

## The 5 levels of physical difficulty

	<b>VERY EASY</b>	Routes up to 6 km/3,7 miles with maximum 50 metres of total positive vertical climb. Suitable for all kinds of people, especially for families with little kids and elderly people (provided that the route does not have any important element of technical difficulty).
	<b>EASY</b>	Routes up to 13 km/8 miles (if flat) or up to 225 metres of total positive vertical climb. Although they are suitable for people with no specific physical training, they are not recommended for young children nor elderly people.
	<b>MODERATE</b>	Routes up to 20 km/12,4 miles (if flat) or up to 575 metres of total positive vertical climb (if shorter). These routes are a bit more demanding and require a certain physical training or the ability of walking for more than 4 hours (return to the starting point included).
	<b>DEMANDING</b>	Routes with up to 800 metres of total positive vertical climb, suitable for people who regularly hike in the mountains or are in a good physical condition.
	<b>VERY DEMANDING</b>	High mountain routes with 900 metres of total positive vertical climb or more. Ascents to peaks or passes located higher than 2,000 metres above sea level. Suitable for people who are really used to mountain hiking.

## Levels of technical difficulty

	<b>COMPLEX AREA</b> Slippery, easy to get lost, ...	Some sections of the route present some difficulties: muddy ground, slippery areas because of loose rocks or clay/sandy soil, unclear or invisible trace of the path, ...
	<b>STEEP SLOPES</b> in some sections	Some short parts of the route present some steep slopes that may cause some difficulties for people who are not very familiarised with this kind of places, mainly children and elderly people.
	<b>RIVER CROSSINGS</b> with or without equipment	Some stretches of the route are crossed by rather wide and/or fast-flowing rivers or torrents. These sections are sometimes "equipped" with some old trunks or have no helping element at all. Crossing the river turns out to be a real adventure.
	<b>ROCK FALLS</b> Middle/high risk in some points	In some sections of the route, the passage of people and wild animals or the soil composition provoke a risk of rock falls. If the section is short, it is necessary to inform about it. If it is longer, the use of a helmet is recommended.
	<b>EXPOSURE TO EMPTINESS</b> Precipice	Some sections of the route run along precipices and are exposed to empty spaces, which can give vertigo to sensitive people. This feeling of dizziness can be reduced with the presence of safety elements such as ropes or chains.
	<b>EQUIPPED SECTIONS</b> Ladders, chains, etc.	Some very steep stretches (sometimes exposed to empty spaces) are equipped with ropes, ladders, handrails or chains. Although these elements are aimed at making hikers feel safe, some parts may be quite difficult to break through.
	<b>CLIMBING</b> Obligation to cling to the rock	Some sections of the ascent have rocky part you need to climb clinging to the rock with hands and feet and pushing up your whole body. Climbing can be very funny, but quite hard, too.