ROUTE CARD

(To be completed by party leader in advance. One copy to be left with friends/family, duplicate copy to be carried for your own reference on the hill.)

- Main Objective : Date:

	From/To	Magnetic Bearing	Distance (m)	Time allowed for Distance (12min/km)	Total Height Gain (m)	Time allowed for Height Gain (1min/10m)	Total Time Taken (mins)	Terrain Description
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Time calculated excluding rest:

Add rest time (10mins per hour walking time):

Total Time Planned:

Start Time:

Estimated Time of Return:

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^{*} Allow additional time if terrain is slow, heavy packs will be carried, or fitness levels are poor.