

GRADING



TERRAIN

1. Smooth, reasonably flat path
2. Graded path/ track with minor obstacles
3. Grade track with obstacles; rocks, roots, fallen debris or creek crossings
4. Rough, unformed track or opened terrain with obstacles; rocks, roots, fallen debris or creek crossings
5. Rough or rocky terrain with small climbs using hands or rock hopping
6. Steep, rough or rocky terrain with large climbs using hands or rock hopping
7. Climb/ descend step rock using hands or footholds, maybe some exposure, good upper body strength required
8. Climb/descend near vertical rock with exposure, climbing skills may be required
9. Sustained climbing or descending of vertical or near vertical rock with exposure, advanced climbing skills required, good upper body strength

FITNESS

1. Basic – suitable for beginners, up to 4h walking, flat terrain
2. Basic – suitable for beginners, up to 4h walking, minor hills
3. Easy – suitable for beginners, up to 5h walking, undulating terrain
4. Reasonable level of fitness – up to 5h walking
5. Moderate level of fitness – up to 6h walking, agility required
6. Medium level of fitness – up to 7h of walking, agility required
7. High – up to 8h or longer walking, high level of fitness, endurance and agility required
8. Challenging – up to 12h walking, very high fitness, endurance and agility required