

Grades of Difficulty for Non-Motorized Traffic NMT

Objective

The classification of national, regional and local routes for non-motorized traffic NMT into uniformly defined grades of difficulty makes it easier for guests to compare routes in regard to fitness requirements.

Classification is made for each one-day stage. This promotes the use of one-day stages as day excursions. The classification of routes with several one-day stages is based on the most difficult one-day stage.

Target group

The manual is targeted at all producers and providers of information on NMT routes:

- Cantonal NMT specialist departments
- NMT specialist organizations
- Tourism organizations
- Publishers
- Cartographers
- Compliers

Area of validity

The manual is valid for all national, regional and local SwitzerlandMobility routes

Questions

For questions please contact the SwitzerlandMobility Foundation or Swiss Hiking Federation.

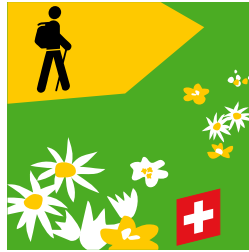
Publisher




SwitzerlandMobility Foundation
Postfach 8275, CH-3001 Bern
Tel.: +41 (0)31 307 47 40, Fax: +41 (0)31 307 47 48
info@switzerlandmobility.org, www.switzerlandmobility.org
Download Manual Schwierigkeitsgrade Langsamverkehr:
www.switzerlandmobility.info > Download > Overall project > Manuals

Swiss Hiking Federation
Postfach 1104, CH-3023 Bern
Tel.: +41 (0)31 370 10 20, Fax: 141 (0)31 370 10 21
info@wandern.ch, www.wandern.ch
Download Grades of Difficulty for Non-Motorized Traffic Manual:
www.wandern.ch

Version 25 April 2008





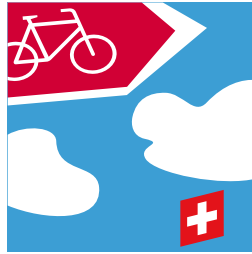
			
Grade	Easy (hiking)	Medium (mountain hiking)	Difficult (Alpine hiking) Hiking in Switzerland** does not include Alpine hiking trails
Signalization and marking:	Swiss Hiking Federation yellow (hiking trail) Swiss Alpine Club: up to T1	Swiss Hiking Federation white-red-white (mountain hiking) Swiss Alpine Club: T2 / T3	Swiss Hiking Federation white-blue-white (Alpine hiking) Swiss Alpine Club: T4–T5
Requirements:	<ul style="list-style-type: none"> No specific requirements 	<ul style="list-style-type: none"> Good level of fitness Surefooted / head for heights Knowledge of dangers in mountains (rockfalls, danger of slipping/falling, sudden change in weather) 	<ul style="list-style-type: none"> Very good level of fitness Surefooted / head for heights Experience with use of rope/pick axe Experience of climbing section using hands Knowledge of dangers in mountains (rockfalls, danger of slipping/falling, sudden change in weather)
Quality of trails / terrain:	<ul style="list-style-type: none"> Generally accessible trails As far as possible away from roads for motorized traffic Preferably not asphalted Steep sections negotiated with steps Streams crossed with bridges 	<ul style="list-style-type: none"> Partly rough terrain Mainly steep and narrow Streams crossed partially only at fords Exposed in places 	<ul style="list-style-type: none"> Partially through terrain with no trails, across snowfields, glaciers and scree, through rockfall areas or through rocks with short climbing sections Structural provisions cannot be relied on
Dangerous sections:	<ul style="list-style-type: none"> Section with risk of falling secured with handrails 	<ul style="list-style-type: none"> Particularly difficult sections secured with chains or ropes 	<ul style="list-style-type: none"> Some protection on particularly exposed sections with risk of falling
Equipment:	<ul style="list-style-type: none"> No special equipment required 	<ul style="list-style-type: none"> Solid boots with good profile on soles Suitable clothing for the conditions Topographic map 	<ul style="list-style-type: none"> Solid boots with good profile on soles Suitable clothing for the conditions Topographic map Compass and altimeter Rope and pick axe




Conditions*	Easy	Medium	Difficult
Length:	up to 15 km	up to 20 km	> 20 km
Height metres:	up to 300 hm	up to 800 hm	> 800 hm
Hiking time:	up to 4 h	up to 6 h	> 6 h

