

### Walk Gradings

Walks are graded according to their difficulty and aim to accommodate the expectations of walkers from a diversity of clubs. The descriptions adopted apply to fit, reasonably experienced walkers. As a result, newer walkers may find an 'Easy' day walk not as easy as expected.

#### **Easy:**

Walking mostly on tracks, or in open country. May be some hills with gradual inclines. Distances may be up to 15km in flat open terrain but will be shorter if rough ground or significant hills are involved, with a total ascent less than 400m. Reasonable lunch and rest stops.

#### **Easy-Medium:**

More consistent walking, mostly on tracks or in open country, but with some moderate hills, and possibly some stretches of light scrub and/or rock hopping. Distances up to 18km in flat open terrain but may be much shorter depending on the difficulty of the terrain, with a total ascent less than 600m. Reasonable lunch and rest stops.

#### **Medium:**

Consistent walking on tracks or in open bushland, several significant climbs, possibly some stretches of light scrub and/or rock hopping. Distances up to 20km with a total ascent less than 700m. Reasonable lunch and rest stops. A good level of fitness and walking experience is required.

#### **Medium-Hard:**

Consistent walking on tracks or in bushland with longer distances up to 22km and a total ascent up to 850m, with major climbs including possibility of rock scrambling, and/or thick bush. Few rests. A very good level of fitness and walking experience is required.

#### **Hard:**

Strenuous walking in challenging terrain, longer distances, and few rests. A high level of fitness and walking experience is required.