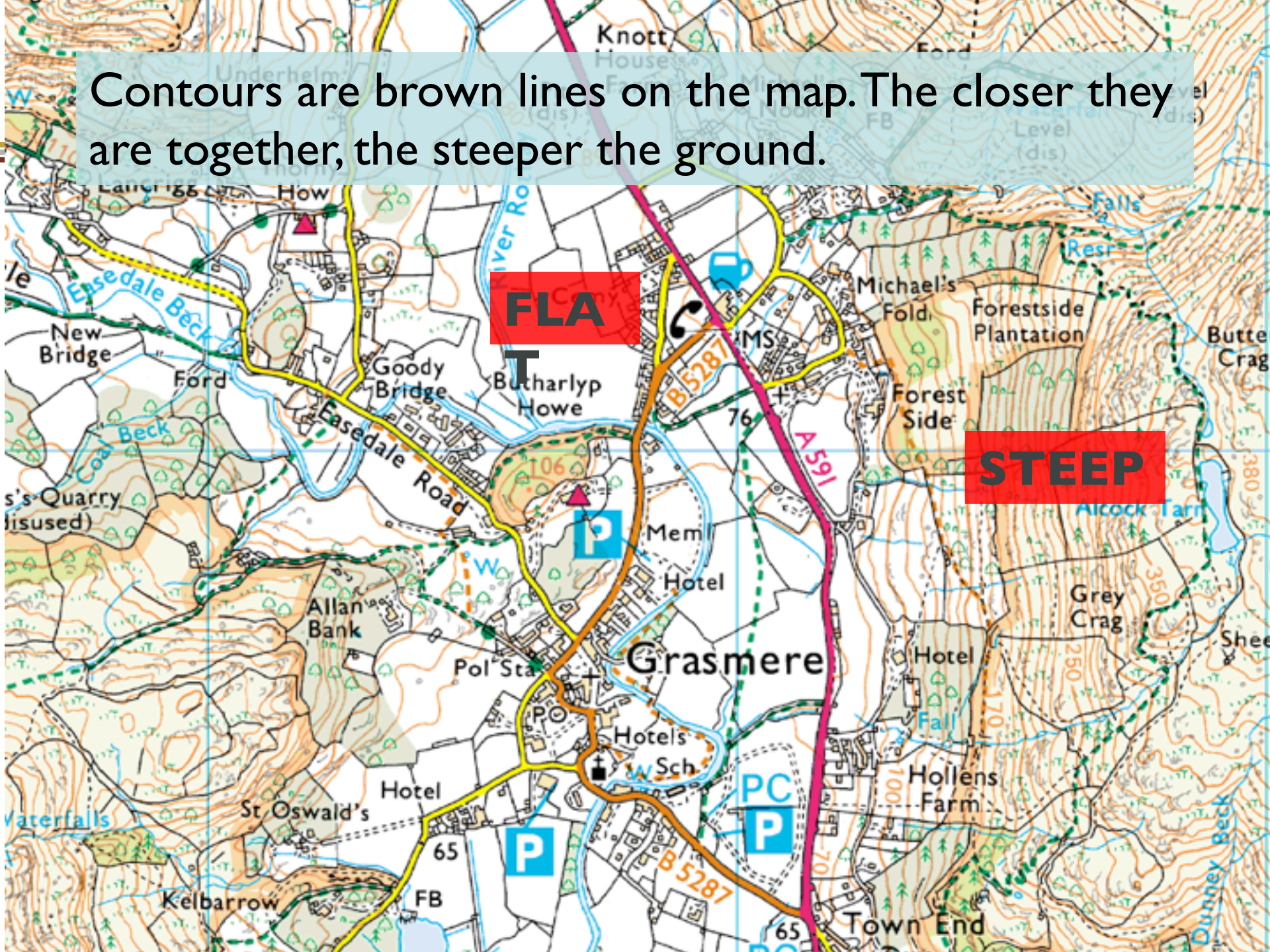


Navigation 2:

Contours, Timing, Pacing

Try these quizzes on grid references and map symbols to recap the last navigation session
([click here](#))