* Assessment of one-day stages



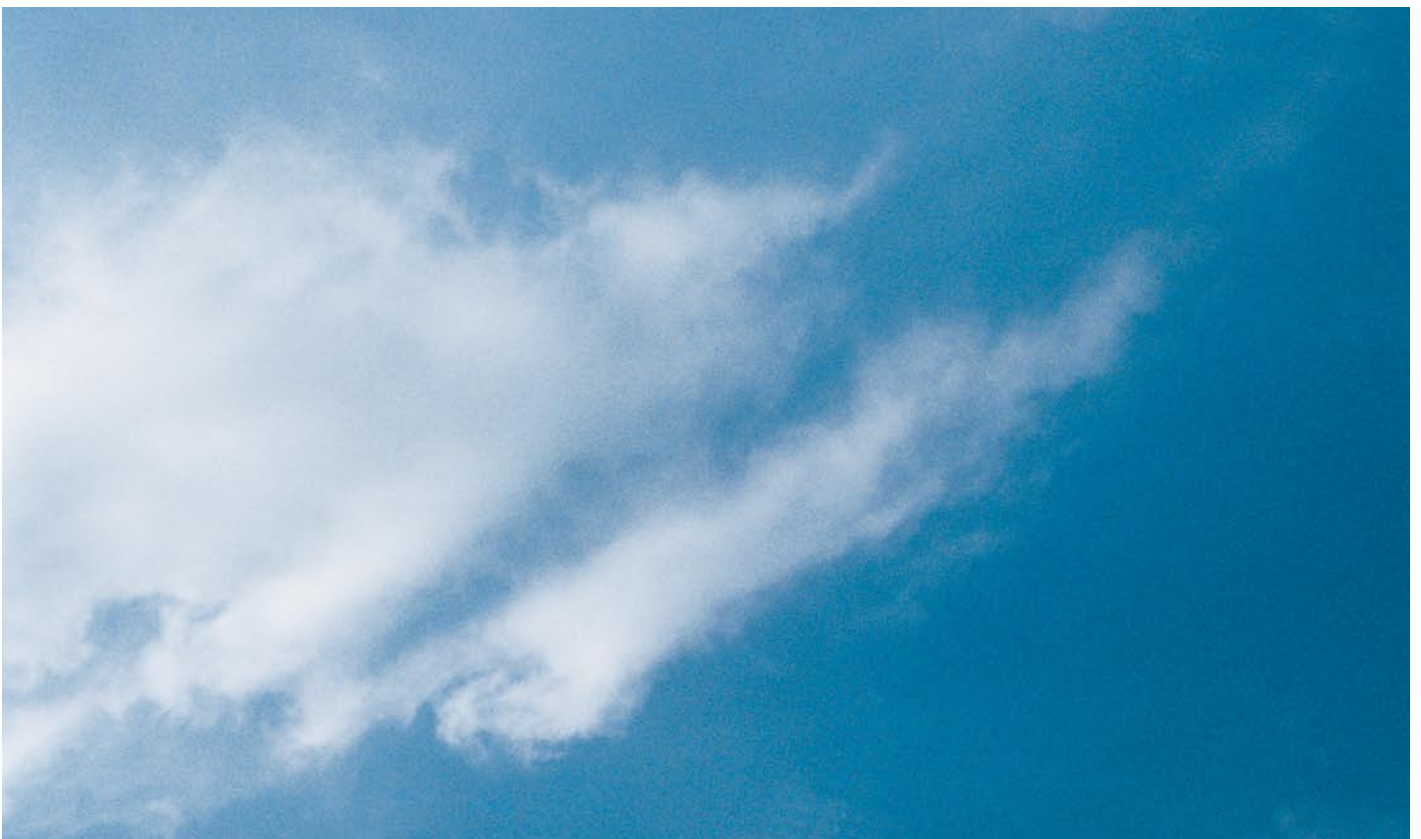
** National, regional and local routes signposted with route information panels






			
Grade	Easy	Medium	Difficult
Requirements:	<ul style="list-style-type: none"> Also for beginners and children 	<ul style="list-style-type: none"> Traffic experience required 	<ul style="list-style-type: none"> Good traffic experience required
Road quality	<ul style="list-style-type: none"> Little-used side roads Separate cycle paths Roads with restrictions on motorized vehicles Forest and field trails Zones with reduced speed limits (20 and 30 km/h) 	In addition: <ul style="list-style-type: none"> Busy side roads Main roads with cycle lanes 	In addition: <ul style="list-style-type: none"> Busy main roads without cycle lanes
Dangerous sections:	<ul style="list-style-type: none"> Virtually no dangerous sections 	<ul style="list-style-type: none"> Some dangerous sections 	<ul style="list-style-type: none"> Frequent dangerous sections
Equipment:	<ul style="list-style-type: none"> Normal bicycle suitable for road traffic 	<ul style="list-style-type: none"> Normal bicycle suitable for road traffic 	<ul style="list-style-type: none"> Normal bicycle suitable for road traffic

Conditions*	Easy	Medium	Difficult
Length:	up to 40 km	up to 60 km	> 60 km
Height metres:	up to 300 hm	up to 800 hm	> 800 hm
Time required:	up to 4 h	up to 5 h	> 5 h

