



*Hike safe & inspire*

Hike Rating Table – OC Hiking Club							
Difficulty	RT miles Per day	Hiking Time in hours	Pace MPH	Terrain	Class of Terrain 0 - 5	Elevation Gain/loss	Altitude
<b>Introductory</b> <b>New beginner</b> (Couch potatoes)	1-3.5 miles	Short	Slow	Easy -Pavement - packed dirt - sand	0	0 to 200 ft.	Sea level
<b>Beginners</b>	1-7 miles	3 or less	2 – 3 MPH	Easy -Pavement -Packed dirt -Sand	1-2	0 – 800 ft.	Sea level to 5,000 ft.  No altitude impact
<b>Intermediate</b>	6-12 miles	varies	2 – 4 MPH	Easy to Moderate  Inclines with loose rock; narrow trails; poor trails, some snow	1-3	From sea level 0 - 4,000 ft  Less at higher altitudes	Sea level to 12,000 ft.  Sea level to high altitude
<b>Advanced</b>	12+ miles	10 or more	2 – 4 MPH	Easy to Difficult  Inclines with loose rock; narrow trails; poor trails, Some rock hopping, snow, ice	1-4	Up to 3,500 at high altitude	Sea level to Higher altitude
<b>Extreme</b>	20+ miles			Easy to Extreme  Technical gear	1-5+	Sky's the limit	Multi-day  Sea level to High altitude+



*Hike safe & inspire*

## About the hike rating table

Use the hike rating table for general guidelines, it is not all inclusive. Carefully read the details of each event to determine if it matches your level and ability. The pace (MPH) of a hike may determine its rating as much or more than any other factor. Altitude is also a key determining factor; an easy beginner hike at sea level can turn into an advanced hike when done at altitude. Also, by wearing a weighted backpack any hike can become more challenging. Thus keep in mind the following subjective variables:

### Difficulty

This is a subjective scale starting with new beginner, beginner, intermediate, advanced and ending with extreme.

### Pace

- 2 mph – new beginner
- 3 mph
- 4 mph - advanced
- 4+ mph

### Terrain

- Easy - trails, roads
- Moderate - cross country boulder-hopping and easy scrambling
- Difficult - bushwhacking, cross country boulder-hopping, easy scrambling, some snow
- Advanced – Poor footing, scree, ice, snow
- Extreme – Rock climbing with technical equipment

### 5 Classes of terrain

Use your hand to help determine the class of terrain. The pinky represents class 1 or flat terrain and the thumb represents class 5 or vertical terrain. Class 5 terrain is accessible only by Spiderman or with technical equipment.

- ⦿ 5 -Vertical
- ⦿ 4 -
- ⦿ 3 -
- ⦿ 2 -
- ⦿ 1 - Flat