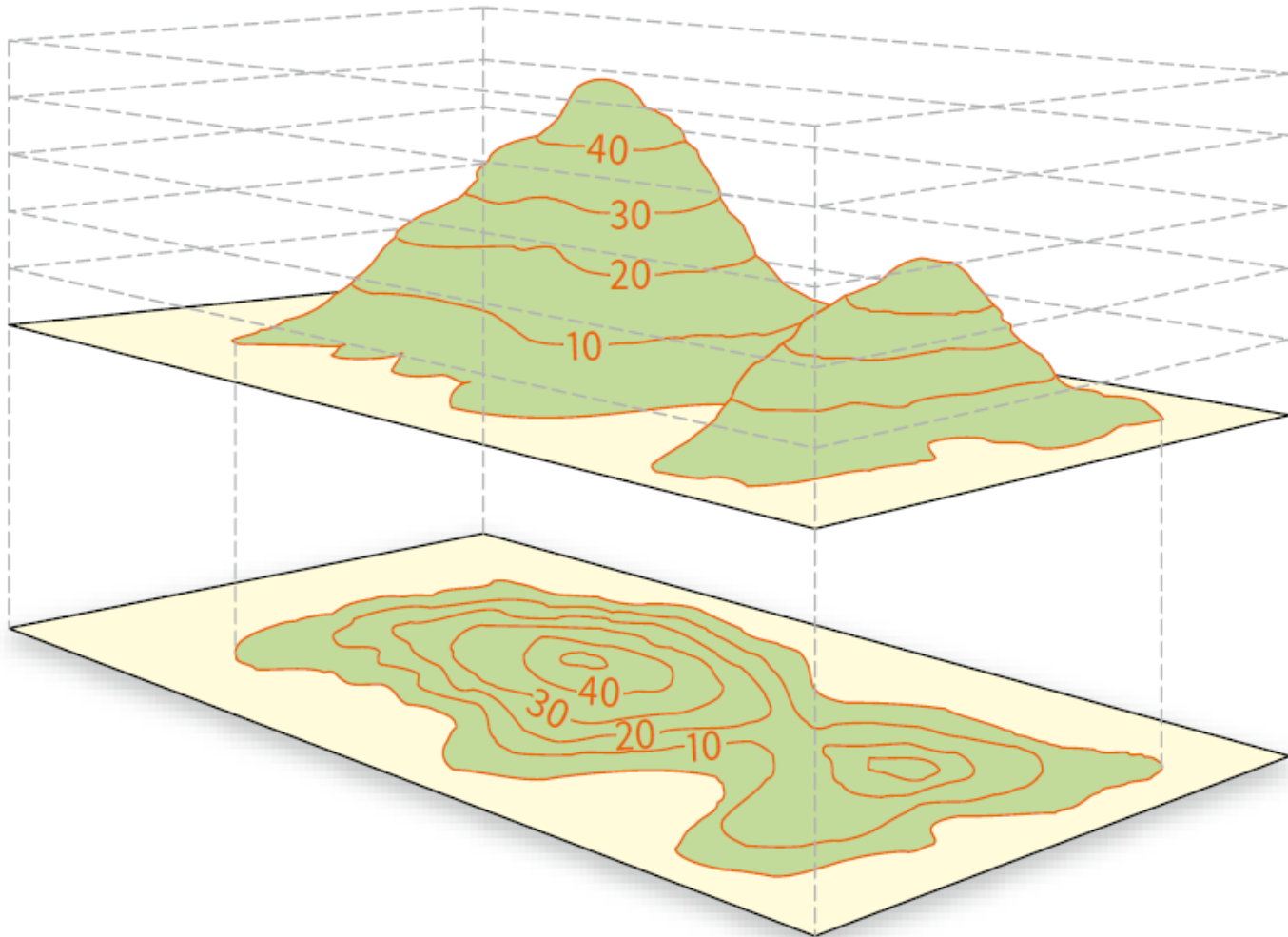
Contours are brown lines on the map. The closer they are together, the steeper the ground.



