

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.		Escape in Emergency to:
GR									Start Time:		
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TOTALS FOR DAY									NOTES		
Supervisor's Name, Location, Phone:									1. Start a new route card for each day. 2. <i>Escape in Emergency</i> - insert only those places to which an escape may be attempted in an emergency. 3. Time is added for height climbed only. If you go up 40m down 20m and then up 30m, height climbed = 70m. 4. Explorations may be detailed in the <i>Route Information</i> of a new row. Excel file downloaded from www.lupineadventure.co.uk		
Group Members	1			2							
3	4			5							
6	7			8							
9	10			11							
Emergency Phone Numbers										Version 3.4 (January 2015)	