Trail Rating System

Part 1 – Incline

1. Very little hill or stair climbing
2. Some moderate hill or stair climbing.
3. Some significant hill or stair climbing
4. A good deal of significant hill or stair climbing
5. Many steep hills or high altitude trails.

Part 2 – Terrain

A). Almost entirely on pavement, probably suitable for a baby stroller.

B). A significant part of the walk takes place on well groomed trails with very little more difficult terrain.

C). A significant part of the walk takes place on somewhat difficult terrain (rocky / rooted paths).

D). A significant part of the walk takes place on very difficult terrain.

E). The majority of the walk takes place on very difficult terrain.

Extreme weather conditions could also raise the difficulty of the routes, thus volkssporters should take caution under certain weather conditions.

Walk for a Healthier Lifestyle!

The Canadian Volkssport Federation

Is an association of non-profit walking clubs, incorporated in 1987 with walk programs in all provinces and territories across Canada.

We are associated with the International Federation of Popular Sports, or the IVV as it is more commonly known. A link to the IVV website can be found on walks.ca.

Our activities are centered on organizing and conducting interesting and safe walks. Volkssports or "popular sports" are for people of all ages and abilities. Our goal is to promote an active healthy lifestyle. Some clubs are also involved in cycling, swimming, cross-country skiing, snowshoeing, as well as in-line and ice skating.

Please contact us directly at:
Canadian Volkssport Federation
P.O. Box 2668, Station D
Ottawa, ON K1P 5W7
Email: cvffcvwalk@outlook.com
Website: www.walks.ca

Your local club contact:

Come Join us for a Walk …

[Cycle, swim or cross-country skiing] …

For Fun, Fitness and Friendship With

The Canadian Volkssport Federation

www.walks.ca

Membership

- Determine the walk event or activity you want to attend by going to our schedule of events at: www.walks.ca and simply show up at the event. Prior registration for our walks is not a requirement.
- At the start point a member of the local club will ask you to read and sign the "waiver of Liability" form before starting the walk event.
- Walkers receive instructions for the event and in most cases the group will remain together on in sight of each other for a safe and enjoyable walk.
- Many walkers choose to participate in the Individual Achievement Awards Program, divided into two categories: Distance covered and the number of Events completed. If a participant wishes to participate in this program, nominal fees are charged to cover the cost of the booklets and stamping as well as the commemorative or souvenir awards. Additional information is available from the club or on the national website.
- Clubs may charge a small fee of $2 to help defray expenses and promote club activities.
- The cost of annual membership fees in a local club is small in comparison to other activities in your community.

Our Active Walk Programs

- Are organized in the local community.
- Follow an organized schedule of events.
- Are held in all weather conditions when safe to do so.
- Follow planned trails, which are safe, scenic and circular.
- Are usually 10km (5km is often optional)
- Always try to make the best possible use of green spaces, nature trails and other interesting local features.
- Are organized to allow participation by families, persons of all ages and all abilities.
- Are non-competitive and encourage people to strive for personal improvement or just enjoyment.
- A National Trail Rating system that always lets you know what to expect.

A Variety Of Walk Events Are Available

- The most popular are Guided or Map Walks offered by local clubs and are available on fixed dates.
- Permanent and Seasonal Events that are self-guided, simply follow the instructions at the advertised Start Point location.
- Some clubs sponsor Annual Walk Events which are held on fixed dates and follow marked trails.
- Some walks offer a special theme or challenge; marathon walks, multi-day walks, mountain hikes, waterfalls, lighthouses, National and Provincial Parks, etc.
- A National Walking weekend is available in most areas across the country.
- Events can be held in towns, villages, cities, on local popular trails such as rail trails or the Trans Canada Trail. Other locations such as Provincial and National Parks can be part of our walk program as well.

Volkssports Are Different From Other Walking Groups

- Walk at your own pace on mapped trails with written directions.
- We offer a Guided Walk (GW) Program that you do with a group on a local trail.
- Walking with a group on a trail provides "Safety in Numbers".
- Walking with a group is an excellent way to meet new friends.
- Walk events are also available for you to do on your own at any time and are known as Permanent Trails (PTs) for those who want to walk more than once a week or who can't participate on the day a club has a scheduled group event.
- Walk when traveling, by going to a "Walk Box" location and exploring a new community where a local club has mapped out a route showing the highlights of their community.
- When traveling to other communities you will be welcomed to participate in the local clubs guided and map walk events.
- Walkers can join the International Awards Program.
- Walkers can develop personal goals such as how many events they want to attend, or how many kms they want to achieve in a time period of their choosing without competing with other walkers.
- Many clubs provide social gatherings after their events plus weekend activities.

A Fun Activity with Friends is Your Way to Fitness!