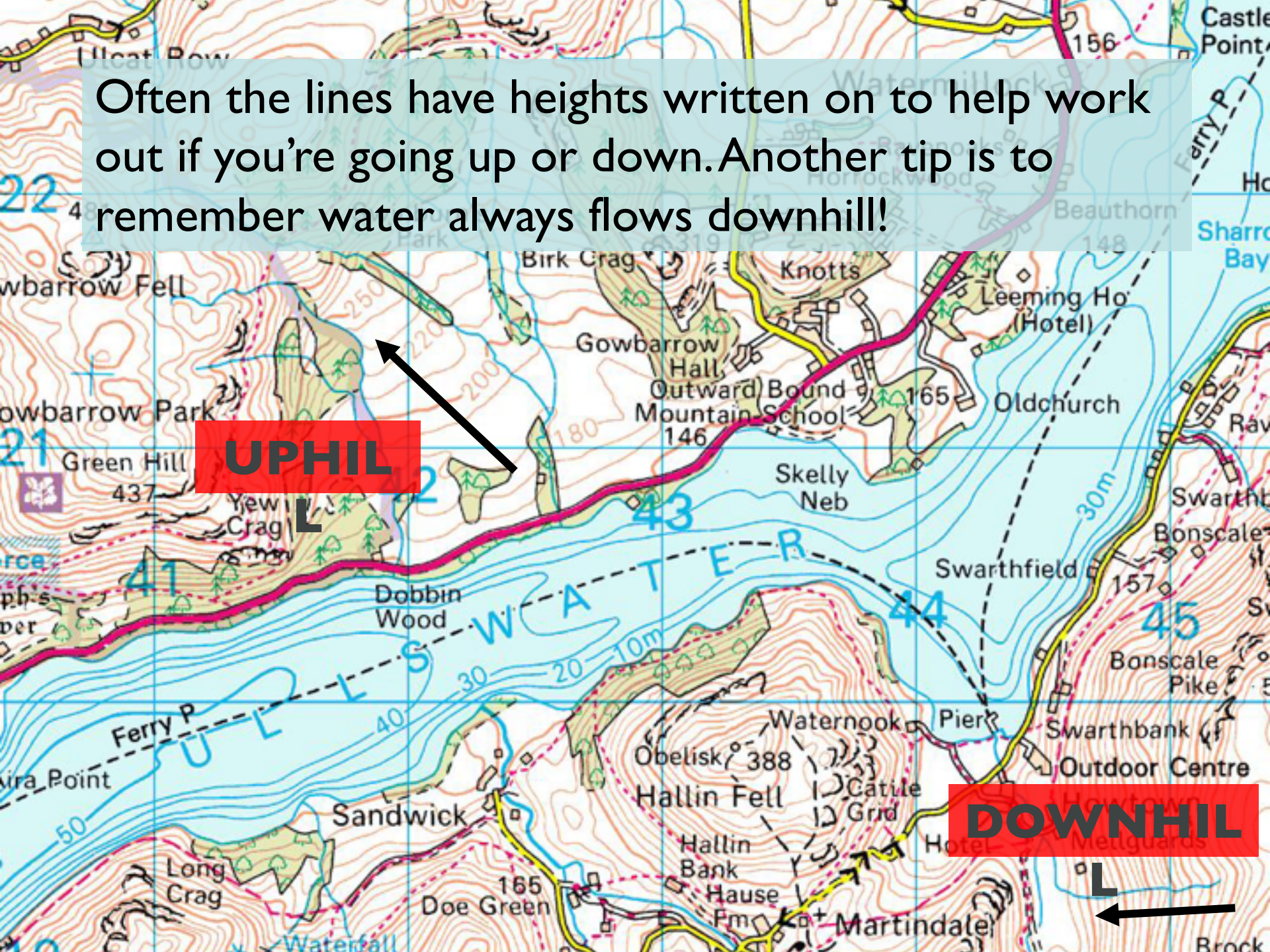
FLA

STEEP

Each contour line represents a different height. If you are crossing contour lines you are going up or down hill!



Often the lines have heights written on to help work out if you're going up or down. Another tip is to remember water always flows downhill!

