



Hike Gradings



Please Note

For your safety & wellbeing, Tuki Tiger Adventures, Top Notch Hikes & Tuki Tours event leaders reserve the right to decline participation if a participant is deemed inadequately equipped or unprepared. Please ensure you meet the required guidelines & arrive properly prepared to avoid disappointment.

1 PAW (Leisurely)

A relaxed walk suitable for all fitness levels – no prior experience needed. Think more of a city stroll than countryside hike. Routes are typically 3-7 miles on stable, easy-going terrain such as paving, concrete, or grass, with only gentle inclines. Perfect for an enjoyable evening outing with a chance to socialise at the pub afterwards.

Everyone's welcome - just wear comfortable clothing!

2 PAWS (Beginners/Easy)

A great day out for all! Suitable for those with no previous hiking experience, provided you're in good general health with a reasonable base level of fitness. Walks will typically be up to around 10 miles on mostly stable, easy-going terrain – usually well-maintained paths, though mud is always possible! Expect a relaxed pace throughout. Some gentle hills may feature, but any ascent is generally modest.

Average level of fitness required. Comfortable, proper walking footwear and suitable outdoor clothing recommended. Waterproofs essential in wet conditions. Trainers and jeans not advised.

3 PAWS (Moderate/Intermediate)

A full-day hike of approximately 14-17 miles. Terrain may include rocky or uneven sections and occasional off-trail segments, but routes are generally well-maintained. Expect hillier ground, potentially featuring short, steep climbs or descents, and a consistently brisk pace. Total elevation gain can reach up to around 750m (2,450ft) but usually less, with the occasional opportunity to tackle a smaller mountain summit.

Average to good level of fitness required – you must be comfortable climbing and descending hills. Comfortable, proper walking footwear and suitable outdoor clothing required. Waterproof layers are essential in wet conditions and for all mountain environments. Ankle-supporting hiking boots recommended. Trainers and jeans not advised.

4 PAWS (Strenuous/Hard)

Ideal for those with stronger fitness looking for a more challenging adventure. Previous hiking experience is strongly recommended, though not essential if you are confident in your own capabilities. Expect sections of difficult terrain, including loose or rocky paths which may continue for extended periods. These routes are tackled at a brisk pace – typically around 3 mph (4.8 kph) – and often involve multiple hills, some of which may be steep and physically demanding. Total ascent usually ranges between 600m (1,950 ft) and 1,200m (3,950 ft), with the potential to reach higher altitudes when summiting mountain peaks. These hikes will often be listed as “Hilly Fitness Walks”.

Good to strong level of fitness required – you must be comfortable climbing and descending steep hills. Suitable technical footwear, outdoor clothing and equipment are required. Waterproof layers are essential in bad weather and all mountain environments. Ankle-supporting hiking boots recommended. No trainers. No jeans.

5 PAWS (Very Strenuous/Demanding)

These routes are intentionally designed to be highly demanding. Expect challenging terrain for prolonged periods, distances that may exceed 20 miles, and numerous steep ascents and descents. Some hikes may include higher-altitude mountain summits. The pace will be fast and physically strenuous throughout – typically in excess of 3 mph (4.8 kph) – with restricted rest time. Previous hiking experience is strongly recommended, though those with excellent fitness and strong self-confidence in their ability may also take part. Total elevation gain typically ranges from approximately 1,200m (3,950 ft) to 1,600m (5,250 ft). These events are often labelled as “Challenge Hikes”.

Strong level of fitness is essential – you must be capable of steep, sustained climbing and descending at a fast pace with minimal rest. Suitable technical footwear, outdoor clothing and equipment are mandatory. Waterproof layers are essential in bad weather and all mountain environments. Ankle-supporting hiking boots are recommended. No trainers. No jeans.

6 PAWS (Super Strenuous/Extreme)

These exhilarating routes are designed to push limits – maximising the terrain to create a challenging yet rewarding experience for those bold enough to join. Participants must be very fit, with strong stamina and endurance, and ideally experienced in demanding trekking conditions. Expect mixed and often very uneven ground, potential off-trail sections, and occasional scrambling. High-altitude peaks and multiple steep ascents are likely, and mountain routes may include exposed ridges with significant drops. Depending on conditions, obstacles such as deep snow, ice, or boulder fields may need to be negotiated. Technical skills and specialist equipment – such as ropes, ice axes or crampons – may be required; please refer to event details for specifics. The pace will be very fast and physically strenuous throughout – typically in excess of 3 mph (4.8 kph) – with restricted rest time. Total ascent generally exceeds 1,600m (5,250 ft), though may be lower on more technical routes. These events are often listed as “Extreme Challenge Hikes”.

Very strong level of fitness is essential – these hikes are for experienced walkers only. You must be capable of steep, sustained climbing and descending at a fast pace with minimal

rest. Where specified, appropriate technical skills are required, and a good head for heights is recommended. Suitable technical footwear, outdoor clothing and equipment are mandatory. Waterproof layers are essential in bad weather and all mountain environments. Ankle-supporting hiking boots are recommended. No trainers. No jeans.



TUKI TIGER ADVENTURES