

HIKING – RATING OF DIFFICULTY

The following ratings of difficulty are present to give a rough idea of the difficulty of each outing. Remember that difficulty is relative to the participant! They take into account the type of terrain, the change in altitude and the total distances covered. One must remember that each outing of the same rating is unique and that a large amount of factors give them each their own personality. For more information, contact us!



Even terrain, without important changes in altitude, accessible to everyone in good health (3-4 hours of activity/day).



Varied terrain with some change in altitude, accessible to all in good health with basic experience (3-5 hours of activity/day).



Varied terrain with considerable change in altitude, possibility of longer days, good shape and endurance required. (4-6 hours of activity/day).



Varied and sometimes difficult terrain with more challenging passages requiring sustained effort. Experience and very good physical condition and endurance required. (5-7 hours of activity/day).



Demanding hikes of long duration with repetitive effort on varied and often difficult terrain. Excellent physical shape, strong endurance and morale required. For experienced hikers. (5-8 hours of activity/day).