

## Definition of hiking grades

The grades are marked with pictograms with 1 to 5 hikers.

Grading takes into account the daily altitude difference, walking time and the features of the terrain:



**Introductory:** Daily stages with up to 400m altitude difference ascending, Ø 3-6 h walking time. – Easy terrain: trails without major obstacles, recommended for families



**Introductory - Moderate:** mix of these two grades



**Moderate:** Stages with up to 400-900m altitude difference ascending Ø 4-7 h walking time– Moderate terrain: partly rugged trails over rocks and roots / Reasonable level of fitness and good health necessary



**Moderate – Challenging:** mix of these two grades



**Challenging:** Stages with over 900m altitude difference ascending Ø 6-9 h walking time – Partly difficult terrain: narrow and partly steep paths, elements of scrambling might be necessary. Good level of fitness and health, sure footedness and some experience in the mountains is important

Walking times are commonly calculated with the following formula:

4 kilometres (2,5 miles) = 1 h of walking + 300m of altitude difference ascending = 1 h of walking

These numbers are intended for reference. Terrain, weather, steepness and altitude of the area can influence times as well.

Times do not include breaks or stops.