

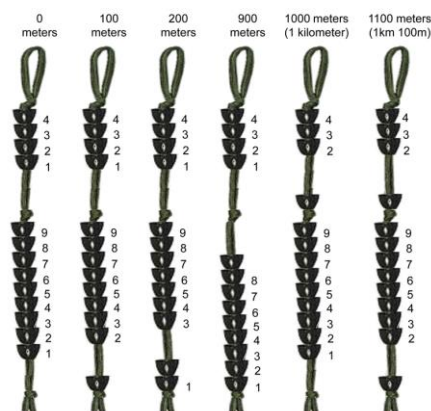
Measuring pacing

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

Naismith's Formula

Distance Travelled	Speed in Kilometres			
	5km	4km	3km	2km
1000m	12min	15min	20min	30min
800m	10min	12min	16min	24min
700m	9min	11min	14min	21min
500m	6min	7.5min	10min	15min
400m	5min	6min	8min	12min
200m	2.5min	3min	4min	6min
100m	1.25min	1.5min	2min	3min

Height gained & lost: allow a maximum of 30 to 60 seconds per contour, depending on steepness.

1. Direction 3. Description
2. Distance 4. Deadline!

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 hr flat without any pack.