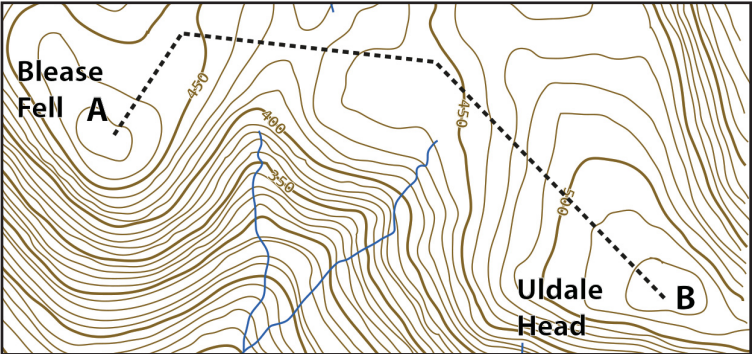


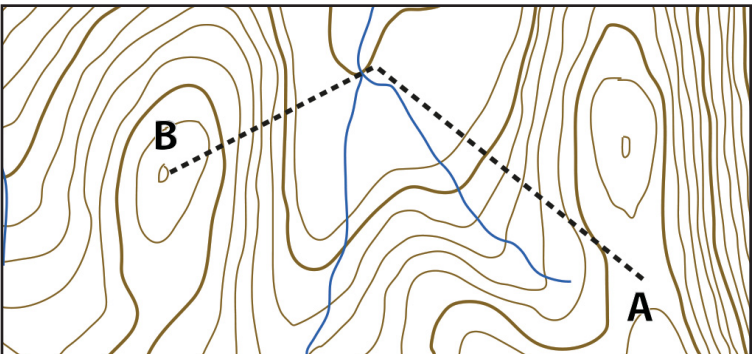
Navigation: Height Climbed

Map A



When planning a route we need to work out the height climbed on each leg. We do this to calculate the extra time we need to add for the hill climb (usually about 1 minute per 10 meters climbed).

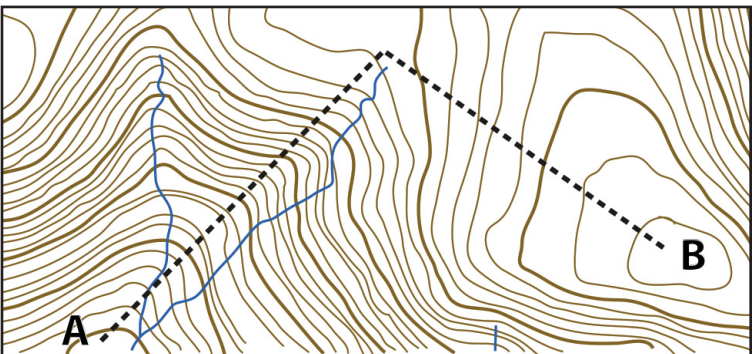
Map B



When working this out we usually disregard any down hill sections as they don't usually add or subtract time over the course of a leg.

What is the total height climbed walking from A-B on each map.

Map C



In all cases assume a 10 meter contour interval where no height information is shown.

- Map A
- Map B.....
- Map C.....

Mapping generated from <https://www.openstreetmap.org>

Don't forget to return to the measuring distance exercise on page 3 to complete the time taken for each leg that you measured earlier.