Example Time Control Plan

Example one represents application of the formula: Add 1 hour for every 1,000 ft. gained and add ½ hour for every 1,000 feet lost. The second example applies the energy mile formula of: For every 1,000 ft. gained add one mile and for every 1,000 ft. lost add ½ mile.

Example 1

Route Statistics	*Hiking Time*
4 Mile Route (4 miles ÷ 1 Mile/Hour Pace)	4 hrs.
Total Elevation to be Gained (1000 ft.)	1 hr.
Total Elevation to be Lost (2,000 ft.)	1 hr.
Total Hiking Time w/o Breaks	**6 hrs.**
Anticipated Average Break Time (10 min./hr.)	1 hr.
Anticipated Lunch Break	.5 hr.
Est. Total Time to Complete Route	**7.5 hrs.**
Group's Start Time	1:00 p.m.
Est. Time of Arrival at Camp	**8:30 p.m.**

Example 2

Route Statistics	*Energy Miles*
4 Mile Linear Route	4
Total Elevation to be Gained (1000 ft.)	1
Total Elevation to be Lost (2,000 ft.)	1
Total Energy Miles	**6**
	Hiking Time
6 Energy Miles ÷ 1 Mile/Hour Pace	6 hr.
Anticipated Average Break Time (10 min./hr.)	1 hr.
Anticipated Lunch Break	.5 hr.
Est. Total Time to Complete Route	**7.5 hrs.**
Group's Start Time	1:00 p.m.
Est. Time of Arrival at Camp	**8:30 p.m.**