Measuring pacing

This resource can help with the following area:

- Stage 4: I can follow our route on a map and find the main points using a compass.

There are different ways of measuring pacing when hillwalking. A great starting point is this video from Mountaineering Ireland on distance, timing, and pacing: goo.gl/SFnx8A

Use pacing beads. This is a simple way of keeping track of distance covered, by moving beads to represent different lengths walked.

Naismith card: To help you on the hill why not make a little Naismith card

Another way to measure 100m on the ground is use a rope so you can count how many paces it takes you to walk uphill with a full pack. It should be a smaller number than walking on flat without any pack.