

BASIC MAP CALCULATIONS

SCALE

Think in METRES (Kilometres / Metres / Centimetres / Millimetres)

1:25000 = 1cm on the map is equal to 250m on the ground

1:25000	
GROUND	MAP
1000 m (1 km)	1 square (4 cm)
500 m (0.5 km)	20 mm (2 cm)
250 m (0.25 km)	10 mm (1 cm)
50 m	2 mm

SPEED

	1000 m	500 m	250 m	100 m
3 km per hour	20 min	10 min	5 min	2 min
4 km per hour	15 min	7½ min	3¾ min	1½ min

The average expedition group (with a pack) should aim to walk at 3km per hour. A non-expedition group (without a pack) should aim to walk at 4km per hour.

HEIGHT CLIMBED

For every 10m of height climbed you should add 1 minute to your overall time.

REST PERIODS

For every 1 hour you are walking, you should add 10 minutes to your overall time. This makes up for time lost, with drink stops, tie bootlaces etc. Extra time should be added if an 'official' break (i.e. lunch) is required.

