



Greetings from Chilly Dogs Sled Dog Trips in Ely, Minnesota! The following Fitness Scale should be a helpful tool for you in deciding which of our two dogsled trip options is best for your group. Please reach out if you have any questions about fitness!

Also, be sure to check out our web page [How We Run](#) for more info on how we configure and run our dogsled trips, and be sure to read more about [Our Canine Athletes](#) here at Chilly Dogs.

Rate your Group on the Chilly Dogs' Fitness Scale

- Fitness Level 1:** You lead a mostly sedentary lifestyle. You need to hold a railing to walk up a flight of stairs. You would need help to stand up from a sitting position on the ground. You cannot do a full, traditional push-up.
(Note: For safety reasons, a Fitness Level 1 participant will be a rider only on either of our trips, as they do not possess the physical stamina/strength/balance needed to safely drive a sled on either of our half-day trips.)
- Fitness Level 2:** You are an active person. You can easily jog up a flight of stairs. You could drop down to a sitting position on the ground and get back up again without any assistance. You can do at least one traditional push-up.
- Fitness Level 3:** You can accomplish everything above (FL2), and you also lead a very active lifestyle, regularly participating in aerobic activities (ex: running, cycling, CrossFit, or other exercises with a cardio emphasis).

Which of our [Dogsled Trips](#) is Best for your Group?

Snowy Owl Run Half-Day:

At least half (50%) of your group should be at a **Fitness Level 2**
Individual Weight Limit: 275 pounds

Backcountry Trek Half Day:

At least half (50%) of your group should be a **Fitness Level 3**
Individual Weight Limit: 245 pounds

Don't have enough qualified "sled drivers" in your group, based on our fitness scale? Email Jess at mush@elydogsledtrips.com to discuss your options. We may have the option of providing additional guides or splitting your group into several time slots to spread out the guides we already have scheduled on your requested trip date.