

Adventureworks EXPEDITION ROUTE CARD (use one per day)

Day of the week:		Date:		Day of venture: (1 st , 2 nd etc.)		Names of team members:						
Leg	From -	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:			
									Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)		Escape/Notes	
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												

Generally: 3km per hour / 1 min for every 10 vertical meters climbed / 10 min an hour for stops etc. approx. 110-120 paces per 100m
 1km = 6min per 100, 60min per 1000m / 2km = 3min per 100m, 30min per 1000m / 3km = 2 min per 100m, 20 min per 1000m / 4km = 1.25min per 100m