

## CBMW Walk Grades

**Leaders should grade on the higher side if in doubt and use previous programme information to help grade a walk in context. Seek the advice of other leaders who may have knowledge of the area to help you.**

**E - Easy: A walk of up to 4½ hours on good surfaced tracks and less than 200 metres ascent.**

**M - Moderate: up to 12km, less than 400 metres ascent and less than 50% rough going.**

**MS Moderately Strenuous: Up to 600 metres ascent and/or no more than 15 km with some rough going taken at a reasonable pace.**

**S - Strenuous:** More than 600 metres and/or more than 15km with steep, loose or heavily vegetated sections. This is difficult to assess and the leaders are asked to bear in mind the pace of the walk when allocating grading.

**VS Very Strenuous:** More than 800 metres and/or more than 20km with steep, loose or heavily vegetated sections. This is difficult to assess and the leaders are asked to bear in mind the pace of the walk when allocating grading.

**X - Experienced walkers routes:** leaders should reserve this category for routes which require considerable stamina and/or significant scrambling skills on rough, steep or exposed sections.

**Scr Scrambling:** This implies the need for handholds to ascend steep rock pitches with a sense of exposure to vertigo and where a slip could lead to a serious accident.

**A - All good tracks**

**B - Less than half the route on rough ground**

**C - More than half the route on rough ground**