



Tablelands Walking Club Inc

Walk Description Tablelands Walking Club Inc

Track grading is a primary means of informing walkers about the features and challenges of our walks. It enables walkers to decide if a walk is the right level of difficulty for them.

We use a 5 grade system:

1. **Easy:** Fairly even path with no steep sections. Suitable for beginners or inexperienced walkers. A short walk no greater than 5-8 km and less than 4 hours duration.
2. **Easy-Moderate:** Path walk which may have a gentle hill section or sections and/or occasional steps, some rough ground. Walks no greater than 10km and climbs of 100-200 metres. Duration of 4-5 hours. Some prior experience bushwalking and a reasonable fitness level required.
3. **Moderate:** Rough path or track, some cross country sections, possible creek crossings. Climbs and descents of 200-400 metres. Tracks may have short steep hill sections and rough surfaces. Some obstacles under foot. 10-12 km. 6 hours duration. Good fitness and stamina level required.
4. **Moderate-Hard:** Rough track or cross country walk. May have arduous climbs and steep sections. May include long steep sections, use of hands for climbing, rock hopping, creek crossings and fallen debris on tracks. Good upper body strength, stamina and fitness required. Climbs and descents of 600-800 metres. 6-8 hours duration.
5. **Hard:** Cross country, steep hills, uneven ground, may include some rock climbing. Very experienced bushwalkers with specialised skills, which may include navigation and emergency first aid. Tracks are likely to be very rough, very steep and unmarked. Walks range from 10- 20km. Climbs and descents of 800 or more metres. Good upper body strength, stamina, agility and fitness required. 6-8 hours duration.