



## Grade of Walks Policy

Bandon Hillwalking leaders give up their spare time checking out new walks and revisiting old walks to create a diverse walking schedule for the club, our leaders do their best in grading walks into the below categories. However sometimes walking routes may become harder than initially expected due to terrain, diversions, weather conditions etc. These conditions are usually out of the ordinary and outside of our leaders' control.

### **Grade "A" Walk**

A strenuous walk with a very good level of fitness required, the pace will be quicker than the other grade of walks (unless stated otherwise). The terrain will be rough underfoot with some scrambling and exposed areas experienced. Height gained over the day would be anything from 700mts to 1200mts and walking times will vary from 6-10hrs.

### **Grade "B" Walk**

A moderate/tough walk with a good level of fitness required, the pace will be moderate (unless stated otherwise). The terrain could be rough underfoot at times but normally with some paths and trails along the way. Height gained over the day would be anything from 400mts to 700mts and walking times will vary from 4--6hrs.

### **Grade "C" Walk**

An easy walk with good level of fitness required, the pace will be a leisurely to brisk walk. The terrain would normally be on established paths, tracks, trails and road. Height gained over the day would be anything up to 400mts and walking times will vary from 3--5hrs.

### **Intermediate Walk**

An easy to moderate walk with a good level of fitness required. Usually up to 10 Km/400m Ascent 3 to 5 Hrs. Mostly on tracks/trails with some rough terrain included at times.

### **Please note the following:**

Before a member can take part in a "B" walk you must have taken part in 3 x "C" walks and to take part in an "A" walk you will need to have taken part in 3 x "B" walks. Please respect this rule!

Leaders decisions are final on any given day.

Regardless of these guidelines' walkers are still walking at their own risk.