

Kamloops Outdoor Club Activity Rating Levels

NOTES:

It is impossible for any rating system to address every individual issue in detail. Discuss with the activity leader any concerns you have regarding degree of difficulty, speed, length, exposure etc.

- 1 Any extra features, such as exploratory, scrambling, scree, unbridged river crossings, backpacking, biking terrain, etc. will be noted in the activity description.
- 2 Any variation from the grid should be noted in activity description.
- 3 Activity rating should be based on the highest criteria in grid.
- 4 Any activity not included below will be described in the calendar by the organizer/host.

HIKING / WALKING

Rating Level	Estimated Time on Trail (hrs)	Estimated Distance Return (km)	Estimated Cumulative Elevation Gain (m)
1	1 - 2 hrs	1 - 3 km	0 - 10
2	2 - 3 hrs	2 - 5 km	0 - 100
3	3 - 4 hrs	4 - 7 km	0 - 300
4	4 - 6 hrs	6 - 12 km	0 - 500
5	5 - 8 hrs	7 - 14 km	0 - 750
6	8 - 10 hrs	8 - 18 km	0 - 1100

SKIING

Rating Level	Estimated Time on Trail (hrs)	Estimated Distance Return (km)	Estimated Cumulative Elevation Gain (m)
1	1 - 2 hrs	1 - 3 km	0 - 10
2	2 - 3 hrs	3 - 5 km	0 - 100
3	3 - 4 hrs	4 - 7 km	0 - 300
4	4 - 5 hrs	6 - 12 km	0 - 600
5	5 hrs plus	7 - 14 km	0 - 750

SNOWSHOEING / CLEAT WALKING

Rating Level	Estimated Time on Trail (hrs)	Estimated Distance Return (km)	Estimated Cumulative Elevation Gain (m)
1	1 - 2 hrs	1 - 3 km	0 - 10
2	2 - 3 hrs	3 - 5 km	0 - 100
3	3 - 4 hrs	4 - 7 km	0 - 300
4	4 - 5 hrs	6 - 12 km	0 - 600

BIKING / MOUNTAIN BIKING

Rating Level	Estimated Time on Trail (hrs)	Estimated Distance Return (km)	Estimated Cumulative Elevation Gain (m)
1	1 - 3 hrs	10 - 15 km	0 - 100
2	2 - 4 hrs	15 - 25 km	0 - 150
3	3 - 5 hrs	20 - 30 km	0 - 300
4	4 plus hrs	25 plus km	300 plus

SEE BELOW FOR EXPLANATIONS

revised August 2025

ACTIVITY RATING LEVELS EXPLAINED

Attached is the Activity Rating Levels that we will be using to rate our activities. Please read carefully below so you can understand the process used to give all activities a rating.

The three criteria (estimated by leader) considered are:

Estimated Time on Trail – this represents the amount of time from the start of the activity to the end including all stops, lunches etc.

Estimated Distance Return – this represents the estimated distance from start to end

Estimated Cumulative Elevation Gained – this represents the estimated total elevation climbed – meaning if the trail climbs, drops and climbs again all climbs are added but drops are not.

When a leader decides on the rating level for the activity each of these criteria are rated. Then the criteria with the highest rating will determine the overall rating for the activity. For example, the leader will estimate time; then the leader estimate the distance; finally the leader will estimate accumulated elevation gain. Whichever criteria is rated the highest is the overall rating for the activity.

A couple of examples:

Example A: Time: 3 hours; Distance: 4 kms; Elevation Gain: 350 m - Elevation Gain criteria is level 4 so overall activity is rated as a 4

Example B: Time: 3 hours; Distance: 4 kms; Elevation Gain: 200 m - all criteria is level 3 so overall activity if rated as a 3

If you are considering signing up for an activity and do not understand that activity rating level posted you should call the leader for clarification.