7 MultiWalk Gradings (adopted August 2006; modified May 2008)

DW- One Day Walk  BP (3d2n) -  1 - Graded track, some incline 2 - Graded track, hills, creek crossings B - Moderate fitness	Walk Type	Walk Type Approx Daily Km.	<u>Terrain</u>	<u>Fitness</u>
Backpack, 3 days, 2 nights CC (2d2n)-  Backpack, 3 days, 2 M - Medium - 10-15 km CC (2d2n)-  3 - Rough track, steep sections, creek crossings C - Good fitness D - Good fitness with agilit E - High fitness level	DW- One Day Walk BP (3d2n) – Backpack, 3 days, 2 nights CC (2d2n)- Car Camp, 2 days, 2	One Day Walk  dd2n) - 10km  pack, 3 days, 2 M - Medium - 10-15  km  2d2n)- L-Long -15-20 km  XL - Extra Long - over	1 - Graded track, some incline 2 - Graded track, hills, creek crossings 3 - Rough track, steep sections, creek crossings 4 - Off track, moderate terrain 5 - Off track, thick terrain	A - Low fitness B - Moderate fitness C - Good fitness D - Good fitness with agility E - High fitness level F - Strenuous - experienced

The table above is inserted into the Walks Program distributed to members and posted on the website. Leaders may wish to add explanatory notes. Two examples below:

Date	Leader Contact	Venue	Details
September	Lorrainne Hecker	Threlfall Walk	Classification DW S 1 A . An easy 6 km stroll along
2 nd	6832 9532		a fairly level well-formed path. Limit of 20
	(by 29th August)		
May	David Lawrence	Oven Camp	Classification BP(3d2n) L 5 E (5E=the off-road
23rd- 25th	67753164 by	Backpack	section, Day 1; remainder 3C-D)
	(by 16 <sup>th</sup> May)		Exploratory . Suitable for well-equipped, fit and
			experienced backpackers. Need to carry water for
			one dry camp. Limit 10.

(The version below may be easier to follow)

#### WALK GRADING

This grading system is divided into trip type, approximate daily distance, type of terrain, and fitness level required. All walk participants should check the grading to ensure they have suitable fitness level before undertaking a walk.

## **WALK TYPE**

DW- One Day Walk; BP(3d2n) Backpack, 3 Days, 2 Nights; CC(2d2n)= Car Camp, 2Days, 2 nights

## APPROXIMATE DAILY DISTANCE

S - Short - Less than 10km; M - Medium - 10-15 km; L - Long - 15-20 km; XL - Extra Long - over 20 km

### **TERRAIN**

GRADED TRACK WALKING - These walks are on formed and maintained tracks for walking or for vehicles.

OFF-TRACK WALKING - These walks are over territory where there are no formed or maintained tracks.

1 - Graded track, some incline

- 2 Graded track, hills, creek crossings;
- 3 Rough track, steep sections, creek crossings 4 Off track, moderate terrain

5 - Off track, thick terrain

6 - Off track, rock climbing and

# exposure

## **FITNESS**

- A Low fitness; B Moderate fitness; C Good fitness; D Good fitness with agility
- E High fitness level; F Strenuous experienced walkers only!