











## Take Shape Adventures Bush Walk Grades

Take Shape Adventures has developed these walking grades with reference to the Victorian and Tasmanian walk gradings. The grading takes into consideration the type, location, and complexity of walking that is undertaken by TSA.

<b>Grade</b>	<b>Example Walks:</b>			<b>The walks are described as:</b>
<p><b>Grade 1</b> is suitable for people with limited fitness and/or mobility concerns</p>	<p>Yarra Flats Westerfolds Park</p>			<p>Compacted trail, gentle inclines, few steps. Basic fitness level. No technical sections. Well signposted.</p> <p>TSA does not offer this type of walking.</p>
<p><b>Grade 2</b> is suitable for families and persons with low fitness level.</p>	<p>(overnight) Sealers Cove</p> <p>(day walks) Granite Hills You Yangs</p>			<p>Compacted trail, steady inclines or moderate well defined steps. Some fitness needed. No technical sections. Well signposted. Walks generally 8 - 11kms in length (each day).</p>
<p><b>Grade 3</b> for people with some fitness level</p>	<p>(overnight) Beeripmo Grampians Peaks Trail</p> <p>(day walks) Wilhelmina Falls Werribee Gorge</p>			<p>May be short to moderate hill sections, stairs or uneven surfaces. Occasional sustained hills. Some fitness needed. May include small technical sections. Reasonably well signposted. Walks generally range from 12-18km.</p>
<p><b>Grade 4</b> for people with good fitness &amp; walking experience</p>	<p>(overnight) Refuge Cove</p> <p>(day walks) Lerderderg Gorge Cathedrals North</p>			<p>Tracks may be long, uneven, steep and rough in places. Undefined stairs, rocks or slippery surfaces. General fitness needed. Some technical sections, logs, drops etc. Some navigation required. Walks generally range from 15-25km</p>
<p><b>Grade 5</b> for fit and experienced bushwalkers</p>	<p>(overnight) Mt. Bogong Mt Difficult North Prom Circuit</p> <p>(Day walks) Cathedrals South</p>			<p>Tracks will be uneven, steep, some scrambling may be needed. Good fitness needed. Frequent Technical sections which may include chains, ladders, rocks. Careful navigation required at times. Walks range in distance and may be from 15km up to 30km</p>