






A - Easy - For most active people, suitable for novices. 	Terrain	Mostly flat, few ups and downs on easy paths, possible mud in winter
	Distance	No more than 5 - 8 miles (8 - 13 km)
	Ascent	Less than 300m
	Time	4 - 6 hours with breaks (Local Bristol and Bath countryside)
B - Moderate - Occasional walkers, fitter novices, these with active lifestyle and reasonable level of fitness 	Terrain	Undulating on varied paths, trails and open hillside
	Distance	8 - 12 miles (13 - 20 km)
	Ascent	Several ascents up to 450m
	Time	5 - 7 hours with breaks (Mendips, Cotswolds, lower level Welsh Hills)
C - Moderate/Strenuous - Active and fit novices, regular hill walkers. 	Terrain	Longer walks on varied paths, trails and open hillside, some sections of rough walking
	Distance	8 - 14 miles (13 - 22 km)
	Ascent	Up to 700m
	Time	6 - 8 hours (Brecon Beacons & Black Mountains by established track)
D - Strenuous - Experienced and active hill walkers with recent and regular walking experience  Plus	Terrain	Rough ground and trails; off path tracks, some rocky
	Distance	8 - 14 miles (13 - 22 km)
	Ascent	Up to 1250m
	Time	6 - 8 hours (High level walks in the Lakes, North Wales and Scotland)
E - Challenging - Fit and highly experienced walkers with much practice at the C and recent D walking grades  Plus	Terrain	Mountain terrain, steep, some paths, possible scrambling in some places
	Distance	8 - 16 miles (13 - 26 km) plus
	Ascent	Up to and beyond 1400m
	Time	6 - 10 hours (High Mountain technical walks, Crib Goch, Tryfan, Striding Edge)

AOAC Walking Grades

Approximate 'Boot' Rating

The group will walk at a pace close to that of the slowest walker; the pace will generally increase with the grade. Winter conditions will increase difficulty of the walk.

Please note that the Leader reserves the right to exclude members that do not have suitable clothing or level of fitness for the selected walk. If in doubt contact the Leader in advance and discuss - refer to recommended walking kit on AOAC web site