

## TACONIC HIKING CLUB: OUTINGS RATING CHART 8/2019

Please take care to match your physical condition, abilities and limitations to the stated length and elevation gain of the outing you choose. It is your responsibility to have appropriate equipment and clothing for an outing. The “level of effort” is not the same for everyone. If you are new to hiking or unconditioned, a hike listed as moderate would be very strenuous for you. The outing leader may ask questions in order to determine if you can complete the trip safely. Please cooperate for your safety and the safety of the group. It is in your best interest to let someone know if you have limiting physical conditions or are taking a medication.

<b>HIKING</b>			
<b>Rating</b>	<b>Level of effort (for a fit person)</b>	<b>Feet of elevation gain</b>	<b>Miles</b>
A+	Very Strenuous	4000+	10+
A	Strenuous	3000+	5 - 10+
B+	Moderately strenuous	2000+	5 - 10
B	Moderate	1000+	5 - 10
B-	Moderately easy	<1000	5 - 8
C	Easy	<1000	< 5

<b>Paddling</b>			
<b>Rating</b>	<b>Miles</b>	<b>Portages</b>	<b>Water Class</b>
A	12+	Long (.5+ mile)	II - Whitewater
B	6-12	Short	I - Moving
C	< 6	None	Flat

<b>Cycling</b>		
<b>Rating</b>	<b>Miles</b>	<b>Terrain</b>
A	30+	Moderate to steep
B	15 - 30	Moderate
C	< 15	Flat to moderate