**AOAC Walking Grades Table**

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| A – Easy – For most active people, suitable for novices. | Terrain | Some undulation, modest ups and downs on easy paths, possible mud |
| Distance | No more than 5 - 8 miles (8 – 13 km) |
| Ascent | Less than 300m |
| Time | Up to 5 hours with breaks (eg Bristol & Bath countryside) |
| B – Moderate – Occasional walkers, fitter novices, those with active lifestyles and reasonable fitness | Terrain | Varied paths, trails and open hillside |
| Distance | 8 – 12 miles (13 – 20 km) |
| Ascent | Up to 450m |
| Time | 4 – 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 rough sections |
| Distance | 8 – 14 miles (13 – 22 km) |
| Ascent | Up to 700m |
| Time | 5 – 8 hours (Brecon Beacons & Black Mountains) |
| D – Strenuous – Experienced and active hill walkers with recent and regular walking experience | Terrain | Rough ground and trails, off path, sometimes rocky |
| Distance | 8 – 14 miles (13 – 22 km) |
| Ascent | Up to 1,250m |
| Time | 6 – 8 hours (High level walks in the Lakes, North Wales & Scotland) |
| E – Challenging – Fit and highly experienced walkers with much practice at the C and recent D walking grades | Terrain | Mountain terrain, steep, some paths, possible scrambling in some places |
| Distance | 8 – 16+ miles (13 – 26 km) |
| Ascent | Up to and beyond 1,400m |
| Time | 6 – 10+ hours (High Mountain technical walks, Crib Goch, Tryfan, Striding Edge) |

Most new walkers should be able to do a ‘B’ level walk however we wouldn’t advise people to start with a higher level than this unless they are either a regular walker or confident of their physical fitness and stamina. The pace will generally increase with the grade. Winter conditions will increase the difficulty of the walk. The hardest walks can be very demanding and to really enjoy them requires a reasonably high level of fitness.

Please note that the Leader reserves the right to exclude members that do not have suitable clothing or physical fitness for the selected walk. If in doubt contact the Leader in advance. There is a list of recommended walking kit on the [AOAC web site](https://aoac.co.uk/content/walking-kit-list).