

Trek challenge grades

To show the relative difficulty of our challenges, each trip is graded on a scale of 1 to 12, with 12 being the most challenging. In turn these grades are divided into YELLOW (Leisurely), GREEN (Moderate), BLUE (Challenging) and RED (Tough). Our simple, colour-coded grade symbol provides an indication of the difficulty of each trip.

There are many different factors that contribute to the difficulty of a particular Challenge, including length of day, terrain, type of accommodation, altitude and weather conditions. Since some of these factors are necessarily changeable, any system of grades can only provide a general indication. Although we have tried to make our grading system as clear as possible, it cannot take into account your personal interests, abilities or experience. If you have any questions about the nature of a particular trip or its suitability for you, please read the detailed Trip Notes and if you are still unsure please do not hesitate to contact us on events@peacehospicecare.org.uk or 01923 335 373.

Most of our challenges fall into the category of trek & walk. These range from short, possibly hotel/bunkhouse-based involving a series of day-hikes, to extended trips into wilderness areas with a full trek crew and porter or pack-animal support. The following grades should be considered in conjunction with each individual challenge description.



YELLOW 1-3 GENTLE

Suitable for anyone in good health, who enjoys exploring on foot.

A mixture easier walking of around 2-5hrs a day and cultural experiences.

Walking paths could be around sites, through cities or on well-marked trails and at lower altitudes (under 2500m).

Accommodation moderate hotels, B&Bs or bunkhouses.

Regions are rarely flat so some ascent or descents could be expected but rarely above around 300 – 400m.

Moderate range of Temperatures and conditions



GREEN 4-6 MODERATE



Suitable for fit weekend walkers.

Consecutive walking days, of around 6-8 hours on generally good paths.

Accommodation basic hotels, B&Bs, tents or bunkhouses.

Ascents and descents will increase and could be 1000m+ but often less.

Some walking may be at higher altitude (3000m – 4500m) with the occasional higher pass and you may have some walking on snow.

There may be occasions where you have to carry overnight kit on one or two days.

Temperature could vary from High to Low but not normally below 0°.



BLUE 6-8 CHALLENGING



Previous trekking experience and a good level of fitness is required for these challenges as there will be consecutive days of longer trekking in more remote areas with rougher paths.

Accommodation tents and or basic huts or tea houses.

Days will be around 5-9 hours often with some steep ascents and descents.

Some ice/snow trekking is possible with the use of crampons and/ice axe.

You may be required to carry a heavier backpack with overnight essentials or equipment for some days.

With possible sleeping at higher altitudes (generally up to 5000m).

Temperatures you could experience extremes of weather and climate.



RED 10-12 TOUGH

You should be an experienced and confident trekker or mountaineer with a good level of endurance and fitness to partake in these Challenges.

Days will generally be long, 7+ hours, with more days of consecutive trekking than on lower graded trips.

Usually these trips spend some time above 5000m.

The routes will be more technical and mountaineering equipment and the climbing of ropes may often be needed.

Some areas can be remote.

Accommodation camping, teahouses or mountain lodges.

Temperatures you are likely to extremes of weather and climate may be encountered.

We're so pleased that you are thinking of taking part in one of our Challenges.

We just want to take a moment to tell you that we are there to support you in both your physical and mental preparation leading up to your Challenge

What to expect before your Challenge?

Prior to the Challenge we will support you with Fitness programs, Local walks, possible Multiday trips in a terrain similar to your challenge, kit lists and detailed itineraries which will include tips, and a dedicated contact to help you with your preparation.

We will also hold meet ups with the other participants on the trek where you can ask any questions you have.

In the meantime, if you have any queries please contact us on **01923 335 373** or you can email events@peacehospicecare.org.uk.