



Choose the Right Hike

Guineafowl Adventure Company offers guided day hikes in the mountains for all experience levels. We have categorized our hikes into three categories: Easy, Moderate and Strenuous, and we determine the category of each hike based on its elevation gain, distance, calculated "Hike Score," estimated pace, and time on feet.

We use the National Park Service's rating calculation to determine the difficulty of hike:

ELEVATION GAIN X 2 X TOTAL DISTANCE = PRODUCT, SQRT = HIKE RATING

Because Guineafowl Adventure Company offers day hikes exclusively, the longer hikes are expected to be completed at a faster pace, so that we are still off the mountain and back to our transport before we lose daylight. That pacing is factored into our rating as well, so clients know what pace they should expect when signing up for a hike.

Choosing the right difficulty level for you is important. Our weekly hikes offer a range of difficulty levels, so you can advance your skills over time.

Already skilled and looking for more? You name it, we'll (probably) do it! Whether you're looking for a first-time Presidential Traverse, stringing a few 4,000-footers together in a single day (aka peak-bagging), or just looking for a shorter hike that has special meaning to you, our team is ready to plan your adventure.

Guineafowl Hike Ratings

Because our hikes always include elevation gain, our overall rating scores are different than the NPS's, as their "easiest" and "moderate" scores incorporate almost no gain at all. Our hike categories have been established to fall within the following guidelines:

Easy

Elevation Gain: At around or less than 2,000' gained.

Distance: At around or less than 5 miles.

Hike Score: Below 150.

Estimated Pace: Between 50 min – 60 min per mile, including any scenic stops, snack breaks, etc.

Estimated Time on Feet: At around 5 hours or less.

Moderate

Elevation Gain: At around or less than 4,000' gained.

Distance: At around or less than 10 miles.

Hike Score: Above 150 and Below 300.

Estimated Pace: Between 40 min – 50 min per mile, including any scenic stops, snack breaks, etc.

Estimated Time on Feet: Between 5 hours and 7 hours.

Strenuous

Elevation Gain: More than 4,000' gained.

Distance: At least 10 miles and up to 20 miles.

Hike Score: Above 300.

Estimated Pace: Between 30 min – 40 min per mile, including any scenic stops, snack breaks, etc.

Estimated Time on Feet: Between 7 hours and 10 hours