

Lupine Adventure Co-operative route card					Walking Speed in KM/h 3				Time added (in seconds) per 10m of height climbed 60		
Date: 30/08/2011		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 Include your handrails, tick features, catchments and overshoots.	Escape in Emergency to:
Start	Station Inn, Ribbleshead										
GR	764 792						Start Time		09:00		
TO	Ribbleshead House Junction	NE	1.8	0:36	30	0:03		00:39	09:39	To road junc, SE down B6479, keep stream on L, take path on L, keep stream on L and boundary on R, cross stream, take 2nd footpath on R, cross field boundary, R along B6233.	Station Inn
GR	776 798										
TO	Road-Foothpath Junction	NE	2.6	0:52	80	0:08	0:05	01:05	10:44	building on R + boundary on L, cross boundary, FB over stream, cross 2 boundaries, L fork with building on L, cross stream, boundary on R, cross 2 boundaries to B6233, head NE until fork.	Ribbleshead House
GR	785 803										
TO	Trail Junction	E	1.7	0:34	140	0:14	0:10	00:58	11:42	Take R fork, boundary on L, cross boundary then 2 streams, keep stream on R, follow track ENE	Cam Houses
GR	802 805										
TO	Field Boundary after Ford	NE	2.3	0:46	130	0:13	0:30	01:29	13:11	Follow track curving to L, heading NE, cross boundary, path splits to 3 - take middle/straight one, cross ford to boundary.	Cam Houses
GR	816 822										
TO	Track-Trail Junction	NE	1.8	0:36	60	0:06		00:42	13:53	Keep boundary on R, cross stream, head NE until track turns into road, Outcrops on R, cross boundary, continue to fork.	Cam Houses
GR	829 834										
TO	Pen End Path Junction	NNE	3.8	1:16	20	0:02	0:05	01:23	15:16	Track NNE, boundary on L, cross boundary still keeping on L, cross 2 streams, leave L boundary before loose rock, becomes road, cross boundary, enclosed then continue to fork.	Rock Edge Cottage
GR	843 868										
TO	Mossy Lane	NE	3.2	1:04	10	0:01	0:05	01:10	16:26	Take R track through boulders, boundary on L, cross 2 boundaries, boundary on R, cross 2 boundaries, cross parallel boundary, cross 2 boundaries, boundary on L, enclosed to road.	Hawes
GR	865 889										
TO	Hawes	NE	1.4	0:28	20	0:02	0:05	00:35	17:01	R down road, path on L, after 2nd boundary take path with boundary on L, cross boundary, follow road, take NE path with buildings on R, L at road, path on R with boundary on L, R at road.	Hawes
GR	873 898										
TO	Hardraw	NW	2.6	0:52	40	0:04		00:56	17:57	N at roundabout, path L by building, cross boundary, rejoin rd, cross river, take L path, river on L, cross 2 boundaries, paths merge, cross 5 boundaries, L at rd, R up enclosed path, camp R.	Hardraw
GR	866 914										
TOTALS FOR DAY			21.2	7:04	530	0:53	1:00	08:57	17:57		
Supervisor's Name, Location, Phone:										NOTES 1 Start a new Route Card for each day. 2 Escape Route - insert only those places to which an escape may be attempted from a hazard or emergency. 3 Time is added on for height climbed. No allowance for descent. If you go up 40m down 20m and then up another 30m your height climbed should be 70m Excel file downloaded from www.lupineadventure.co.uk Version 2.0 (May 2011)	
Group Members		1				2					
3		4				5					
6		7				8					
9		10				11					