



Self-assessment hiking form

Check, with the help of the following table, if your physical condition is suitable to participate in one of our hikes

Daily values	EASY	MODERATE	HARD
DISTANCE	< 10 km	10 - 15 km	15 - 20 km
ASCENT ▲	< 300 m	300 - 600 m	600 - 900 m
DESCENT ▼	< 500 m	500 - 800 m	800 - 1000 m
WALKING HOURS	< 4 hours	< 5 hours	4 - 6 hours
TERRAIN FEATURES	flat walking terrain - flat not uneven	flat walking terrain - possible passages in various terrains (pasture, scree)	paths or cart tracks that may imply an ability to move on more uneven or steep terrain