



## **PENTICTON ADVENTURERS CLUB**

### **Hiking Information and Terminology**

#### **Hiking Classification and Scheduling**

PAC hikes are classified as easy, moderate or strenuous based on the degree of difficulty and length. From April to November, there are 2 scheduled hikes each weekend, rotating through the 3 levels. (Example: Saturday = eHike; Sunday = mHike; next Saturday = sHike; next Sunday = eHike; next Saturday = mHike; next Sunday = sHike; etc.)

All hikes involve a snack break followed by a lunch break during the hike, unless otherwise specifically indicated. Lunch is typically at a high point with a view.

Weekend hikes are planned and supervised by a leader and the destination is published in the monthly schedule. A Degree of Difficulty rating (DoD) is assigned to hikes. (See below.)

On Wednesdays the club offers an eHike, a mHike and a Ramble. The location of the two hikes and of the Ramble is decided by the participants at the SMDC based on weather and the inclination of the group.

#### **Terminology: Ramble, eHike, mHike & sHike**

Rambles are short, fairly easy hikes that involve a snack break at the half way point, but **no lunch**. Rambles generally have good footing on **mostly** well-defined trails, although the walking surface may at times be somewhat irregular requiring single file walking. Use is also made of the KVR trails and roadways. Rambles avoid long, steep elevation changes. Hiking time is about 2-2.5 hours, plus snack and driving time - approximately 3.5 hours in total length, from Drop-in Centre to Drop-in Centre, arriving back at the SMDC between noon and 1:00 pm. The DoD rating is in the 2 to 5 range. Rambles are scheduled on Wednesday mornings.

eHikes are easy hikes with actual hiking time of approximately 3 - 4 hours in duration, plus snack, lunch and driving time - approximately 4 to 5 hours in total length, from Drop-in Centre to Drop-in Centre. eHikes have mostly good footing on defined trails and generally avoid long, steep elevation changes; however the walking surface may be somewhat irregular requiring single file walking. The DoD rating is in the 3 to 6 range.

mHikes are moderate hikes with actual hiking time of approximately 3 – 4.5 hours in duration, plus snack, lunch and driving time - approximately 4 to 5.5 hours in total length, from Drop-in Centre to Drop-in Centre. mHikes are mostly on some sort of trail with stable footing that is not overly treacherous, and may have some long or steep elevation changes. An average hike is 6 to 12 kilometers in length with 150 to 450 metres (500 to 1500 feet) in elevation gain. The DoD rating is in the 6 to 9 range.

sHikes are strenuous hikes that tend to be longer, so that actual hiking time may exceed 5 hours in duration, plus snack, lunch and driving time - approximately 5 to 7 hours in total length – from Drop-in Centre to Drop-in Centre. sHikes can be on or off trail and involve considerable elevation gain and/or poor footing. The DoD rating is 10 or above, with most hikes in the 10 to 16 range. At the upper end, Mike's Grand Oro view is rated as 14 and the Mt Goat trail in OK Provincial Park has a rating of 15. Occasionally, a hike is classified as strenuous based on length, even though the footing and grade are of a moderate nature such as the hike to the Keremeos Columns with a 14 rating.

The following is a summary of the terminology used by the Pentiction Adventurers Club for Rambles, eHikes, mHikes and sHikes.

	<b>Ramble</b>	<b>eHike</b>	<b>mHike</b>	<b>sHike</b>
<b>Duration</b>	2.0-2.5 hours rambling, plus snack & driving time Total: 3.0-4.0 hours (Back between noon & 1:00 pm)	3.0-4.0 hours hiking, plus snack, lunch and driving time Total: 4.0-5.0 hours	3.0-4.5 hours hiking, plus snack, lunch and driving time Total: 4.0-5.5 hours	May exceed 5 hours hiking, plus snack, lunch and driving time Total: 5.0-7.0 hours
<b>Lunch</b>	No	Yes	Yes	Yes
<b>DoD</b>	2 to 5	3 to 6	6 to 9	10 plus
<b>Footing and Slope</b>	<b>Mostly</b> well-defined trails, including KVR & roadways. Mostly flat or moderate slopes with occasional short steep slopes.	<b>Mostly</b> well-defined trails of some sort, with some irregular footing and single file walking. Mostly moderate slopes with occasional steep slopes.	<b>Mostly</b> trails of some sort, with some irregular footing and single file walking. Generally moderate slopes with possible long <b>or</b> steep slopes.	Large variety of trails and off trails routes. Footing can often be less than ideal. Slopes vary greatly, with possible long <b>and</b> steep slopes.
<b>When</b>	Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with mHikes & sHikes Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with eHikes & sHikes Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with mHikes & eHikes

Many hikes in the 5 to 7 DoD range can be done as an eHike or a mHike. The difference is the result of the pace set by the leader on grades and the quantity and length of rest times. A mHike rated at DoD 9 can be quite challenging, but the pace on long grades or in rough terrain tends to be more leisurely than on a sHike.

### **The Grading of Hikes and the Degree of Difficulty Rating (DoD)**

**Grading of hikes is always subjective.** There is no 'one size fits all' measure of difficulty: a hike that is easy for one person may be difficult for another. Many factors that seriously affect difficulty are not measured by the GPS. (Examples: terrain, footing, scaling cliff faces, scrambling across shale slopes!) In addition variable factors such as heat, cold, wind, mud and snow can greatly affect the difficulty of a hike.

The values used to determine the degree of difficulty (DoD) are:

- The track length.
- The difference between the maximum and minimum elevations in the track.
- The sum of all the ascending segments in the track.
- The sum of all the descending segments in the track.

These are measured values; they assign objective values. In addition, we added a subjective value for difficult footing.

In general, DoD values are positive integer values starting at 2 with no upper limit.

- DoD values from 2 to 6 generally indicate an easy hike.
- DoD values from 6 to 9 generally indicate a moderate hike.
- DoD values of 10 or above indicate a strenuous hike.

The DoD value rises with increased length, elevation difference, total ascent and decent **and/or** irregular footing (a subjective value).