



THE UK'S BIGGEST OUTDOOR STORES™

route PLANNING

This is all about getting from Point A to Point B and making sure you know of all the hazards and features along the way. It's also very important to let others know where you are going for safety reasons, so have an emergency plan too. Make sure you have an objective for your route, it could be for a litter pick along a route or a DofE expedition assessment. These are some tools you can use:

Route Cards

These are available from **The Scout Association website**. Print as many as you need, you will need one per day of your hike. Remember to write in pencil, that way you can make changes easily.

shop.scouts.org.uk/c-94-land-activities.aspx?pagenum=3



Routes are split into stages or 'legs'...



... the more stages, the more accurate your route will be.

Each stage has its own 6 figure grid reference, the bearing to the next point, the distance to the next point and the height gained. You will also need to add in a description which can include points of reference and any hazards.

Once you have completed your route you need to work out how long it is going to take. This is where **Naismith's Rule** comes in!

time for some maths

Naismiths Rule

It is a rule of thumb that lets you calculate how long your route will take including the extra time if you go up a hill. Allow 1 hour for every 3 mi (5 km) forward, plus 1 hour for every 2000 ft (600 m) of ascent. Remember to walk at the pace of the slowest person in your group.

