

## 7B MultiWalk Gradings August 2006

The grading system is divided into trip type, approximate daily distance, type -of terrain, 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 distance

S-Short-Less than 10km

M- 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, and creek crossings

4 - Off track, moderate terrain

5 - Off track, rough 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!

(So the Threlfal Walk would be rated DW S 1 A; Kathy's Long Point Backpack BP (3d2n) M 4 C; and so on)