

Dalmeny Narooma Bushwalkers Inc. Activity Grading System

Preamble: Before joining any activity, consider your own fitness and experience, as well as the grade. While gradings are somewhat subjective, they provide a good indication of the relative difficulty of an activity. If it includes a section that is relatively more difficult, a higher grade will be used. On the activity program, details of the approximate distance and the total time taken to complete the activity are also included. Extra 'descriptors', such as 'a section of rock clambering requiring good balance', 'one steep hill', or 'a creek crossing with possible wet feet', may also be included.



DNB Activity Grades, with a comparison to AWTGS*

Easy: Relatively gentle grades and mainly good surfaces. Mostly flat or with moderate ups and downs. Might include some steps on the track. Equivalent to AWTGS Grade 1-2.

Easy-Medium: mostly relatively easy but with some sections of uneven surfaces and a few more natural obstacles. Might include steps on the track. Equivalent to AWTGS Grade 2.

Medium: In addition to some sections of uneven surfaces and natural obstacles, might also include some rough or steep sections. Equivalent to AWTGS Grade 3.

Medium-Hard: will be harder than a Medium activity, with more uneven surfaces and natural obstacles. Expect some rough and/or steep sections. Often a longer distance. Might include sections of off-track, requiring appropriate clothing. A higher level of fitness is required. Equivalent to AWTGS Grade 4.

Hard: strenuous, involving steep ascents and/or descents over rough terrain. Likely involve longer distances and require more time to complete, due to the rough terrain. Might include sections of difficult off-track, requiring appropriate clothing. Suitable only for fit and experienced participants. Equivalent to AWTGS Grade 5.

Exploratory: exploring a new area to the leader. These activities are graded Hard because they are strenuous and have unknown factors. Will likely involve steep ascents and/or descents. Much of the activity is likely off-track, requiring appropriate clothing. May take longer than initially predicted by the leader. Suitable only for fit and experienced participants. Equivalent to AWTGS Grade 5.

Always ask yourself: is this walk suitable for me?

If you are unsure, contact us and ask

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***The Australian Walking Track Grading System (AWTGS)** classifies tracks based on the Australian Standard for walking track construction. It combines several criteria, including gradient, track quality and signage. Taking all criteria into consideration, every track is then assigned a grade between 1 (Easy) and 5 (Very Hard).

<https://www.nationalparks.nsw.gov.au/safety/bushwalking-safety/australian-walking-track-grading-system>