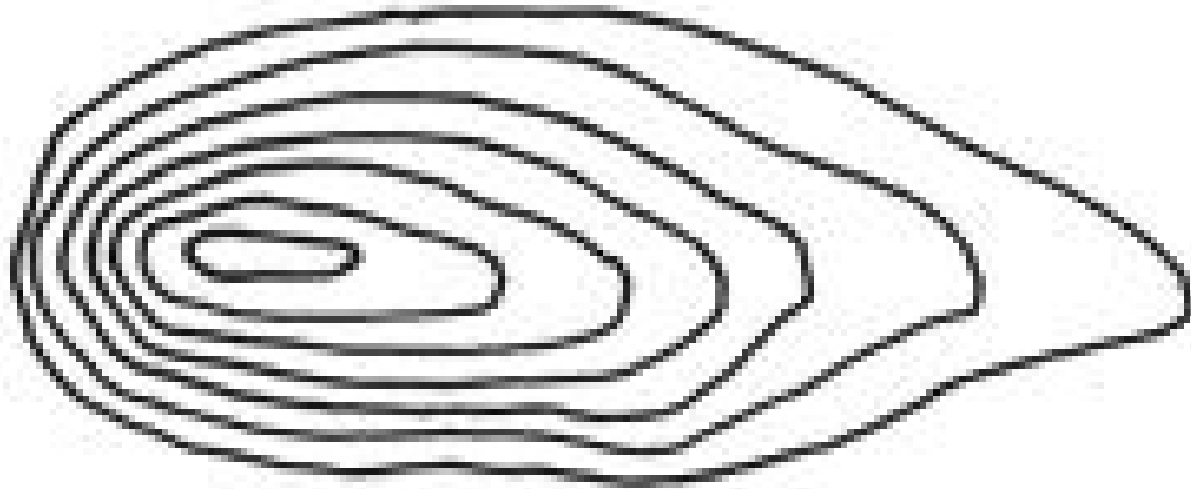


UPHIL

DOWNHIL

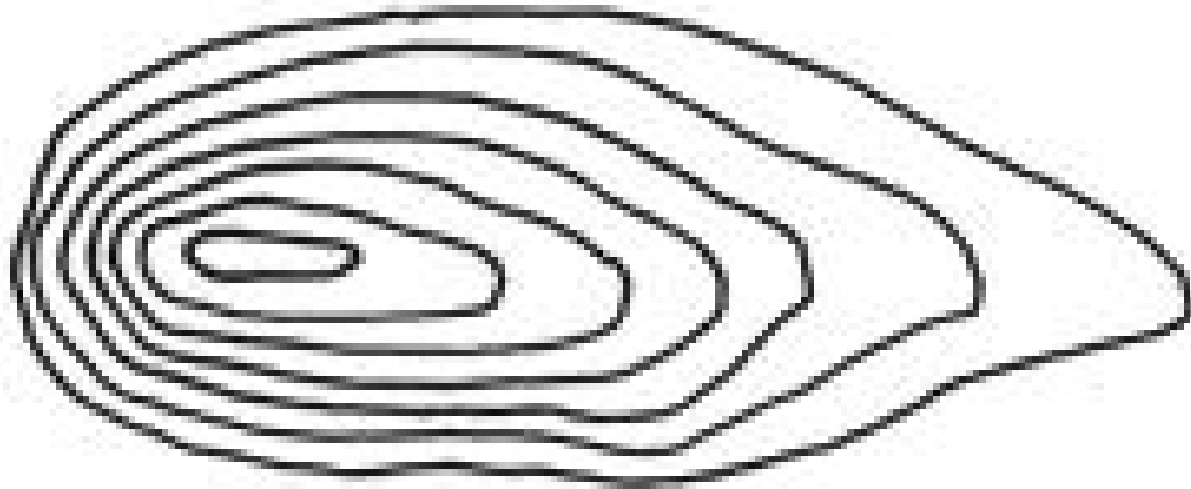
Exercise...

Make the following shapes from plasticine!



