

| Lupine Adventure Co-operative route card |                                   |                |                |                       | Team Name:                      |                               |                    |   |   |  |
|--|-----------------------------------|----------------|----------------|-----------------------|---------------------------------|-------------------------------|--------------------|---|---|--|
| Day of venture                           |                                   |                |                | of                    | Walking Speed in KM/h           |                               |                    | Time added (in seconds) per 10m of height climbed |   |  |
| Date:                                    | Direction or rough bearing of leg | Distance in km | Time estimated | Height climbed metres | Extra time estimated for height | Time for Stops, Meals, (h:mm) | Total time for Leg | Time at End of Leg                                | ROUTE INFORMATION   |  |
| Start:                                   |                                   |                |                |                       |                                 |                               |                    |   | Include your handrails, tick features, catchments and overshoots. |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   | Start Time:  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| TO                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| GR                                       |                                   |                |                |                       |                                 |                               |                    |   |   |  |
| <b>TOTALS FOR DAY</b>                    |                                   |                |                |                       |                                 |                               |                    |   | NOTES   |  |
| Supervisor's Name, Location, Phone:      |                                   |                |                |                       |                                 |                               |                    |   |   | <p>1. Start a new route card for each day.</p> <p>2. <i>Escape in Emergency</i> - insert only those places to which an escape may be attempted in an emergency.</p> <p>3. Time is added for height <b>climbed</b> only. If you go up 40m down 20m and then up 30m, height climbed = 70m.</p> <p>4. Explorations may be detailed in the <i>Route Information</i> of a new row.</p> <p>Excel file downloaded from <a href="http://www.lupineadventure.co.uk">www.lupineadventure.co.uk</a></p> |
| <b>Group Members</b>                     | 1                                 |                |                | 2                     |                                 |                               |                    |   |   |  |
| 3  | 4                                 |                |                | 5                     |                                 |                               |                    |   |   |  |
| 6  | 7                                 |                |                | 8                     |                                 |                               |                    |   |   |  |
| 9  | 10                                |                |                | 11                    |                                 |                               |                    |   |   |  |
| <b>Emergency Phone Numbers</b>           |                                   |                |                |                       |                                 |                               |                    |   |   |  |