



Ramblers Wellbeing Walks

Walk Grading Criteria

- A Grade 1 walk (Easy Access) is a short (up to 30/45 mins), slower pace and over easy, flat terrain. They are open to everyone but are especially aimed at those who are least active, and it is suitable for wheelchair users.
- A Grade 2 walk (Easy) is like Grade 1, but likely to be a bit longer, and mainly on a flat surface – up to 60 minutes.
- A Grade 3 walk (Leisurely) is up to 75 minutes, usually around 2 miles. There may be some slopes, and some muddy areas, but generally good surfaces for walking on.
- A Grade 4 walk (Moderate) is more challenging, may include steeper slopes, rough ground, or mud in wet weather – between 60/90 minutes.
- A Grade 5 walk (Challenging) is anything up to 90 minutes, and not more than 5km/3miles. It can include stiles, uneven and varied terrain underfoot. Often includes steeper slopes/hills and likely to be faster in pace.