Bandon Walking Club - Route Card - 5km Per Hour

Date:	Area:	Maps:	No in Party:	No in Party: Guides Name + Number:				
Magnetic Variation:	ETD:	ETA:	Place of Start + Fi	Place of Start + Finish:				
Leg Starting from Grid Ref a finishes at	nd Name of Landmark starting point of next leg)	Bearing Degre	e Distance (mts)	Distance Time (min)	Height Climbed (mts)	Height Time (min)	Estimated Total Time Per Leg (min)	Description of feature being followed for each leg
	Sub Totals							
		Total Time to include for Lunch and 10mins per hour						
]			
Escape Route 1:							100mts = 1.2 mins - 200mts = 2.4mins - 500mts = 6mins - 750mts = 9mins	

Escape Route 2:

Escape Route 3:

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