

IOG Route Plan

Take a copy with you AND leave a copy with a responsible local person.
Cancel this document when everyone has returned.

Date:	One-day walk or Day..... of.....	Map(s) used:
Objective:		Magnetic variation:
		Mag to grid = Get rid ! / Grid to mag = Add !

Place and grid reference	Magnetic bearing	Distance (km) / Cum.	Height gained (m)	Description of route	Est. time for leg	Total time
Start:						
To:						
To:						
To:						
To:						
To:						
To:						
To:						
To:						
To:						
TOTALS:						
Add 10 minutes per hour for safety/rests:			→ Estimated total journey time:			
START TIME:		FINISH TIME:		DARK AT:		
TIMING CALCS:	2 km/hr = 33.3 m/min	3 km/hr = 50 m/min	4 km/hr = 66.6 m/min	5 km/hr = 83.3 m/min	Add 1.5 minutes per 10 m incline	

Escape routes
1. From...
2. From...
3. From...