

AFW Hike Rating Chart

Criteria	Easy	Easy +	Moderate	Moderate +	Strenuous
Mileage	3-4	3-5	3-6	4-8	5-9+
Terrain	Relatively level terrain. 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 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 -Leisurely -Plenty of rest breaks -Longer lunch	1-1.5 mph Easy -Consistent pace -Frequent rest breaks -Longer lunch	1.5-2.0 mph Moderate -Consistent pace on level terrain -Slower on hills. -Limited rest breaks before and after lunch ~20 minute lunch	1.5-2.0 mph Moderate -Consistent but cautious pace on uneven terrain. -Slower on hills -Snack break before and after lunch ~20 minute lunch	1.5-2.0 mph Moderate -Brisk but cautious and consistent pace on flats and inclines. -Few Stops. ~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. -Not recommended for new members without recent hiking experience.	Feel comfortable with Easy Plus level hikes. Regular hiker of 5+ miles. -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 -Direct and recent experience with moderate hikes required.	Most physically demanding. -Direct and recent experience with moderate plus hikes required.