

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, possible 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 = Between 15-20 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 terrain 4-7 Bush - minor scrub, some rock hopping & scrambling 8-10 Bush – thick scrub, major rock hopping and use of hands