



Walk Gradings



Our social walks are graded in terms of both **terrain** and **pace** in order to give you a heads up of what you might expect on a particular walk.

In terms of **terrain**, an **undulating** walk is defined as an ascent of between 10m/km and 20m/km (50ft/mile and 100ft/mile). A walk with less ascent would be classed as **flat** and one with more as **hilly**.

In terms of **pace** we have defined **moderate** as between 4km/hr and 5km/hr (2.5mph and 3.2mph). Slower than that would be seen as a **relaxed** pace, and faster as **brisk**.

Be rest assured though we would **never** leave anyone behind on a social walk, but hope that these gradings help manage expectations.

A word to walk leaders

If you are unsure of the amount of ascent on your walk (for example you don't have a GPX file of the route) then try to make a best estimate - overall, do you feel the route is predominantly flat with only a few, short 'ups' or are they there many ups and downs putting into the hilly category? If neither of these then you should grade it as undulating. If you feel its borderline then say so by grading it as say undulating/hilly or flat morning, hilly afternoon.