

## Difficulty Ratings:



### Easy

These trips require no prior experience. They are suitable for all physically capable individuals with basic fitness. These trips require less than 5 hours of sustained activity, and require participants to carry less than 2kg of gear. These trips preference walks with flat or undulating terrain, with the longest sustained uphill stretch being up to approximately 45 minutes of walking.

Examples: Tarn shelf, Cape Houy



### Moderately Easy

These trips require no prior experience. They are suitable for all physically capable individuals with reasonable fitness. These trips require less than 6 hours of sustained activity, and require participants to carry less than 2kg of gear. These trips require extended periods of uphill walking, in some cases up to 3.5 hours.

Examples: Hartz Peak, Mt Eliza



### Moderately Challenging

It is recommended that participants wishing to undertake these trips have some previous bushwalking experience. Day walk experience is adequate. These trips are suitable for all physically capable individuals with reasonable fitness. These trips require two days of walking for up to 4 hours with a 12 – 16kg pack. These days may be separated by a day on which a day walk is undertaken. These trips preference walks with flat or undulating terrain, with the longest sustained uphill stretch being up to approximately 45 minutes of walking.

Examples: Cape Pillar, Shadow Lake, Twilight Tarn, Freycinet (Hazards Beach loop)



### Challenging

It is recommended that participants wishing to undertake these trips have previous overnight bushwalking experience. These trips are only suitable for individuals with good fitness. These trips require two or three days of walking for up to 7 hours with a 12 – 16kg pack. Day walks may also be undertaken on intermediate days. These trips require extended periods of uphill walking.

Examples: Walls of Jerusalem, Arm River Track/New Pelion Hut, Cradle Mt/Scott Kilvert Hut



Very Challenging

It is required that participants wishing to undertake these trips have previous overnight bushwalking experience. These trips are only suitable for individuals with good fitness. These trips require three or more days of walking for up to 8 hours with a 14 – 18kg pack. Day walks may also be undertaken on intermediate days. These trips require extended periods of uphill walking; at times these sections are very steep.

Examples: Frenchman's Cap, Overland Track, Lake Cygnus