



MUAB Walk grading.

Advice to walkers, and Self-selection of Walks

All our walks are planned by the Walk Leader and the preparation takes considerable time, effort, and expense. MUAB Walk Notes are sent out with a clear description of the walks available. Changes to walk conditions on the day are further advised at the circle. A capable Whip is assigned to assist the Leader and keep walkers together. Walkers should try to understand the grading of walks and select a Walk Group on the day suited to their personal capability in the weather conditions. Please advise the leader if you expect to have some difficulty or would like to request special consideration.

MUAB Walk Grading

Hard, Medium-hard.

Walkers would be expected to enjoy longer walks, have excellent balance, or carry poles and use these as needed, and to be comfortable keeping to an average pace of 4 km per hour (15 minutes per km) over undulating and somewhat uneven bush tracks for the duration of a walk. You will be able to enjoy steep uphill and downhill sections with reasonable ease, including some rock scrambles, and slippery or uneven descents. The Hard Walk grading is for prolonged demanding sections or will require large-step agility.

Medium, Easy-medium

Walkers would be expected have good balance, and use poles as needed, and to be comfortable keeping to an average pace of 4 or 3 km per hour (15 to 20 minutes per km) as requested, over undulating bush tracks. You would be able to undertake some short steeper sections. The Medium Walk grading is for extra time on poor ground footing, rock or beach crossing and tricky descents.

Long-easy, Easy

Most walkers would be comfortable with walks in these categories. The most salient thing would be to consider your stability for the advised track conditions and the weather on the day. Expect generally good footing and bring poles for your stability if you need them. The Long-easy Walk grading will be over 4 hours including sufficient rest breaks.

Little Gems - Urban Walks.

Walks are undertaken at a gentle pace, within the area where we meet. The surfaces will be safe without steep sections and will usually suit walking aids and will not require poles if you have good balance.

Summary

If you have uncertainty about your capability for the walk activity, please discuss this with the Walk Leader, or with the MUAB Walks Coordinator, by phoning ahead of the day of the walk. Please understand if you are advised at the Circle to change your walk choice or your equipment when a walk is considered unsuitable for you.