



## SUNDAY RAMBLES PROGRAMME

Transport for Sunday rambles is by coach and the actual walks normally last for 5-6 hours.

### Grading of Rambles

There are six grades of rambles designed to suit the needs of as many members as possible. A minimum of four different grades of walk are usually offered each Sunday. The different grades are:-

- A+** Very strenuous with long distances over rough terrain and often a great deal of ascent. For very fit and strong walkers only.  
*Example: 15 miles and 5,000 feet of ascent.*
- A** Strenuous - Can be long with hard ascents - fit and strong walkers only.  
*Example: 15miles and 3,500ft of ascent.*
- B+** Fairly strenuous with some steep ascents but within the capabilities of good walkers.  
*Example: 12 miles and 2,000ft of ascent.*
- B-** Moderately strenuous - within the capabilities of walkers with some experience.  
*Example: 10 miles and 2,000ft of ascent.*
- C** Moderate - Usually at lower level but still a serious walk of up to 5½ hours.  
*Example: 8 miles and 1,000ft of ascent.*
- D** Easy - Low level at selected locations normally with facilities for after walk sightseeing.  
*Example: 5 miles and minimum ascent.*

Except in the case of known fit and experienced walkers all new members are expected to walk with the C or D party on their first outing with the Group. Walks in the Lake District and North Wales are generally more strenuous than elsewhere and newcomers concerned about ascents should take this into account.

Leaders can refuse to take on their walk any member who they consider is inadequately dressed or is unlikely to complete the walk in the prevailing conditions and in the time available.