* Assessment of one-day stages








			
Grade	Easy	Medium	Difficult
Requirements:	<ul style="list-style-type: none"> No specific knowledge of mountain biking 	<ul style="list-style-type: none"> Basic knowledge of mountain biking 	<ul style="list-style-type: none"> Experienced mountain biker with good mountain biking technique Knowledge of dangers in mountains (rockfalls, danger of slipping/falling, sudden change in weather)
Trail quality:	<ul style="list-style-type: none"> Generally good solid trails and roads (where possible not asphalted) 	<ul style="list-style-type: none"> In general traffic-free, where possible non-asphalted paths and trails Demanding short sections in exceptional cases (e.g. pushing sections) 	<ul style="list-style-type: none"> In general traffic-free, where possible non-asphalted, technically demanding paths and trails Obstacles, pushing and carrying sections
Dangerous sections:	<ul style="list-style-type: none"> Virtually no dangerous sections 	<ul style="list-style-type: none"> Some dangerous sections 	<ul style="list-style-type: none"> Frequent dangerous sections
Equipment:	<ul style="list-style-type: none"> Robust touring bicycle (Mountain bike recommended) 	<ul style="list-style-type: none"> Mountain bike required 	<ul style="list-style-type: none"> Mountain bike required (suspension recommended)

Conditions*	Easy	Medium	Difficult
Length:	up to 40 km	up to 50 km	> 50 km
Height metres:	up to 800 hm	up to 1200 hm	> 1200 hm
Time required:	up to 4 h	up to 5 h	> 5 h

* Assessment of one-day stages








			
Grade	Easy	Medium	Difficult
Requirements:	<ul style="list-style-type: none"> Also suitable for beginners and families Knowledge of Road Traffic Regulations (VRV) 	<ul style="list-style-type: none"> Good, confident skaters Knowledge of Road Traffic Regulations (VRV) 	<ul style="list-style-type: none"> Very good, technically proficient skaters Knowledge of Road Traffic Regulations (VRV)
Path quality:	<ul style="list-style-type: none"> Hardly any ascents or descents Asphalt or concrete surfaces Areas designated for pedestrians Cycle paths Roads with 30km/h speed limit and traffic-free meeting areas Side roads with little traffic 	<ul style="list-style-type: none"> Easy ascents or descents possible Asphalt or concrete surfaces Areas designated for pedestrians Cycle paths Roads with 30km/h speed limit and traffic-free meeting areas Side roads with little traffic In exceptional cases technically difficult sections, which must be negotiated on foot if necessary 	<ul style="list-style-type: none"> Ascents and descents possible Asphalt or concrete surfaces Areas designated for pedestrians Cycle paths Roads with 30km/h speed limit and traffic-free meeting areas Side roads with little traffic In exceptional cases technically difficult sections, which must be negotiated on foot if necessary
Dangerous sections:	<ul style="list-style-type: none"> Virtually no dangerous sections 	<ul style="list-style-type: none"> Some dangerous sections 	<ul style="list-style-type: none"> Frequent dangerous sections

Conditions*	Easy	Medium	Difficult
Length:	up to 30 km	up to 50 km	> 50 km
Height metres:	up to 50 hm	up to 200 hm	> 200 hm
Time required:	up to 4 h	up to 5 h	> 5 h

* Assessment of one-day stages





			
Grade	Easy (canoe)	Medium (canoe)	Difficult (rafting)
Requirements:	<ul style="list-style-type: none"> ● Suitable for beginners and families ● Basic knowledge of canoeing desirable 	<ul style="list-style-type: none"> ● Basic knowledge of canoeing with individual use 	<ul style="list-style-type: none"> ● Only as guided tour ● Requirements according to service provider
River type:	<ul style="list-style-type: none"> ● Calm waters ● Lakes and very gently flowing rivers 	<ul style="list-style-type: none"> ● Calm waters and white waters I–II ● Regular rapids and waves ● Simple and open river bends 	<ul style="list-style-type: none"> ● White waters II–IV
Dangerous sections and obstacles:	<ul style="list-style-type: none"> ● Few, easily passed obstacles 	<ul style="list-style-type: none"> ● Easily passed obstacles 	<ul style="list-style-type: none"> ● Easy to difficult to pass obstacles
Boat type:	<ul style="list-style-type: none"> ● Depending upon river type (open kayak, Canadian canoe, possibly rubber dinghy) 	<ul style="list-style-type: none"> ● Depending upon river type (open kayak, Canadian canoe, possibly rubber dinghy) 	<ul style="list-style-type: none"> ● Rafting dinghy

Conditions*	Easy	Medium	Difficult
Length (km):	River up to 20 km Lake up to 15 km	River up to 25 km Lake up to 20 km	Fluss > 25 km See > 20 km
Time required:	River up to 4 h Lake up to 3 h	River up to 6 h Lake up to 5 h	Fluss > 6 h See > 5 h

* Assessment of one-day stages

