

## Legend of Requirements for ACV and Alpenverein Events



### T: Technical Requirements for hiking, alpine hiking:

- T0 Forest paths, wide trails, very little ascent.
- T1 I can move sure-footedly on trails and steeper paths.
- T2 Steep pathless, rough and rocky terrain are no problem for me. I am sure footed and have a good head for heights.
- T3 I feel confident on technically difficult routes and am experienced in alpine conditions. Climbing up and down up to a level of 1+ is no problem for me without a rope.

### ST: Skiing/Skitouring

- ST1 I ski comfortably on red routes, and master parallel turns safely.
- ST2 I can tackle mogul slopes safely and in a controlled manner. I can ski in difficult snow conditions without falling. I can side slip safely.
- ST3 I enjoy skiing off piste, and can do so fast and I see difficult snow conditions as a challenge. I can ski smoothly down narrow gullies and through dense forests.

### SSW: Snowshoe Hiking

- SSW1 Max 600m of ascent, up to 5 hours. No snowshoe experience necessary
- SSW2 More than 600m of ascent, over 5 hours. Also suitable for beginners who have the necessary condition. Note that snowshoe hiking is significantly more strenuous than hiking in the summer (You should be able to cope with and enjoy at least 7-8 hour hikes in the summer!)

### R: Biking

- R1 Up to 40 km, only short ascents
- R2 40-50 km/day, short ascents
- R3 50-80 km/day, medium ascents
- R4 Over 50 km/day, long ascents (mountain passes)

### K: Physical Condition Requirements (Times excluding breaks!)

(Based on 400m of ascent or 4km/hour)

- K1 2-4 Hours / day (Ascent + Descent)
- K2 4-7 Hours / day (Ascent + Descent)
- K3 7-10 Hours / day (Ascent + Descent)

Note: Based on and translated from [“Legende zu den Anforderungen”](#) from the webpage of the Sektion Austria