









## Her on a Hill Grade Descriptions

\*Each of our holidays and day walks is unique and the grade description is a guideline only. We provide a more detailed grade description for each individual holiday or walk.

The grading system takes into account a number of factors including terrain, gradient, length, altitude and predicted pace of the group. Therefore, some walks within a grade may be longer if there is little ascent or shorter if there is a lot of ascent but overall, they will fit the general grade description.

If you are unsure about the grade of a holiday please remember that it is usually more pleasurable to stay within your comfort zone rather than aim too high and struggle. If you would like advice about choosing a holiday grade then do get in touch.

Hill Rating	Grade	Grade Description*
1	Very Leisurely 	Walks are around 3 miles per day with plenty of stops and sightseeing opportunities. The pace will be leisurely and there is no need to rush. Walks will have as little ascent / descent as possible but inevitably there will be some ups and downs.
2	Leisurely 	Walks of up to 6 miles taken at a leisurely pace with plenty of stops for photos, refreshment breaks, taking in the scenery. The pace will be leisurely with no need to rush. Walks may involve some ascent / descent but these will be taken at a comfortable pace and will be on good paths although there may be uneven ground.
3	Low Moderate 	Walks of up to 8 miles on good paths although there may be uneven ground. The pace will allow opportunities to stop and take in the scenery, have a drink, take photos, etc. Walks will involve more ascent and descent but they will be taken at a comfortable pace.
4	Moderate 	Walks of up to 10 miles on a mixture of paths and sometimes rough ground and uneven moorland. The pace will be moderate with opportunities to stop for photos, refreshment breaks, etc. Whatever the grade we aim not to rush past the scenery! Walks will involve ascents and descents for which you will need to be moderately fit.
5	Moderate to Challenging 	Walks of up to 12 miles on a mixture of paths and rough ground/ uneven moorland. The pace will be moderate but there will still be time to stop and enjoy the surroundings. A moderate level of fitness will be required for the ascents and descents.
6	Challenging 	Walks of up to 16 miles on a mixture of paths and rough ground / uneven moorland. There may be elements of terrain that make the walks more of a challenge. We will take shorter breaks on these walks but as always there will be opportunities to enjoy the views.