Oswestry u3a Walking Grades

• Easy / Gentle: Low-level, short walks on mostly flat or straightforward paths; suitable for beginners or casual walkers (paces around 1–2 mph, short distances under 5–7 miles).

• Leisurely: Rural or countryside paths with minor hills, uneven ground, and occasional stiles; requires basic walking boots and waterproof clothing (approx. 2 mph pace).

• Moderate: Longer routes featuring steeper paths, open country, or sustained climbs; requires good fitness and essential gear like sturdy boots and waterproofs

• Strenuous / Challenge: Brisk, high-effort walks across rough terrain, high hills, or mountains; demands strong stamina, elevated fitness, and proper preparation