

**Route Plan Card**

**Trip**

**Date**

Sun Set:

Dark

Map		Lat				Long	
Scale		Contour interval			Magnetic variation		
Stage	Objective	Grid Reference	Bearing magnetic *	Distance	Time mins.	Height +or -	Details

\* All bearings are magnetic unless otherwise stated **and indicate the start direction of the stage only**. Along the way they may change.

NB. **Marked** track means that it is shown on the map. It may or may not have a track name in the field and it may be over grown.

**Naismith’s rule for time estimation**

**Good walkers** cover distance at approx **3 km/hr** in most situations, but may walk faster in small groups of fit persons, also include in the calculation one hour or part thereof for every 500m up and one hour for every 1000m down. When **actual** walking time exceeds 5 hours, allow an extra 1 hour for fatigue.