

NUI Galway Mountaineering Club
Route Card

Date

Walk

<i>Leg</i>	<i>From</i>	<i>Grid Reference</i>	<i>Bearing (Grid)</i>	<i>Bearing (Magnetic)</i>	<i>Distance Walked (m)</i>	<i>Height Gained (m)</i>	<i>Distance Time (mins)</i>	<i>Height Time (mins)</i>	<i>Walk Time (Distance + Height)</i>
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									

Total Distance (km) / Height (m)

Total Walk Time

Name *Mobile No.*

Leader
Backmarker

Total Route Time
(incl rest @ 10min/hr)

3kmph = 1km in 20 minutes
100m in 2 minutes

4kmph = 1km in 15 minutes
100m in 1.5 minutes

5kmph = 1km in 12 minutes
100m in 1.2 minutes