

MEANDERTHALS TRIP LEVELS

HIKE Groups and Ratings:

A: For the fast hiker who likes to reach their destination quickly. These hikes are usually longer (10-30 km.), with a greater elevation gain (1000m being typical).

A+: An A hike that is extra-long or has extra elevation gain, and may contain some exposure or other challenges.

A hike at a B pace: Usually similar elevation gain and distance as an A hike, just a little slower.

B: For the hiker who prefers a little slower pace in order to spend more time on, for example, photography, or flower identification. Distance 10-20 km, elevation gain of 750m is typical.

B hike at a C pace: Same elevation gain and distance as a B hike, just a little slower.

C: For the hiker who prefers shorter distances (10-15 km), at a slower pace than the B group, but still able to climb a moderate elevation gain (300-400m).

D: For the hiker who prefers a slower easier pace than a C hike, but wants a full day hike.

Rating Other Activities eg Bike, XC, Snowshoe:

Activity appropriate measures will be used to indicate Technical and Fitness level of trip. Notes should expand outline rating.

Special Trips: Emphasis on special interests such as flowers, photography, bird-watching, painting, hiking/biking combined, a more difficult scramble, or other meanderthal group activity. These trips are not offered on a regular basis, and objectives have to be clearly identified.

XC Groups and Ratings:

Unlike hiking and snowshoeing, XC skiing choices are heavily influenced by technical ability in specific

conditions, which is often influenced by personal fitness.

The trip classification system in the new website has descriptions with two components:

LEVEL: a description of the trail & required skills (assume packed, with little new snow cover, and no ice).

D Gently rolling with no hills requiring more than basic ½ plough speed control in track. For the skier who prefers short distances (6 - 7 km) with some elevation gain.

D-: Similar distance as a D trip with no hills requiring speed control or steering.

C Requires reliable downhill control by any method without removing skis, and able to climb a short steep or longer less-steep hill without back-sliding. Shorter distances (10-15 km) with less elevation gain (100-200m).

C+: A C trip that is extra-long or has extra elevation gain, and/or requires reliable downhill control.

C-: Same elevation gain and distance as a C trip, but may need to walk some downhills.

B Requires reliable downhill control without removing skis and multiple uphill techniques. Distance 10-20 km, elevation gain of 200 - 400 m.

B+: A B trip that is extra-long or has extra elevation gain, possibly with long cruising downhills.

B-: Same elevation gain and distance as a B trip, hills less technical.

A Requires sustained steep-terrain skills. These trips are usually longer (10-30 km.), with a greater elevation gain (up to 500 m).

A+: An A trip that is extra-long or has extra elevation gain, and may contain technical challenges including deep snow, exposure and obstacles.

A-: Usually similar elevation gain and distance as an A trip, just a little less technical.

LEVEL DETAIL: the planned speed and rest frequency, which influences time required to complete trip.

D pace: For the less efficient or inexperienced skier who needs extra time and frequent stops.

C pace: For the skier who prefers a variable pace and frequent stops.

B pace: For the skier who prefers a steady moderate pace with occasional stops.

A pace: For the fast skier who likes to reach their destination quickly with minimal rests.

Guides pace: The leader assesses then matches the best pace the party can maintain without creating a gap.

ie. the speed and needs of the weakest member.

SNOWSHOE trip ratings (A and B trips often include off trail components, which will be described in the Notes)

A: Over 350 m elevation gain.

B: Between 200 m and 350 m elevation gain.

C: Between 100 m and 200 m elevation gain.

D: Less than 100 m elevation gain.