

RATING TABLE

LEVEL	GENERAL RATING	DURATION (Dur)	DISTANCE (Dis)	ELEVATION GAIN (E)	TERRAIN (T)	PACE/SPEED (S)
	Difficulty	Hour	Mile	Feet		mile per hour
	Plus (+)for in between levels					
1	Easy	1 to 2	1 to 2	< 500	Sidewalk, Pavement	Slow (1+)
	+		3 to 5	500-900		Slow-Moderate (2+)
2	Moderate	2 to 4	5 to 7	1000 to 2000	Dirt	Moderate (2.5+)
	+		8 to 10	2000+		Moderate-Fast (3+)
3	Strenuous	5 +	10+	2000+ at altitude < 8000	Loose Rocks, Gravel	Fast (4+)
4	Very Strenuous	8+	18+	5000+ at altitude 8000+	Mud, Water	Very Fast (5+)
5	Extreme	12+	20+	5000+ at altitude 10000+	Soft Sand, Boulders	Jog/ Run
EEMM	Exploratory (Exceptions)	Multiple Days	10 to 50	Varies, 1000 or more	Depends on Locations	Multi-Levels

NOTE: 1. Organizers will list the post title with the name of a hike and difficulty level;

2. Inside the post, he or she will list other ratings for duration, distance, elevation, etc...

3. Yellow for Levels 1 to 2+ : usually local dirt trail; Green for levels 3 to 5+ usually mountain/desert trail

4. To know your hiking speed level, go for a walk on flat surface and time yourself, it'll be similar; However, your 3+ or more mph on walking flat surface won't apply for the green zone levels as the speed will be different with altitude, elevation, terrain and climate

******When a hike has mixed on categories, it is up to an organizer to rate it up or down a level for Difficulty******