

GHTA Hike Difficulty Rating Guide

For each hike provide: terrain rating, pace, length of hike in hours, distance of hike in km (if known)

TERRAIN

RATING	DESCRIPTION
Easy	Well defined trails, gentle inclines. Hiking boots and poles optional. Suitable for beginners.
Moderate	Generally on trail. May be hilly, some rough spots or obstacles. Boots and poles recommended.
Difficult	Rough terrain. May include bushwhacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots and poles essential, and a high level of fitness. Long pants and sleeves recommended.

PACE

Leisurely	2-3 km/hr
Moderate	3-4.5 km/hr
Fast	4.5 km/hr and over

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