



| Place with<br>6 fig grid reference | Compass<br>bearing | Description of route to be followed<br>Including: Place names<br>Features<br>Farm names<br>Path/road names<br>Part distance in metres/Km | Distance for leg<br>in Km | Height gained in<br>metres | Time for<br>distance 3 Km/hr | Time for<br>height 1min/10m | Total time<br>for leg | Estimated<br>Time of<br>Arrival | Time for stops | Estimated<br>Time of<br>Departure | Escape to |
|------------------------------------|--------------------|--|---------------------------|----------------------------|------------------------------|-----------------------------|-----------------------|---------------------------------|----------------|-----------------------------------|-----------|
| <b>FROM</b><br><br><b>TO</b>       |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |
| <b>FROM</b><br><br><b>TO</b>       |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |
| <b>FROM</b><br><br><b>TO</b>       |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |
| <b>FROM</b><br><br><b>TO</b>       |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |
| <b>FROM</b><br><br><b>TO</b>       |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |
| <b>TOTALS</b>                      |                    |  |                           |                            |                              |                             |                       |                                 |                |                                   |           |