

ROUTE CARDS - PLANNING A HIKE

Route cards have two main purposes.

1. Work out your route before you hike to find the time it will take, places to rest, how difficult or easy it is.
2. Safety - you leave copy of a route card at base (or home) with contact names in case you are late back or something happens on the way. Rescuers can easily follow your route.

Details required on **ROUTE CARD**:

1. Names of everyone on the hike.
2. A Home Contact name and telephone number.
3. Starting point (Map reference and description) and date & time you started.
4. Main stages on the hike (Map references and description of the route.)
5. Time each stage will take.
6. Distances to walk and also height gained or lost. (Uphill or downhill)
7. Date, time and place (Map reference) you expect to finish.

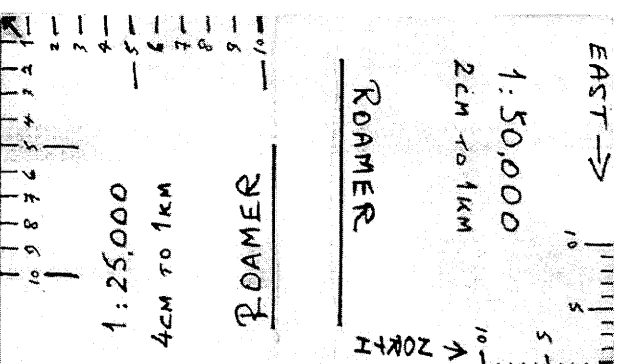
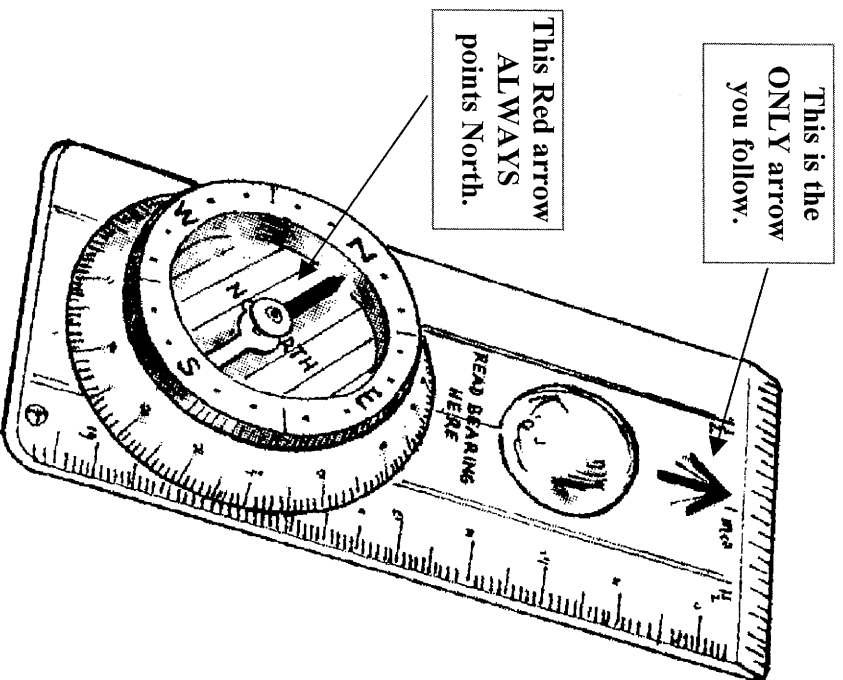
NAISMITH'S LAW -

It takes an average **20 minutes** to walk **1 kilometre**.

But add **1 minute** for every **10-metre** height climbed.

DO NOT subtract time for going downhill!

Hint: On **1:50,000** scale maps every **2 Centimetre** square is **1Kilometre**.
Brown Contour Lines are in **Metres** above **Sea Level** and are rise every 10 metres.



This point marks
the **POSITION**
on the map.

*Make sure you use the correct side
for the map scale.*