Crannagh Ramblers

ROUTE CARD

In an emergency dial 999 or 112

Date	Area
Main objectives	
Escape routes	
Maps and scale	ETA
Weather forecast	

From – To	Distance		Height gain		Total time	Mag bearing	Remarks
	m	min	m	min			
TOTALS:							

Basic rule: A walker travels at a speed of 5kph **PLUS** 30 minutes for every 300m of height gained

Distance travelled	
5km	60min
1km/1000m	12min
100m	1·2min OR 1min 15sec

Height gained	
300m	30min
100m	10min
10m	1min