



The walk leader will send out an e-mail with more details nearer the time. Walkers are welcome to contact leader for more information.

<b>Grade</b>	<b>Description</b>
D	Very Easy Walks suitable for beginners or a lower level of fitness. These walks could be undertaken in comfortable shoes or trainers. At a slow pace with stops, generally flat and typically 3 miles.
C	Easy Walks for reasonably fit people with a little walking experience. Usually on level ground and good paths / tracks. At a relaxed pace, may include uneven or rough sections. Walking boots and warm waterproof clothing recommended. Typically under 7 miles.
C+	Easy to moderate, some challenge.
B	Moderate Walks for people with hill walking experience and a good level of stamina and fitness. May include steep paths and rough terrain. Walking boots and warm waterproof clothing are essential.
B+	Between moderate and strenuous.
A	Strenuous: Walks for experienced hill walkers with a higher level of fitness. Long, will include hills with steep ascents / descents and rough terrain that may involve some scrambling. Walking boots and warm waterproof clothing are essential.