

# Walk Grades

My grading system considers a number of factors including terrain, gradient, length, how high we are going, and predicted pace of the group. Therefore, some walks within a grade may be longer if there is little ascent or shorter if there is a lot of ascent but overall, they will fit the general grade description.

If you are unsure about the grade of a walk, or your ability, please do get in touch & we can decide together what you might be able to achieve.

Sarah Price (Walk Leader)

## Very Leisurely

Walks are around 3 miles with plenty of stops and sightseeing opportunities. The pace will be leisurely and there is no need to rush. Walks will have as little ascent / descent as possible but inevitably there will be some ups and downs.

## Leisurely

Walks of up to 6 miles taken at a leisurely pace with plenty of stops for photos, refreshment breaks, taking in the scenery. The pace will be leisurely with no need to rush. Walks may involve some ascent / descent, but these will be taken at a comfortable pace and will be on good paths although there may be uneven ground.

## Low Moderate

Walks of up to 8 miles on good paths although there may be uneven ground. The pace will allow opportunities to stop and take in the scenery, have a drink, take photos, etc. Walks will involve some ascent and descent, but they will be taken at a comfortable pace. Low Moderate walks may also be at height but the amount of ups and downs is less than on a moderate walk - but more than you would expect on a leisurely one.

## Moderate

Walks of up to 10 miles on a mixture of paths and sometimes rough ground and uneven moorland. The pace will be moderate with opportunities to stop for photos, refreshment breaks, etc. Whatever the grade we aim not to rush past the scenery! Walks will involve ascents and descents for which you will need to be moderately fit.

## Moderate to Challenging

Walks of up to 12 miles on a mixture of paths and rough ground/ uneven moorland. The pace will be moderate but there will still be time to stop and enjoy the surroundings. A moderate level of fitness will be required for the ascents and descents.

## Challenging

Walks of up to 16 miles on a mixture of paths and rough ground / uneven moorland. There may be elements of terrain that make the walks more of a challenge. We will take shorter breaks on these walks but as always there will be opportunities to enjoy the views.