Name of route				Map	
Duration		Distance		Ascent	
General notes					
Weather				Dark at:	

Start point parking, public transport, meeting point		Starting GR	

Direction	Distance	Ascent/ Descent	Duration	See on the way	Escape route	End point	End GR	How to know if you have over-shot

Post-walk notes	

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Ready reckoner

Speed	3km/h	4km/h	5km/h
100m	2 mins	1 ½ mins	72 secs
250m	5 mins	3 ¾ mins	3 mins
500m	10 mins	7 ½ mins	6 mins
1km	20 mins	15 mins	12 mins

Add 1 minute for each contour line climbed

Add 1 minute for each 3 contour lines of steep descent

Don't forget time for breaks

The Country Code
When walking in the countryside, please remember:
- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Fasten all gates
- Keep your dogs under close control
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Make no unnecessary noise

Clothing:
- walking boots
- thick, warm, socks
- non-cotton trousers
- non-cotton base layer
- several non-cotton warm layers
- waterproof jacket
- hat
- gloves

Each walker to carry a small rucksack, containing:
- water (1 ltr winter, 2 ltr summer)
- food
- spare warm clothes
- emergency food
- waterproof over-trousers
- whistle
- survival bag
- mobile phone

Additional leader equipment:
- map
- compass
- group shelter
- basic first aid-kit
- torch
- rope
- route card
- emergency card
- permanent ohp pen
- emergency food for group
- emergency hat, gloves and fleece for group

The leader does not need to carry all of the items above themselves - they can be shared out amongst the group, particularly if they are warned in advance to leave some space in their bags.

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