

WALK DIFFICULTY

Grading	Description	Walker Profile
Short	Level terrain, on formed tracks Distance up to 10km	No experience needed
Easy	Gently undulating terrain on formed tracks Distance up to 10km	No experience needed, normal fitness is sufficient
Easy-medium (intermediate grading)	Undulating terrain on formed tracks May be longer than easy walks 10-15km with some substantial but not steep, climbs and descents	Some walking experience advisable, reasonable fitness needed
Medium	Sustained climbs and descents Some of the walk may be off formed tracks Distance approximately 10-15km	Walking experience needed, reasonable fitness, most KBC members would be able to do a medium walk comfortably
Medium-Hard (intermediate grading)	An indicator that a walk is harder than the usual medium level walk, usually either for length, or poor-quality tracks or steep ascents and/or descents Potentially above 15km	Needs good walking experience and fitness levels Walkers should have substantial KBC experience and walking record
Hard	Consistent walking with moderate to hard climbing in scrub and forest on and off tracks. Distance on terrain potentially above 15km	Needs extensive walking experience and good fitness levels Walkers need to be capable of scrambling, off-track, possibly difficult descents, creek crossings etc
Experienced	Walking in difficult terrain that may require special knowledge such as unscheduled camping, rock scrambling, survival techniques, first aid or navigation	What it says! Only for experienced, fit walkers with good equipment and possibly specific skills, depending on the event

WALK GRADES

DISTANCE (in one day)	HILLS	TRACK
S Short = under 10km	1-3 = Easy : Suitable for beginners	1-3 Graded open terrain - well-formed tracks
M Medium = Between 10-15km	4-7 = Medium: Reasonable fitness required	4-7 Bush - minor scrub, some rock hopping & scrambling
L Long = Between 15-20km	8-10 - Hard: Strenuous; fit walkers only	8-10 Bush - thick scrub, major rock hopping & scrambling and use of hands.
XL Extra Long = over 20km		