

Walking Wonders grading system

Hi Wondrous Walkers 😊

Here is our grading system which applies to all our walks. I have developed it specifically for Walking Wonders, which aims to be an accessible and inclusive walking group. You can use the grading system to decide which types of walks are right for you at your current level of fitness, and set yourself some goals. Where would you like to be by the end of the year?

Please feel free to give me any feedback at carodonovan@yahoo.co.uk.

Walking Wonders: walk grading system			
Version 2.0 as at 2 Jan 2024. Walk times exclude breaks.			
Level	Description	Examples from past Walking Wonders events	
1	Up to 1 hour, flat terrain, walking at a relaxed pace (Level 1 walks are designed to be accessible to everyone)	Hagley Park - Botanic Gardens Loop (1hr) Brooklands Lagoon (one way) (1hr) Travis Wetland (1hr) Styx Mill Reserve (1hr)	Te Kuru Wetlands Walk (1hr) Waikākāriki - Horseshoe Lake (1hr) Halswell Quarry Park (on the flat) (1hr) Ashley Gorge Loop Walk (<1hr)
2	Up to 1.5 hours, flat terrain or with minor hills, moderate pace	Te Ara Ōtākaro Avon River Trail Loop #1 (1.5hrs) Ōpāwaho Heathcote River Loop (1.5hrs) Waimairi Beach to New Brighton return (1.5hrs) Arboretum Walk (Orton Bradley) (1hr)	Adventure Park Nature Walk (45mins) Bottle Lake Forest Park (varies) Cashmere Loop Walk (1hr) Mona Vale & Little Hagley Park (1hr)
3	Up to 2 hours, undulating or hilly terrain, moderate pace OR	Victoria Park to Sugarloaf Loop (1.5hrs) Sharplin Falls return (1.5hrs) Washpen Falls (private walk) (1.5 - 2hrs)	Around the Sugarloaf (50mins)
	1.5 - 3 hours, flat terrain or with minor hills, moderate pace	Te Ara Ōtākaro Avon River Trail Loop #2 (2.25hrs) Corsair Bay to Lyttelton Loop (2.5hrs) Riccarton Bush to Ilam Gardens Loop (2.5hrs)	Governor's Bay Heritage Walk (2.5hrs) Quail Island (3hrs)
4	2 - 3 hours, undulating or hilly terrain, brisk pace	Black Point to Diamond Harbour Loop (2.5hrs) Taylor's Mistake to Godley Head return (2hrs) Diamond Harbour to Purau Bay Loop (2.5hrs)	Lyttelton Hill Loop (2.5hrs) Halswell Quarry Park Hill Walk (2hrs)
5	Steep, challenging uphill walk (any duration) OR	Adventure Park Uphill Walk (1.5 - 2hrs) Dog Point Waterfall (Hanmer Springs) (3.5hrs) Ashley Gorge Loop with Waterfall (1.5hrs)	Duke Knob (by Sharplin Falls) (1hr)
	Any flat or mostly flat walk over 3 hours		