

Grading - Hiking

Colour coding	Suitable for	Ascent and distance*	Path type	Gradient and exposure
Easy	<ul style="list-style-type: none"> • Beginners • Requires no special skills • Routes suitable for wheelchair / pushchair / stroller are marked with own symbol. 	<p>< 300 m < 5 km</p>	<ul style="list-style-type: none"> • Tarmac, gravel, forest roads or good quality paths • Prepared paths and tracks giving good accessibility • Mostly shorter routes • Firm, even surface with no significant obstacles or stream crossings 	<ul style="list-style-type: none"> • Moderate ascents • No steep sections
Moderate	<ul style="list-style-type: none"> • People with some experience walking in terrain • Average fitness level • Basic outdoor skills 	<p>< 600 m < 10km</p>	<ul style="list-style-type: none"> • May have some more demanding sections than 'green' paths • Possibility of easy stream crossings 	<ul style="list-style-type: none"> • Mostly moderate ascents with some steeper sections • Some sections may be challenging for people with fear of heights
Demanding	<ul style="list-style-type: none"> • Experienced hikers • Reasonable stamina • Good equipment and suitable footwear required • Navigation skills 	<p>< 1000 m < 20 km</p>	<ul style="list-style-type: none"> • Narrow paths, rocky and/or open (mountain) terrain • Steep slopes and longer sections with loose rock or marsh possible • Potential for stream crossings 	<ul style="list-style-type: none"> • Varying degrees of ascent • Some exposed sections • Potentially technically demanding sections requiring scrambling and use of hands for support
Extra demanding	<ul style="list-style-type: none"> • Experienced mountain hikers • Some endurance required • Good equipment and suitable footwear required • Navigation skills 	<p>No maximum ascent or distance</p>	<ul style="list-style-type: none"> • Longer, more technical trips than 'red' routes • Demanding stream / river crossings possible 	<ul style="list-style-type: none"> • Typically summit trips with steep ascents on uneven ground • Can have exposed sections requiring scrambling • Narrow ridges, bare rock, scree etc.

* **Ascent** refers to the total ascent in metres for the whole route (one-way). In very steep terrain, steep descents are also included in the grading. Descents are weighted 50% of ascents. **Distance** describes the total length of a route, one-way, in kilometers. For circular routes a special symbol is used. Distance in this case describes the length of the whole circular route, in kilometers.