



## **Walking Grading:**

We offer a varied range of walking holidays and itineraries to cater for people of all different abilities; please contact us to discuss your own personal requirements.

**Grade 1 – (ideal for novices...just getting out and enjoying the outdoors)**

Terrain flat or some up and downs mostly, thankfully on good footpaths.  
Distance no more than 5-8 miles (8-13 Km) throughout the whole day.  
Accent less than 300 meters (1000ft).  
Time 4-6 hours (plus breaks and lunch stops).

**Grade 2- (fitter novices, anyone with a fairly active lifestyle)**

Terrain Undulating, some sections off paths and sections of rough walking  
Distance 8-12 Miles (13-20 Km)  
Accent one or two accents up to 450 meters (1500 ft).  
Time 5-7 hours (plus stops and lunch breaks)

**Grade 3- (Fit novice, regular exercisers, regular hill walkers)**

Terrain longish walks or varied paths, trails or unpaved hillside.  
Distance 8-14 Miles (13-22 Km)  
Accent up to 770 meters (2500 ft)  
Time 6-8 hours in duration. (E.g. Snowdon via Miners Track)

**Grade 4- (regular walking with recent participation in the activity)**

Terrain Mountain terrain, mix of rough trails and off path tracks.

Distance 8-14 Miles (13-22 Km)  
Accent up to 1250 meters (4000ft)  
Duration 6-8 hours.

**Scotland Winter Expedition courses and more challenging walks** – also appropriate for European walks at altitude:

**Grade 5- (must be regular hill walkers. Fit and experienced enough for the demands of the day.)**

Terrain rough and steep when on paths.  
Distance 8-16 miles (13-26 Km)  
Accent up to 1400 meters (5000ft)  
Duration 6-10 hours

**Accommodation & Residential Options:**

We have a wide range of accommodation, country cottages, youth hostels and other budget options to help you. Most of our taster and one day courses are non-residential.

On our exclusive Vegetarian and Vegan breaks we only use specialist hotels, B&B and private hostels to ensure we deliver an outstanding experience for people with individual ethical and dietary requirements.

We normally offer the following, accommodation and catering options:

YH&CB-	Youth Hostel and continental breakfast.
YH&FB-	Youth Hostel and full board or all meals/lunches provided.
GH&B	Guest House and Breakfast (Bed & breakfast)
H&B	Hotel and Breakfast
H&FB	Hotel and Full Board (all meals and lunches provided)
C+FB	Camping and full board (all camping food and lunches)

***Please check your joining instructions and course notes for details of the package provided for your course.***