

## Hike time planning tables

3km/h - 1km = 20min = 100m party with packs on rough terrain

4km/h - 1km = 15min = 100m party with packs on easy terrain (or) party traveling light on rough terrain

5km/h - 1km = 15min = 100m party traveling light on easy terrain

Distance (km)	Time (min) @ 3km/h	Time (min) @ 4km/h	Time (min) @ 5km/h	Height (m)
0.1	2	2	1	10
0.2	4	3	2	20
0.3	6	5	4	30
0.4	8	6	5	40
0.5	10	8	6	50
0.6	12	9	7	60
0.7	14	11	8	70
0.8	16	12	10	80
0.9	18	14	11	90
1.0	20	15	12	100
2.0	40	30	24	200
3.0	1hr	45	36	300
4.0	1hr 20	1hr	48	400
5.0	1hr 40	1hr 15	1hr	500
6.0	2hrs	1hr 30	1hr 12	600
7.0	2hrs 20	1hr 45	1hr 24	700
8.0	2hrs 40	2hrs	1hr 36	800
9.0	3hrs	2hrs 15	1hr 48	900
10.0	3hrs 20	2hrs 30	2hrs	1000

Time for height gain should be added in for each time you cross a contour in an upwards direction

- *not just for the difference in height between the start and finish point for each leg of the route*

You should add time in for decent on very steep downhill sections.

