|  |  |  |
| --- | --- | --- |
| **WALK DIFFICULTY** | | |
| **EASY** | **MEDIUM** | **HARD** |
| Suitable for beginners  Mostly on formed tracks  Gently undulating terrain | Suitable for fit/ experienced walkers  Some sustained climbs and downhill work  Possible ‘off track’/ rock scrambling | For fit experienced walkers  Long steep climbs, Heavy scrub bashing, possibke hard rock climbs  Could 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 |