

West Pennine Villages U3A walking group walk gradings

The following walk gradings are provided as a general guide only. Walk leaders will endeavour to provide as much detail as possible in advance about the level of a walk. If you are in any doubt about your fitness for a particular walk, please contact the group leader or walk leader in advance to discuss your query.

Easy	Walks for reasonably fit people with at least a little country walking experience. Mainly walking on flat marked paths but may include some unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
Moderate	Walks for people with country walking experience and a good level of fitness. Will generally include some steep paths and open country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
Strenuous	Walks for experienced country walkers with an above average fitness level. May include hills with sustained elevation and rough country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.