

It is always essential that you read the details on the website (cbmwalkers.org) of any walks you intend to join. Ensuring that you are comfortable with the grade, length, height gain and walking time. Also check the start time normally 10 am but a few walks may differ. Full details of grades are on the website at the top of the current walks program list. You will also find the list of **Conventions** under the heading **Individual Responsibilities**.

Note: The higher the grade the quicker the pace is likely to be.

Lower grade walks can still go over very rough terrain and may contain awkward steps both up and down. Though this will generally be mentioned in the brief walk description, check it and take note!

The grades: These are subjective eg; An S/A grade which is 15km but only 300metres ascent, on straightforward tracks. May suit you better than a MS/C at 8km but with 600metres ascent, as the latter will have steep ascent on rough terrain. However, the pace on the S/A may be quicker! So if you are new to the group, you may prefer to lower your ambitions and try a few walks to acquaint yourself first, before joining the more difficult ones.

The walks are colour coded in the program to aid your selection.

E - Easy Straightforward, but not a walk along the Prom. Can be hilly and over varied terrain. These are sometimes combined with an organised lunch option.

M - Moderate More serious hill walking, often with some steeper ascents, descents & rough terrain, where more stamina & agility will be required.

MS - Moderately Strenuous Don't be fooled by the word "moderately". These can be tough and rugged routes. Read the details.

S - Strenuous. These can be long routes or have a lot of height gain or both, If the terrain is also rugged, it can make for a long tiring day out!

VS - Very Strenuous. These will be a very tough day out, lots of uphill, often very long and covering very varied and tough terrain!

X - Experienced walkers only. When this is included it is a warning! Please ensure, that you have the strength, stamina and skills to undertake the most difficult of terrain.

Scr - Scrambling. This is in effect very easy climbing, where there are at least several meters or more of continuous rock, which require the use of hands and feet to surmount it. Some routes may contain long sections of it & be exposed. Sometimes it is also unavoidable. Check the details!
Sometimes in descriptions "scrambly" is used to describe terrain where there are just a few moves where hands & feet are required.

/A - This extension to the grade advises that most (not all) of the tracks on the route are good.

/B - Less than half of this route is on rough ground. But it is possible that nearly half could be on very rough ground. So again check the details!

/C - In this case more than half the route will be on rough ground. It could even mean that most of it is! Particularly on the higher grade walks.

STOP PRESS: Always check this on the website, to ensure that the walk has not been altered. (Change of starting place or start time). It could be cancelled, though this does not happen very often. It can be due to the weather, the condition of the route, a hunting event, or the walk co-ordinator being unavailable etc.