

Cirrus

Cirrus show that there is a lot of wind high in the atmosphere which means that the weather is probably about to change. Often seen before a warm or occluded front.

Cirro Cumulus

Often called mackerel sky. Formed when the top of the troposphere is colder than what is underneath. Often found in the warm sector before a cold front arrives.

Aeroplane contrails

Aeroplane trails form when the upper air is very cold which makes the water in the gas coming from the engines condense and form cloud. Often seen in an anticyclone

Cirro Stratus

Cirrostratus is like cirrus but thicker and it tells us that the weather is about to change. Often seen towards the end of a ridge and before a warm or occluded front.

Altostratus

Forms when large areas of air are moving slowly upwards. Can be seen before a warm or occluded front.

Stratocumulus

Forms when the air high up is warmer than it might normally be. This happens during anticyclones. These clouds are responsible for anticyclonic gloom.

Altocumulus

Forms when the air in the middle of the troposphere is much colder than the air below. Often seen in the warm sector before a cold front.

Nimbostratus

Formed when large areas of the troposphere are moving gradually upwards. This is the cloud which makes the rain in warm, occluded and cold fronts.

Stratus

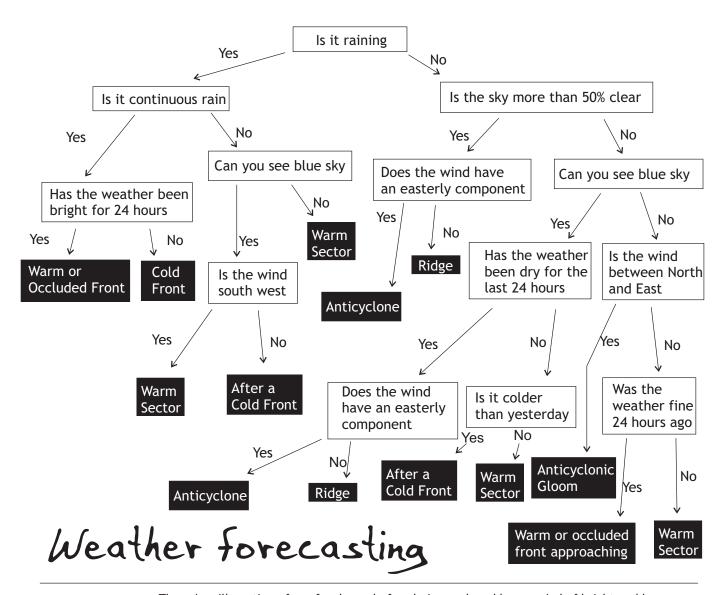
Formed when the air is very humid and often produces drizzle. Usually found in the warm sector.

Cumulonimbus

Formed when the surface of the Earth is much warmer than the air above it. Often found after a cold front, but also at the end of an anticyclone or ridge in the summer

Cumulus

Fair weather cloud. Found when there is a ridge of high pressure in the warm sector or near the coast during an anticyclone where they show that there is a sea breeze



Warm or Occluded Front

The rain will continue for a few hours before being replaced by a period of bright and breezy weather with the possibility of showers. The weather will continue to be unsettled for the next day or so

Cold Front The rain should soon clear. To be replaced by sunny, blustery colder conditions with fairly frequent and heavy rain showers. The outlook is for a spell of cold bright weather before rain comes in once again from the west

After a Cold Front

The theme of occasional heavy showers will continue until the showers die away and the wind eases to make way for a spell of fine weather

Warm Sector Present weather will continue for a while until heavy rain and strong winds come in from the west this will clear after about six hours to be replaced by a spell of bright blustery and showery weather

Anticyclone

The fine weather is set to continue fro the for seeable future bringing warm days and cool nights.

Ridge

The fine weather is set to continue for the next day or so before the sky fills with high cloud which will thicken to give a prolonged period of heavy rain

Warm or occluded front approaching

The layers of high cloud will thicken and it will begin to rain within the next few hours. The rain will last approximately eight hours before clearing to give a spell of brighter dryer weather

Anticyclonic Gloom The gloomy weather is likely to persist for the next few days. However some lucky areas may occasionally see the sun

Lupine Adventure Co-operative route card	tive ro	ute ca	ard		Team	Team Name:				
Day of venture		of			Walkir	Walking Speed in KM/h	in KM/h		Time added (in seconds) per 10m of height climbed	
Date: Start:	Direction or rough bearing of leg	Distance in km	Fime bestimated	Height climbed metres	Extra time estimated for height	Time for Stops, Meals, (mm:h)	Total time for Leg	Time at End of beg	ROUTE INFORMATION Es Include your handrails, tick features, catchments and overshoots.	Escape in Emergency to:
GR							Start Time:		1	
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TOTALS FOR DAY									NOTES	
Supervisor's Name, Location, Phone:								. —	 Scale a new route card for each day. Escape in Emergency - insert only those places to which an escape may be attempted in an emergency. 	an escape
Group Members	1				2				Time is added for height climbed only. If you go up 40m down 20m and then up 30m, height climbed = 70m.	lown 20m
3	4				5			-	4. Explorations may be detailed in the Route Information of a new row.	new row.
9	2			-	8				Excel file downloaded from www.lupineadventure.co.uk	
6	10				11					
Emergency Phone Numbers									Version 3.4 (January 2015)	anuary 2015)