

# COHC Hike Levels

Rating the level of a hike is a very subjective task. What is hard for a retiree won't be hard for a 30 year old park ranger. So this document is intended to give a general guideline as to what to expect on our typical 5 mile hike.

**Level 1** - mostly flat wide trail with very few trip hazards (think most of the metro parks)

**Level 2** - some moderate hills wide or single track trail with few trip hazards (think Highbanks metro parks)

**Level 3** - single track trail, several hills, tricky footing (roots and rocks) (think most of the state parks in Ohio)

**level 4** - single track trail, many hills some long or steep, rugged terrain, trip hazards, some sections might require good balance (think Great Seal State Park). **Please assess your physical capabilities before attempting this hike.**

**level 5** - single track trail, many hills some long or steep, rugged terrain, trip hazards, some sections might require good balance. Combine that with expected weather conditions (hot and humid, snow or ice). **Please assess your physical condition before attempting this hike.**