

Ramblers Wellbeing Walks, Easy Access and Easy walks

Ramblers walking grade	
Ramblers Wellbeing Walks	Short group walks from as little as 10 minutes in length, suitable for everyone along accessible, easy-access paths. Comfortable shoes and trainers are usually suitable.
Easy Access	Walks for everyone, including people with conventional wheelchairs and pushchairs, using easy-access paths. Comfortable shoes or trainers can usually be worn. Assistance may be needed to push wheelchairs on some sections.
Easy	Walks for anyone who does not have a mobility difficulty or a specific health problem. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can usually be worn.

Key features	
<ul style="list-style-type: none"> Walking on clear, well-maintained paths. Walking is mostly (or exclusively) on the flat. Throughout the walk the group will generally be no more than a few hundred meters from a key access point such as a road, car park, lay-by or populated area. 	<ul style="list-style-type: none"> Any significant water features (canals, rivers or streams) will be crossed using bridges, tunnels or other structures. These walks are not appropriate when it is very icy.

First Aid skills
<p>You must know how to summon help along your route and where you can access emergency services/roads.</p> <p>If there is an accident, you may have to deal with simple blisters and bruising, a sprain or fracture. Walkers may choose to share information with you about pre-existing health conditions. You should ideally know how to give CPR.</p>

Navigation skills
<p>These walks require the most basic day-to-day skills, which include being able to:</p> <ul style="list-style-type: none"> Plan the route and estimate duration of a walk (often from a simple map). Pace and time a walk. Use simple features to stay on track (sometimes called tick, handrail, or catching features).

Leisurely and Moderate walks

Ramblers walking grade

Leisurely	Walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
Moderate	Walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are more likely to be essential.

Key features

- These walks are in more open countryside, moorland and heath but not in mountainous terrain. You won't be walking in very steep or rocky areas.
- You'll follow paths for much of the walk and may also cross short sections of open countryside. Paths may not be on the map.
- Any significant water features (canals, rivers or streams) will be crossed using bridges, tunnels or other structures.
- Some walks can quickly become strenuous or technical in wintery conditions. Check the skills you need for those types of walks too.

First Aid skills

You must know how to summon help along your route and how you can access emergency services (including in any areas without phone signal).

You should be able to deal with simple cuts, blisters and bruising. If someone has a fall it could result in a significant sprain, broken bones and/or blood loss that may need first aid while help is arriving. You should ideally know how to give CPR.

You should know how to do a primary survey and place somebody in the recovery position while help is on the way. You may need extra clothing and equipment to keep a casualty warm and as comfortable as possible while you wait for help to arrive – which could take several hours.

As well as the casualty you may need to keep the group warm and comfortable, to prevent more casualties from exposure.

Leisurely and Moderate walks

Navigation skills

For leisurely and moderate walks, you may need to:

- Plan the route and estimate the duration of a walk.
- Use features to stay on track.
- Understand map colours, symbols and basic contours.
- Understand how to orientate a map using key features or a compass to work out your direction of travel.
- Know how to relocate yourself on a map.
- Communicate your location to emergency services.

On moderate walks you may also need to:

- Re-plan short parts of the route on the move.
- Understand the benefits and limitations of digital mapping and GPS devices.
- Measure distances on the map and ground and judge distance travelled.
- Navigate away from linear features in poor visibility and/or darkness.
- Understand contours and how to identify gradients and major land features.

Strenuous walks

Ramblers walking grade

Strenuous

Walks for experienced country walkers with a higher fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance. Paths may be unclear on the ground, so map and compass skills are essential.

Key features

- Walks may be considered strenuous due to the terrain, length or pace of the walk.
- They can quickly become technical walks in winter conditions. Refer to the technical skills that you may need too.
- Some walks may involve scrambling – but climbing activities (including pitched climbing, where members of a group ascend in stages one after the other with the aid of a rope) are not included.

First Aid skills

You must know how to summon help along your route and how you can access emergency services (including in any areas without phone signal).

You must be able to deal with simple cuts, blisters and bruising. If someone has a fall it could result in a significant sprain, broken bones and/or blood loss that may need first aid while help is arriving. You must know how to give CPR.

You must know how to do a primary survey and place somebody in the recovery position whilst help is on the way. You may need extra clothing and equipment to keep a casualty warm and as comfortable as possible while you wait for help to arrive – which could take several hours.

As well as the casualty you may need to keep the group warm and comfortable, to prevent more casualties from exposure.

Strenuous walks

Navigation skills

You should be able to lead a group with confidence and navigate efficiently according to the terrain. This may include locations with limited linear features to assist navigation, or challenging conditions such as high wind and low visibility.

In addition to the skills for more leisurely and moderate walks, you are likely to need to:

- Take accurate bearings from the map and use them to stay on course over long distances.
- Orientate the map to more limited features on the ground.
- Measure distance accurately on the map and estimate distance travelled on level terrain.
- Relocate in remote areas.
- Use contour details such as aspects of slope, re-entrants, ridges, ring contours.
- Use a paper map and compass to estimate the distance travelled on a bearing over varying terrain.
- Plan routes and navigate on pathless terrain.
- Navigate in poor visibility (e.g. mist, fog, whiteout, or darkness).

Technical walks

Ramblers walking grade

Technical

Walks for experienced and very fit walkers with additional technical skills. They may require scrambling and use of ice axes or crampons. Paths may be unclear on the ground so advanced map and compass skills are essential.

Key features

- Technical walks often require additional kit to manage safety - carefully check kit for all walkers, as the consequences of inadequate kit can be significant.
- Many less challenging walks can quickly become technical in winter conditions. Walkers may need additional kit such as ice axes or crampons, to traverse a route that was otherwise passable in summer.
- Climbing activities (including pitched climbing, where members of a party ascend in stages one after the other with the aid of a rope) are not included.
- Technical walk leaders will have significant experience, most likely gained through specialist training such as Winter Mountain Leader qualification and/or additional skills training.

First Aid skills

You must know how to summon help along your route and how you can access emergency services (including in any areas without phone signal).

You must be able to deal with simple cuts, blisters and bruising. If someone has a fall it could result in a significant sprain, broken bones and/or blood loss that may need first aid while help is arriving. You must know how to give CPR.

You must know how to do a primary survey and place somebody in the recovery position while help is on the way.

You will be able to keep a casualty warm and as comfortable as possible while you wait for help to arrive – which could take several hours.

As well as the casualty you will need to keep the group warm and comfortable, to prevent more casualties from exposure.

You will need specific skills and kit to manage the risk of avalanches. This may include: rescue from burials and partial burials, carrying snow probes and shovels, and having knowledge of how to identify and treat cold weather injuries.

Technical walks

Navigation skills

You must be able to lead a group with confidence and navigate efficiently according to the terrain. This may include locations with limited linear features to assist navigation, or challenging conditions such as high wind and low visibility.

In addition to the skills for all other grades of walk, you must also have these technical skills:

- Avalanche awareness. For more information, visit [beaware.sais.gov.uk](https://www.beaware.sais.gov.uk)
- The ability to plan your route using an avalanche forecast.
- The ability to adjust timings and pace to account for winter conditions.
- The ability to identify and avoid geographical hazards that are specific to winter conditions.
- The ability to use a confidence rope to aid a walker in an emergency.
- The ability to assess snow conditions and features dynamically on the day and adjust the route if appropriate.
- The ability to interpret a map when features – such as paths, walls and water – are obscured by snow cover.