

<p align="center">Bandon Walking Club - Route Card - 5km Per Hour</p>	
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Date:	Area:	Maps:	No in Party:	Guides Name + Number:
Magnetic Variation:	ETD:	ETA:	Place of Start + Finish:	

[illegible]

Escape Route 1:
Escape Route 2:
Escape Route 3:

100mts = 1.2 mins - 200mts = 2.4mins - 500mts = 6mins - 750mts = 9mins
Every Contour (10mts) when climbing add 1 min per contour
Once your sub total time is totted up you need to add time for lunch and an extra 10mins per hour to get your overall total time