Lupine Adventure Co-operative route card					**Team Name:**					
Day of venture		of			Walking Speed in KM/h				Time added (in seconds) per 10m of height climbed	
Date: Start	Direction or rough bearing of leg	Distance in km	Time estimated	Height climbed metres	Extra time estimated for height	Time for Stops, Meals, (h:mm)	Total time for Leg	Time at End of Leg	ROUTE INFORMATION Include your handrails, tick features, catchments and overshoots.	Escape in Emergency to:
GR						Start Time				
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GR										
TOTALS FOR DAY										

Supervisor's Name, Location, Phone:

Group Members	1	2
3	4	5
6	7	8
9	10	11

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

Version 3.0 (April 2012)