous with longer hikes, off-trail hiking, sometimes with significant elevation changes. These trips are very challenging and require excellent aerobic conditioning, past experience in outdoor settings, and familiarity with backcountry hiking and/or camping. Not for beginners.

4

The following components can make a project more or less difficult. Please consult the individual project description and consider the following when choosing the right project for you:

- Hiking distance
- Terrain (ex: rocky, off-trail, on-trail, steep, creek crossings, etc)
- Elevation gain/loss
- Specific work activities (heavy lifting, lots of bending, shoveling, picking, chopping, and/or sawing, etc)
- Camping or Backpacking

**Please note: Project difficulty ratings are subjective and based on our best knowledge. Conditions may be different on the day of the project. On most projects, there are a variety of duties and volunteers can try new tasks based on comfort and ability level. Everyone is encouraged to work at a level safe for them. If you are unsure about a project difficulty, please contact the project coordinator.*