Walk difficulty classification

We are ignoring the walk length in the difficulty classification on the basis that people should know whether they are capable of walking the published distance.

The difficulty is primarily determined by the amount of ascent (and/or descent) as follows:

- Easy up to 500ft ascent
- Easy+ 500 to 800 ft ascent
- Moderate 800 to 1400 ft ascent
- Moderate+ 1400 to 1800 ft ascent
- Strenuous or challenging over 1800ft ascent

The difficulty level may reasonably be adjusted upwards for many reasons such as:

if there is rough or difficult terrain

if there is a particularly steep ascent/descent

if the significant ascent/descent occurs in one chunk.

Rating the difficulty of a walk is subjective of course and the above is a starting point to try to achieve some consistency across the walking programme.

The Ramblers have their own system https://www.ramblers.org.uk/go-walking/about-group-walks/walks-difficulty.aspx