

Walk Level Guidelines

The following difficulty levels have been written as a guide to help walk leaders describe prospective walks. The difficulty level only tells you about the terrain, longer walks are more strenuous than shorter ones.

Level	Guide to Walk description including Climb & Terrain
1	Flat with no climbs on even terrain
2	Gently undulating with a maximum 100m climb (describe terrain)
3	Climbs of up to 200m (must be described) on even terrain
4	Climbs of up to 200m (must be described) on various surfaces (describe)
5	Climbs of 200 - 350m (must be described) on various surfaces (describe)
6	Climbs of 350 - 500m (must be described) on various surfaces (describe)
7	Climbs of 500 -750m (must be described) on steep rough surfaces (describe)
8	1,500m ascents possible (must be described) on steep, rough surfaces (describe)

Please ensure that all descriptions make specific reference to:

- Number and nature of inclines and hills, including approx height gain and length of climb;
- Nature of the Terrain/surface: (eg. farm tracks / purpose built cycle and walking tracks / tarmac minor roads / uneven surfaces);
- The approximate number and steepness of steps both ascending and descending;
- Wet and slippery areas requiring special footwear/walking sticks and/or special care.
- High tracks which are very close to cliffs and other deep drops for those who suffer from vertigo or have a fear of heights.

Guidelines for Members Organising and Leading a Walk

- 1 Always check your walk before completing the details of the walk onto the proforma and sending it to the group coordinator. If you have any queries please consult your group Co Ordinator or the Group Liaison Officer.
- 2 When walks and their proposed routes are posted on the events page of the website it is important that your description is detailed and accurate so that members can make a sensible decision as to whether your walk is within their capability and they are able to complete the walk.
- 3 When leading your walk take a detailed map of the walk route and the Group First Aid Kit.
- 4 Try to gauge the pace of the walk to suit the pace of the slowest walker and factor in stops for all the group to catchup, take a breath and have a drink. It can be useful in larger groups to designate a leader (yourself) and a backmarker for the walk who are in contact by mobile phones or walkies talkies.

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Current U3A Walking Groups

Group	Walk length	Level	Description
Leisurely Walks	3-6 Kilometers	Levels 1 & 2 only	A leisurely walk with plenty of stops on flat even terrain
Flat Earth	6-10 Kilometers	Levels 1 & 2 only	A mainly flat walk which can be on a variety of terrains.
Ramblers Medium Walk	6-10 Kilometers	All levels	Walks can be on a variety of terrains and can be flat or with medium to steep hills.
Bravas Medium Walk	6-10 Kilometers	All levels	Walks can be on a variety of terrains and can be flat or with medium to steep hills.
Long Walk	10+ Kilometers	All levels	Walks can be on a variety of terrains and can be flat or with medium to steep hills.
Knackered Camel	20+ Kilometers	All levels	Walk length will vary depending on the terrain, flat walks are 20+ Km whereas walks with steep inclines will be less than 20 km.
Walking with Dogs		Normally Levels 1 - 4	The walks are approx. 1 to 1 ½ hours in length, the terrain chosen to suit the dogs and owners in the group.