

Lupine Adventure Co-operative route card					Walking Speed in KM/h			4		Time added (in seconds) per 10m of height climbed		60
Date:	Direction of Bearing as Required	Distance in km	Time estimated	Height climbed metres	Extra Time Estimated	Time for Stops, Meals, etc	Time per Leg	Time at End of Leg	ROUTE INFORMATION Include your handrails, tick features, catchments and overshoots.		Escape in Emergency to:	
START -												
Start GR:						Start Time		09:00				
TO			0:00		0:00		00:00	09:00				
GR												
TO			0:00		0:00		00:00	09:00				
GR												
TO			0:00		0:00		00:00	09:00				
GR												
TO:			0:00		0:00		00:00	09:00				
GR												
TO			0:00		0:00		00:00	09:00				
GR												
TO			0:00		0:00		00:00	09:00				
GR												
TO			0:00		0:00		00:00	09:00				
GR												
TOTALS FOR DAY		0				0:00	00:00	09:00				
Supervisor's Name, Location, Phone:									NOTES 1 Start a new Route Card for each day. 2 Escape Route - insert only those places to which an escape may be attempted from a hazard or emergency. 3 Time is added on for height climbed. No allowance for descent. If you go up 40m down 20m and then up another 30m your height climbed should be 70m Excel file downloaded from www.lupineadventure.co.uk			
Group Members		1		2		3						
4		5		6		7						
8		9		10		11						