4

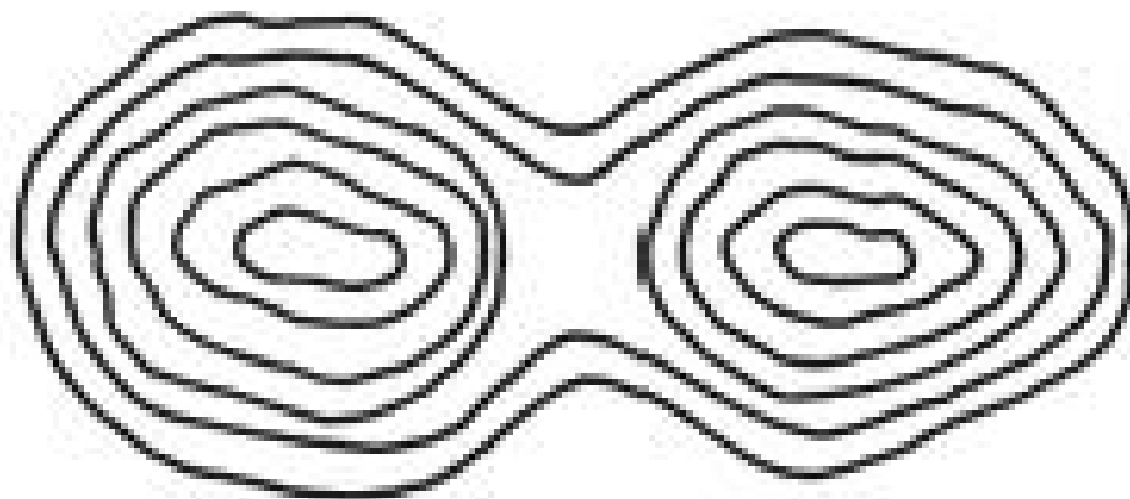
Exercise...



