

Route rating and level of difficulty

The level of difficulty of each of our routes is rated from 1 to 6. These ratings take into account the terrain and the daily distances travelled. The proposed ratings and distances, established according to the basic route, serve as a guide only. Weather conditions (sun, rain, wind direction, temperature and altitude) can also affect the amount of exertion required on a given day. To select the route that's right for you, contact one of our travel consultants.

- 1  Easy, flat: presents few difficulties.
- 2  Relatively easy route; includes some gentle slopes.
- 3  Route of average difficulty; rolling, occasionally hilly terrain.
- 4  Relatively difficult route; rolling and hilly, with slopes that are quite steep.
- 5  Difficult route; repeatedly requires a significant amount of effort.
- 6  Very difficult route: requires constant effort, repeated climbs (passes) as well as advanced training.