

CLASSIFICATION OF HIKING DIFFICULTY

Every hike in the mountains can have different characteristics and levels of difficulty, which are determined by the nature of the soil, the type of route, the exposure of the trail, the elevation gain, the maximum altitude to be reached, the season, etc. In order to choose the excursions that best fit your need and avoid finding yourself facing difficulties greater than those you can handle, there is a special scale, which as below is intended to be indicative. The scale uses the C.A.I. (*Italian Alpine Club*) abbreviations to classify the level of effort required by the itineraries.

T: Tourist Trail.

Routes on roads, mule tracks, or wide trails, with no long paths, perfectly visible and which pose no uncertainties or problems with orientation. These itineraries require some knowledge of the mountain environment and physical preparation for walking.

E: Hiking Trail.

Itineraries that take place on all kinds of paths, or on obvious traces of passage through varied terrain (grassland, debris or screes) with signs posted along the way. They can take place on steep slopes, where however the parts exposed are generally protected or secured (cables), may have individual passages or short sections on rock, not exposed, not tiring or demanding, due to the presence of equipment (ladders, pegs, cables), which do not require specific equipment (harness, carabiners, etc.). They require a sense of orientation, experience and knowledge of the Alpine environment, walking training, in addition to appropriate equipment and footwear.

EE: Trail for Experienced Hikers.

These itineraries are generally indicated by signs, but imply an ability to move on particular terrains. Trails or tracks on arduous terrain (steep and/or slippery slopes of grass or grass mixed with rock, or rock and debris). Varied terrain, even at relatively high altitudes (screes, not too steep, short snowfields, open slopes without landmarks). Rocky sections, with slight technical difficulties. They require mountain experience in general and adequate physical preparation.

EEA: Trail for Experienced Hikers with Equipment.

This acronym indicates equipped routes or “vie ferrate”, in order to inform hikers that the trail requires mandatory use of self-protection equipment (helmet, harness, lanyards, carabiners, heat-sink). These itineraries require mountain experience, good knowledge of the Alpine environment, hiking experience, no dizziness, equipment and adequate physical preparation. It is essential to know how to use self-protection equipment.