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| **WALK DIFFICULTY** |
| **EASY** | **MEDIUM** | **HARD** |
| Suitable for beginnersMostly on formed tracksGently undulating terrain | Suitable for fit/ experienced walkersSome sustained climbs and downhill workPossible ‘off track’/ rock scrambling | For fit experienced walkersLong steep climbs, Heavy scrub bashing, possibke hard rock climbsCould have long distances |
| **WALK GRADES** |
| **DISTANCE (in one day)** | **HILLS** | **TRACK** |
| **S** Short = under 10 km**M** Medium =Between 10-15 km**L** Long = Between15-20 km**XL** Extra Long = Over 20 km | **1-3** = Easy Suitable for beginners**4-7** = Medium Reasonable fitness required**8-10** = Hard Strenuous; fit walkers only | **1-3** Graded open terraine**4-7** Bush - minor scrub, some rock hopping & scrambling**8-10** Bush – thick scrub, major rock hopping and use of hands |