

HOW TO ESTIMATE HIKING TIME AND DISTANCE

(HIKING TIME)

When planning a hike you will want to know roughly how much hiking time is involved.

Walking Speed: Good ground: **4 - 5 km per hour** (1 km in 12 - 15 minutes)

Moderate ground: **3 - 4 km per hour** (1 km in 15 - 20 minutes)

Bad ground: **2 - 3 km per hour** (1 km in 20 - 30 minutes)

Really rough or steep ground: **1 - 2 km per hour** (1 km in 30 - 60 minutes)

***If you are carrying significant pack weight or are a slow walker, go with the smaller #.**

Example: How long might it take to hike 12 km over a moderate trail with a light pack?

12 km/4 kph = roughly 3 hours

(HIKING DISTANCE)

Sometimes you want to estimate a short distance.

Example: You need to locate a small side trail about 600 meters ahead of you.

Meters x 1.5 = Steps to walk

600 meters x 1.5 = roughly 900 steps

*experimenting will show if you need to add or subtract a small percentage to match your stride.

*if you have trouble keeping count, try placing a finger in your side pocket each time you get to 100, starting with your thumb. 😊

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