

# Chilliwack Outdoor Club

## Rate Yourself as a Hiker

Know your capabilities before you sign up to go hiking. Trip leaders are encouraged to screen prospective hikers to make sure that each participant can finish the hike. Screening is important, because someone who can't finish a hike puts him/herself in danger and ruins the enjoyment for all.

In the screening a trip leader might ask "What is the most challenging hike you have done in the past year?" You can answer this question for yourself, using the guideline below.

Then sign up for hikes that you know you can finish.

Activity	Grade
Neighborhood walk, mall walk, or park nature trail.	"A"
Trail hike of at least 5 km, at least 500 m of climbing.	"A"
Off trail hike of at least 5 km, at least 500 m of climbing.	"A"
Trail hike of at least 10 km, at least 1000 m of climbing	"B"
Off trail hike that lasted over 6 hours, plenty of climbing	"B"
None, but I regularly work out, jog, cycle or run trails.	"B"
Trail hike at least 20 km, 1000 plus m of climbing	"C"
All day, off trail, in a rugged wilderness. Who knows how many km's we walked or how much climbing we did.	"D"

If you aren't sure of your abilities, start with an easy "A" hike. Then don't overdo it when you advance to the next level of difficulty. Avoid skipping levels.

## Chilliwack Outdoor Club hikes are rated using the ABCD hike grading system

To help measure the difficulty of hikes and other club events we use a standard trail grading system that takes into consideration duration, elevation gain and difficulty.

DURATION (hours)		ELEVATION GAIN (m)		DIFFICULTY	
<b>A</b>	0-4	<b>1</b>	10-500	<b>a</b>	easy
<b>B</b>	4-7	<b>2</b>	500-1000	<b>b</b>	moderate
<b>C</b>	7-10	<b>3</b>	1000-1500	<b>c</b>	difficult
<b>D</b>	10+	<b>4</b>	1500+	<b>d</b>	advanced

### Hike Grading Examples

A hike that is 6 hours long and has 1200 meters elevation gain over moderate terrain would be rated as B3b. An easy hike that takes 2 hours has 400 meters elevation gain and covers easy terrain would be rated A1a.

### Picking The Right Hike for Your Experience and Fitness Level

Please be sure that when you register for an event that you are able to handle not only the duration but also the elevation gain and difficulty level.

### What If a Hike Seems Too Difficult For Me?

If you think a hike or event is going to be too difficult we recommend that you don't register for it. Instead sign up for a few more slightly easier events to build your fitness and experience. If you don't see an upcoming hike or event listed that matches your ability level, be assured that we attempt to schedule a wide range of hikes and events of varying degrees of difficulty throughout the year in Chilliwack, Abbotsford, Vancouver, Whistler, Manning Park, the Fraser Valley ,the Coquihalla and Mt Baker area.

### Where can I find information on Hiking and Walking Trails?

A selection of books can be found in the local regional libraries, new and used book stores, outdoor stores and some major department stores.