



Cork Mountaineering Club
Cumann Sléibhteoireachta Chorcaí

Walk Grades

Grade 1	Track walking: includes forest trails and roads, waymarked trails, cliff paths, green roads, rural byroads, road walking. Cumulative ascent rarely exceeds 300 metres. 10-14 kms, 4-4.5 hours.
Grade 2	Medium or shorter-distance walks in mountain and moorland. Mountain walking at a moderate pace. Requires a reasonable level of fitness. 8-10 kms, up to 750 metres of cumulative ascent, 4-6 hours
Grade 3	Medium-distance high-level walks on steep ground, in mountainous terrain. Tough walking at a strong pace. Requires a good level of fitness. 12 kms or more, at least 750 metres of cumulative ascent, 5-7 hours.
Grade 4	Long-distance high-level walks in steep, rough terrain with exposed ridges and steep gradients. Strenuous walking at a fast pace. Suitable for experienced mountaineers only. 16 kms or more, at least 1,500m of cumulative ascent, up to 10 hours.