

Walk Rating System

All walks are rated with a number (which indicates the amount of hill climbing) followed by a letter (which indicates the smoothness or roughness of the trail). This is to help walkers gauge the degree of difficulty of the walk. Here is a summary of the ratings.

PART 1 - INCLINE		PART 2 - TERRAIN	
1	Very little hill or stair climbing – cumulative elevation gain up to 50m.	A	Walk is almost entirely on pavement, probably suitable for prams.
2	Some moderate hill or stair climbing – cumulative elevation gain up to 250m.	B	A significant part of the walk takes place on well-groomed trails with very little more difficult terrain.
3	Some significant hill or stair climbing – cumulative elevation gain up to 500m	C	A significant part of the walk takes place on somewhat difficult terrain (rocky/rooted paths or soft sand).
4	A good deal of significant hill or stair climbing – cumulative elevation gain up to 1000m	D	A significant part of the walk takes place on very difficult terrain.
5	Many steep hills or high altitude trails – cumulative elevation gain over 1000m.	E	The majority of the walk takes place on very difficult terrain.

When determining elevation gain, if a route goes up for 50m and down for 50m and back up for another 75m, the cumulative gain would be 125m.

Examples

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

In addition to the rating (as per table above), any route obstacles or special conditions must be explained to describe the level of difficulty of the walk.