

Estimating your Travel Time

This technique will help you in both the planning and execution of your route. Travel time is a tool that allows you to estimate how long it will take you to travel a designated distance over a certain terrain.

TRAVEL TIME:

Pre trip Planning:

- Estimate your Travel Time:
 - Two miles (3.2 kilometers) of ON-trail travel on flat ground (carrying a medium load) = 1 hour
 - One mile (1.6 kilometers) of OFF-trail travel on flat ground (carrying a medium load) = 1 hour
 - For each 1000 feet (304 meters) of rise add 30 minutes.
 - Personal Travel Factor: Use your judgment concerning your personal strengths and weaknesses to either add to or subtract from the calculated time.
 - a. Group and load will slow you down significantly.

Example:

You want to hike Pikes Peak (14,110') from your base camp of 11,000'. You need to summit by 12 noon and the hike is 4 miles long. Using mileage alone it will take two hours but add in the 3,110' elevation gain for an additional 1.5 hours, totaling 3.5 hours. This means that without using your personal travel factor you need to leave your basecamp at 8:30am. Since this hike is at high altitude you decide to add an hour and therefore leave camp at a leisurely 7:30am.

Let's use this same example but with a different Personal Travel Factor that incorporates a group of five hikers. Safe group travel occurs at the slowest person's pace in addition to the extra time it takes for group breaks and logistics. Therefore, the leader may add in a Personal Travel Factor of one additional hour which means that the group will need to leave basecamp at 6:30am.

Navigation Challenge Note:

Answers are based on the above Travel Time factors without any Personal Travel Factor.