



# 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




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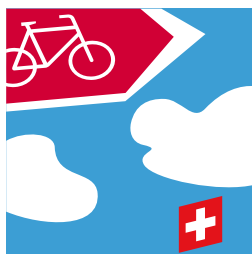
			
<b>Grade</b>	<b>Easy (hiking)</b>	<b>Medium (mountain hiking)</b>	<b>Difficult (Alpine hiking) Hiking in Switzerland** does not include Alpine hiking trails</b>
Signalization and marking:	Swiss Hiking Federation yellow (hiking trail) Swiss Alpine Club: up to T1	Swiss Hiking Federation white-red-white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

<b>Conditions*</b>	<b>Easy</b>	<b>Medium</b>	<b>Difficult</b>
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



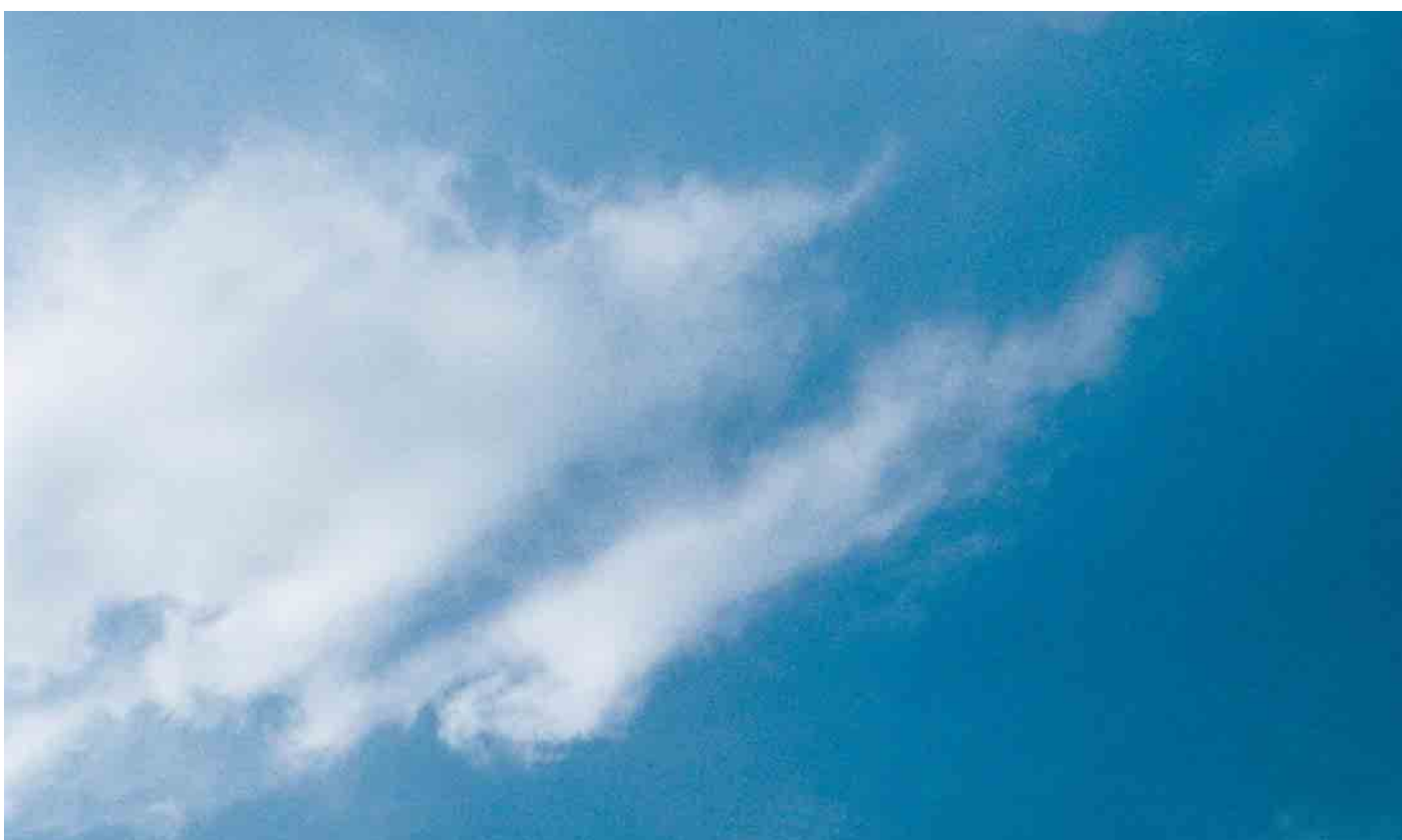
\*\* National, regional and local routes signposted with route information panels






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

<b>Conditions*</b>	<b>Easy</b>	<b>Medium</b>	<b>Difficult</b>
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








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

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

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

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