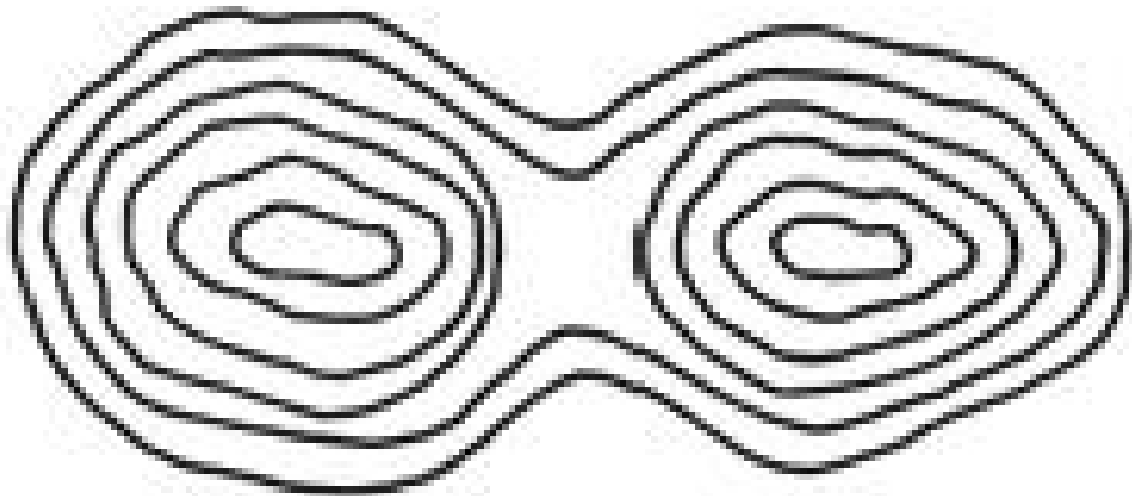
4



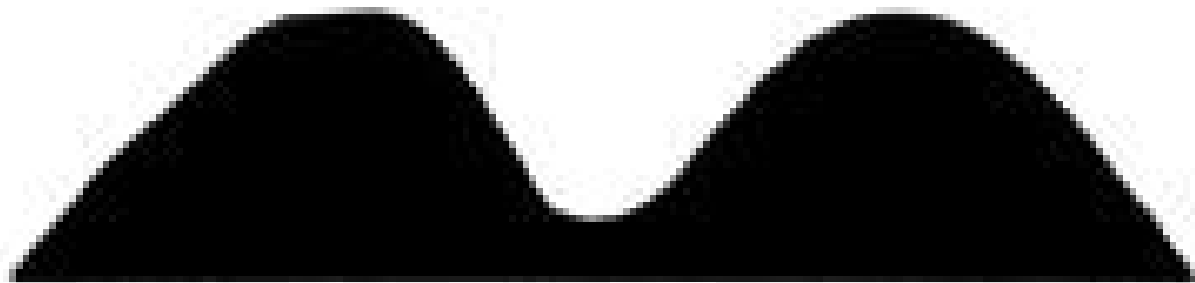
C



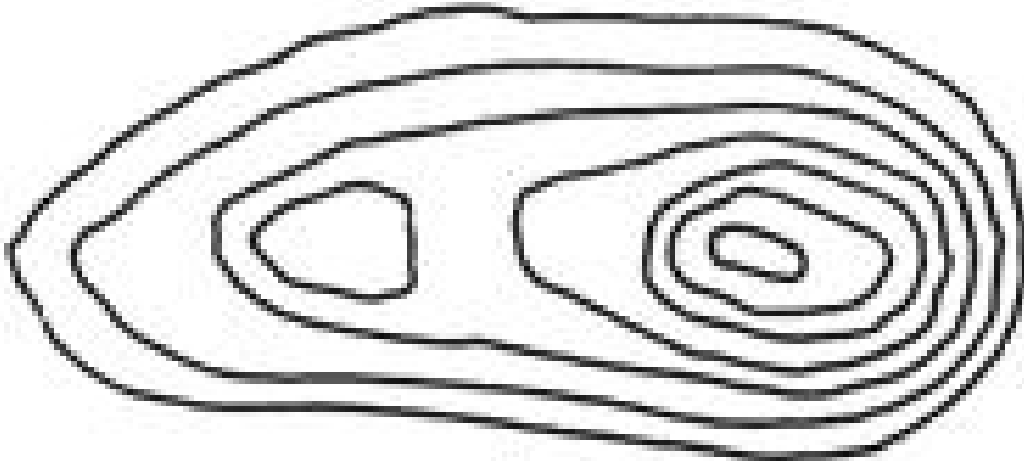
6



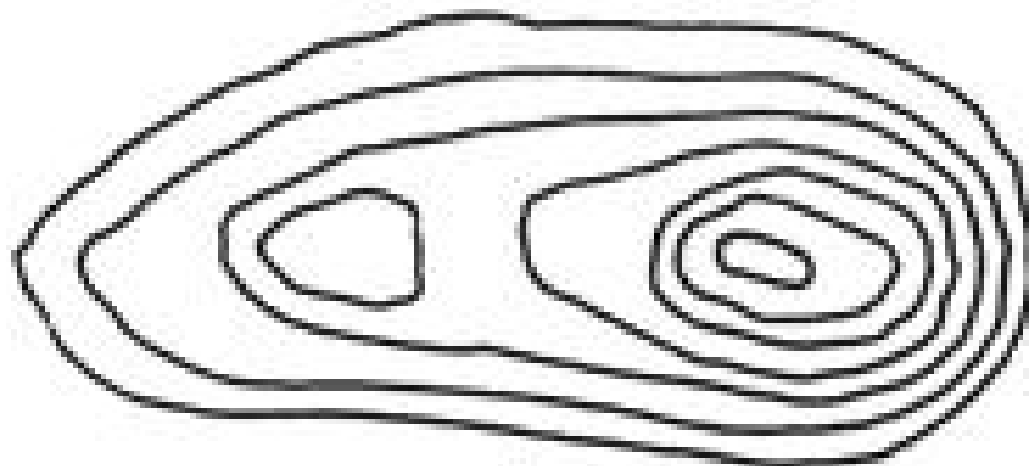
