**AFW Hike Rating Chart**

| Criteria | Easy | Easy + | Moderate | Moderate + | Strenuous |
|---|---|---|---|---|---|
| Abbreviation | E | E+ | M | M+ | S |
| **Mileage** | 3-4 | 3-5 | 3-6 | 4-8 | 5-9+ |
| **Terrain** | Relatively level terrain.<br>Generally flat with some short inclines. Typically easy trails; woods roads; rail trails, nature centers | Expect more ups and downs than on an easy hike. Typically, rolling hills, uneven mixed terrain, stream crossings. | Expect short, gradual to steep hills with one "huffer-puffer". Possibly going up and down all day on uneven terrain. Possible short rock scrambles and stream crossings. | Expect consistently uneven terrain with many roots and rocks<br>Typically many rock scrambles and steep hills with a potential for a large elevation gain over a short distance, and stream crossings. | Consistently challenging terrain. Rough or difficult terrain for much of the hike. Typically ledges, rock scrambles, many long, steep ascents/descents, and stream crossings. Possibly higher mileage. |
| **Pace** | 1-1.5 mph<br>-Leisurely<br>-Plenty of rest breaks<br>-Longer lunch | 1-1.5 mph Easy<br>-Consistent pace<br>-Frequent rest breaks<br>-Longer lunch | 1.5-2.0 mph Moderate<br>-Consistent pace on level terrain<br>-Slower on hills.<br>-Limited rest breaks before and after lunch<br>-~20 minute lunch | 1.5-2.0 mph Moderate<br>-Consistent but cautious pace on uneven terrain.<br>-Slower on hills<br>-Snack break before and after lunch<br>-~20 minute lunch | 1.5-2.0 mph Moderate<br>-Brisk but cautious and consistent pace on flats and inclines.<br>-Few Stops.<br>-~20 minute lunch |
| **Average time** | 3-4 hours | 3-4 hours | 4-6 hours | 4-6 hours | 6+ hours |
| **Fitness level** | New to hiking, haven't hiked in a while, or are comfortable at this activity level. Highly recommended for new hikers. | Transitional hike to moderate level. Building skills to join moderate hikes in the future.<br>-Not recommended for new members without recent hiking experience. | Feel comfortable with Easy Plus level hikes. Regular hiker of 5+ miles.<br>-Not recommended for new members without recent hiking experience. | Transitional hike to strenuous level. Regular hiker of 6+ miles at a pace of 2.0 -2.5 mph<br>-Direct and recent experience with moderate hikes required. | Most physically demanding.<br>-Direct and recent experience with moderate plus hikes required. |