

WALK GRADINGS:

| Distance | | Terrain | | Fitness | |
|-----------------|---------------------------|----------------|---|----------------|--------------------------------------|
| S | Short Under 10km per day. | 1-3 | Graded track or open terrain, no scrub. | 1-3 | Easy, suitable for beginners. |
| M | Medium 10-15km per day. | 4-5 | Off track, bush, minor scrub, rainforest, rock hopping, minor scrambling. | 4-5 | Medium, Reasonable fitness required. |
| L | Long 15-20 km per day. | 6-7 | As above + thick scrub. Major rock scrambling using hands. | 6-7 | As above + agility required. |
| X | Extra Long 20km+ per day. | 8-9 | As above + rope and technical ability required. | 8-9 | Hard strenuous, fit walkers only. |

ACTIVITY TYPE:

| | | | | | |
|-----------|-----------|------------|----------|-----------|---------------|
| AB | Abseiling | DW | Day Walk | TW | Through Walk |
| BC | Base Camp | SOC | Social | XT | Extended Trip |
| R | Bike Ride | TR | Training | | |

EXAMPLE:

The Albert River Circuit at O'Reilly's is 22km long all on graded track, it would be graded as: **DW X 3 5**