6



A



1

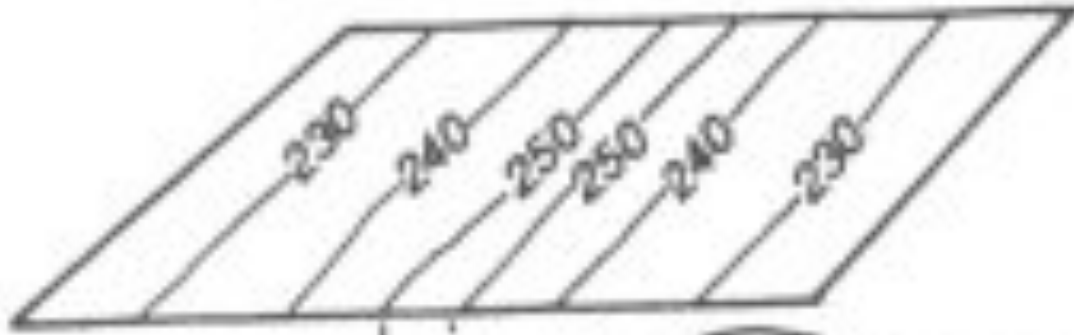


1

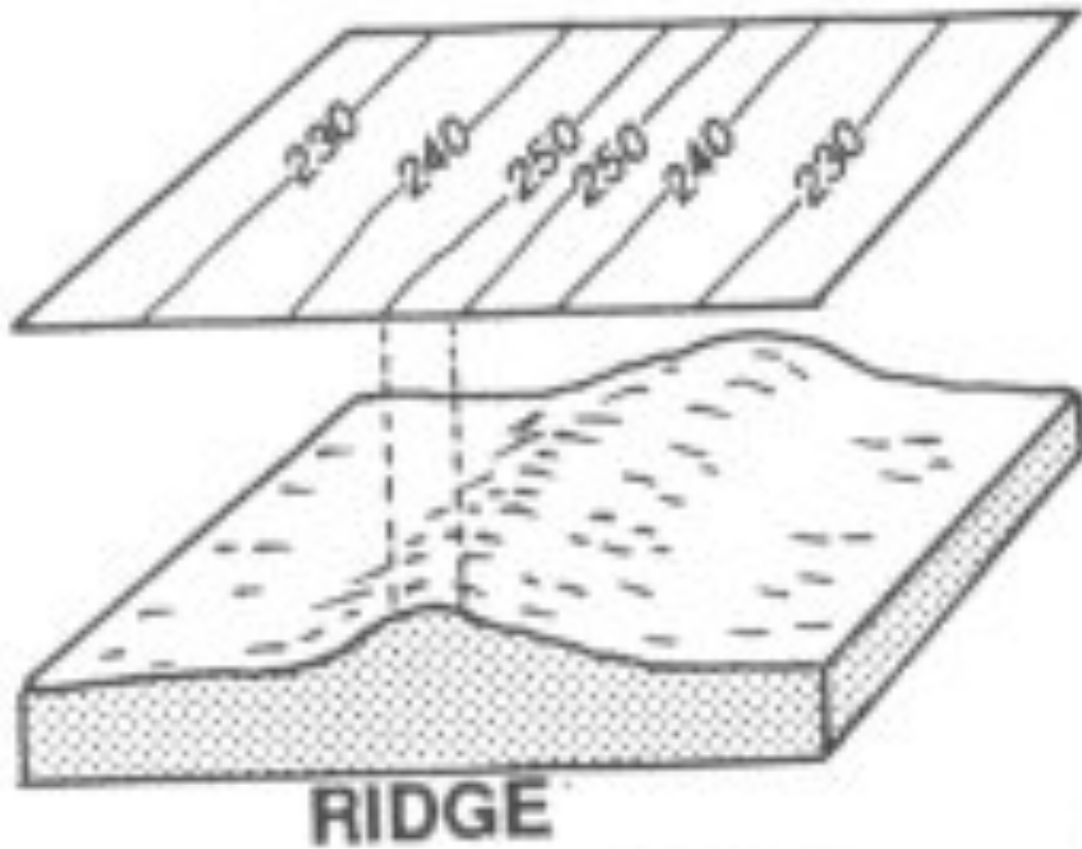


B

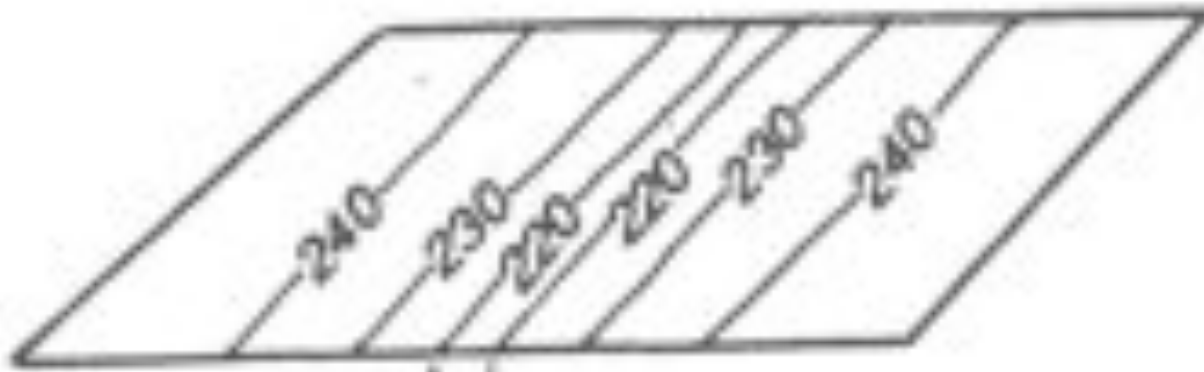
Exercise...



