

 - less than 5 miles and relatively flat	<p>Easy Walks for anyone who does not have a mobility difficulty or a specific health problem or is seriously unfit. Comfortable shoes or trainers can be worn. May involve grassy and possibly muddy country paths. Also there may be a need to climb stiles.</p>
 - less than 10 miles and only moderate hills (Sandstone trail?)	<p>Leisurely Walks for reasonably fit people with at least a little country walking experience. May involve grassy and possibly muddy country paths. Also there may be a need to climb stiles. Walking boots and warm, waterproof clothing are recommended.</p>
 - 8 - 12 miles with more strenuous hills (Reef hills or Shropshire hills?)	<p>Moderate Walks for people with country walking experience and a good level of fitness. May include some steep paths, open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.</p>
 - Strenuous walk over mountains (Cnicht round or the Glyders?)	<p>Strenuous Walks for experienced country walkers with an above average fitness level. May include very steep paths (so a good head for heights could be required), open country, and will be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness are advised to contact the leader in advance.</p>
 - Serious mountain walk involving scrambling, a good head for heights required (Snowdon horseshoe or Jack's Rake)	<p>Technical Walks for experienced and very fit walkers with additional technical skills. May require scrambling (so a good head for heights could be required), and use of ropes, ice axes and crampons. You must contact the leader in advance for further details.</p>