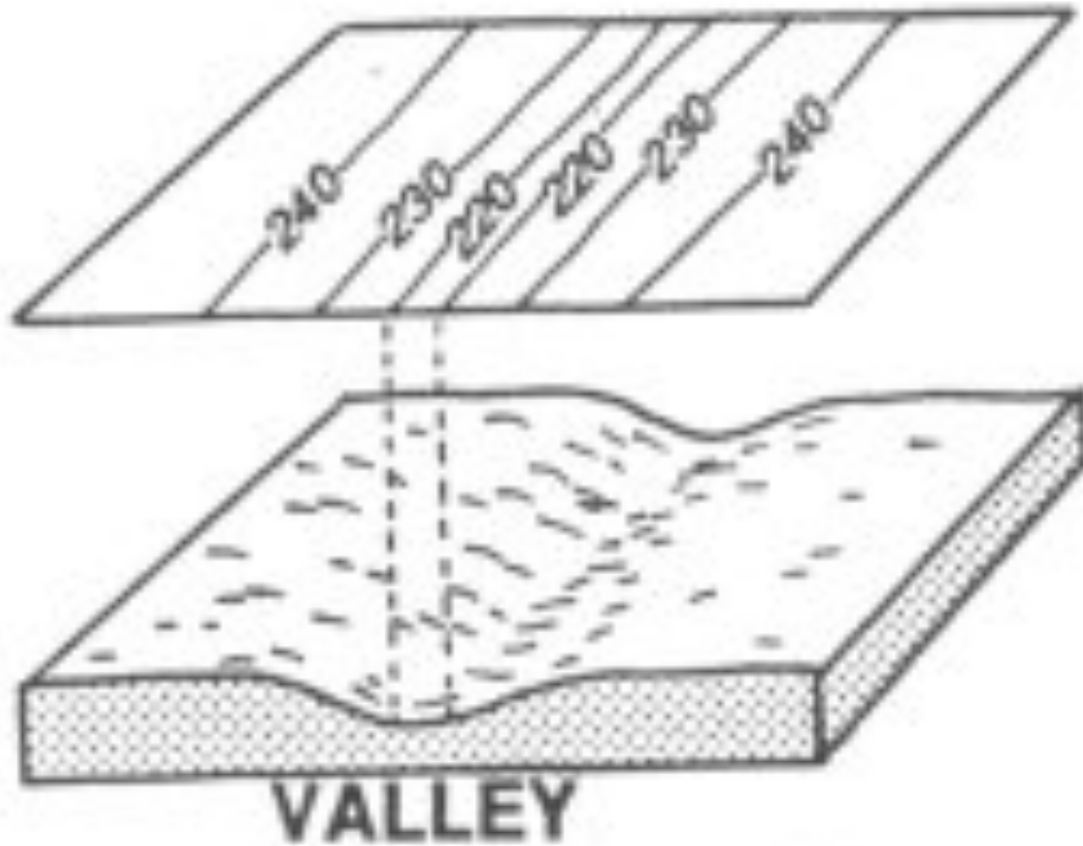
Exercise...



Exercise...



Exercise...



Timings and Pacing:

1. Most groups walk around 3km per hour (20 mins a km).
2. Add 1 minute for every 10m climbed.

This is useful info to estimate how long a section of your walk will take.



How long would it take to walk

500m on flat?

2km with a climb of 200m?

100m on flat?

Pacing:

2. When navigation gets tricky or visibility is poor it can be useful to know how many paces you take to walk 100m.

Head outside with your leader and count how many double paces you take to walk 100m. Remember this number – you'll use it on your practice expedition!

