

GPW - 1:25,000 basic Information sheet

Remember when taking a bearings always account for the magnetic variation between bearings taken on the ground and on the map.

The easiest reminder is to add when getting bigger (from the map to the ground) and subtract when getting smaller.

Add for MAG, get rid of for GRID or MAG to GRID get rid, GRID to MAG add

Grid reference

The National grid provides a unique reference system which can be applied to all Ordnance Survey maps of GB at all scales.

Great Britain is covered by 100 km grid squares, each grid square is identified by two letters.

On OS maps these are further divided into smaller 10 km squares, each number from 1 to 10 from the south west corner. In an easterly (left to right) and northerly (upwards direction) represented by light blue lines on the map.

For a six figure grid ref each 1km square shown on a map this may be sub divided further into 100m and points estimated in tenths giving an more accurate reference to pick a particular location.

When taking a grid reference you must always give the Eastings first followed by the Northings.

Example: grid ref for cr of dot = SU 348 455
grid ref for cr of triangle = SU 383 412
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Remember with out the two letters each numeric grid reference would be repeated in every 100 km square.

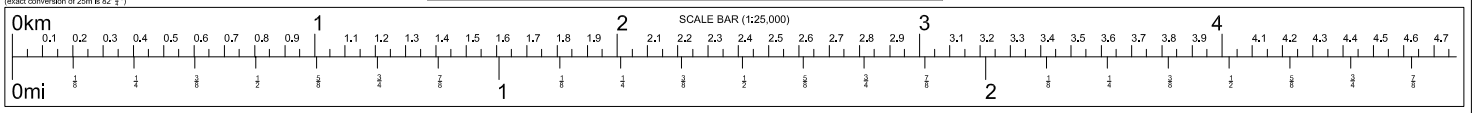
Northings (then up the stairs)

Along the corridor, then up the stairs.

Eastings (along the corridor)

Remember with out the two letters each numeric grid reference would be repeated in every 100 km square.

For every 1mm measured on 1:25,000 scale map this represents 25m or 82 ft on the ground (exact conversion of 25m to 82' 1")



Remember!!!! get the map out before you feel lost.

Nalsonith's Rule

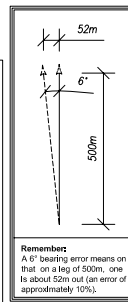
William Nalsonith created the standard rule for predicting distance travelled in an amount of time. This gives an approximation for walking time on good terrain. It assumes a constant speed of 5 km/h (3 mph) and makes an allowance of adding half an hour per 1,000ft of ascent. We conveniently round this up to Add 1 minute for every 10 metres of climbing (usually 1 contour on the map but check start and finish heights as some maps show alternate contours only on steep ground). Dependent on the speed of your group you can also add 1 minute for every 20 or 30 metres of steep descent. We then simply add this to our overall timing for the leg.

However, your group may not walk as fast as Nalsonith, so below is a table for different speeds and distances walked on flat ground:

| Distance | Speed | | | | |
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| | 3 km/h (1.86 mph) | 3.5 km/h (2.18 mph) | 4 km/h (2.49 mph) | 4.5 km/h (2.80 mph) | 5 km/h (3.11 mph) |
| 25m | 00:00:30 | 00:00:26 | 00:00:23 | 00:00:20 | 00:00:18 |
| 50m | 00:01:00 | 00:00:51 | 00:00:45 | 00:00:40 | 00:00:36 |
| 100m | 00:02:00 | 00:01:43 | 00:01:30 | 00:01:20 | 00:01:12 |
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| 500m | 00:10:00 | 00:08:34 | 00:07:30 | 00:06:40 | 00:06:00 |
| 1km | 00:20:00 | 00:17:09 | 00:15:00 | 00:13:20 | 00:12:00 |

~1min per contour climbed (+2 mins if carrying full Expedition rucksack)

For example a group that is walking at 4 km/h, how long will it take to do a leg of the walk which is 800m and includes 60m of climbing? 800m at 4 km/h = 12 minutes. Add 6 minutes for 60m of climbing = 18 minutes. If you complete your journey of the leg which only takes 18 minutes, your group are walking faster than 4 km/h and you can appropriately adjust timings for the next leg.



Remember A 6° bearing error means on that on a leg of 500m, one is about 52m out (an error of approximately 10%).

Phonetic Alphabet

| Letter | Phonetic letter |
|--------|-----------------|
| A | Alpha |
| B | Bravo |
| C | Charlie |
| D | Delta |
| E | Echo |
| F | Foxtrot |
| G | Golf |
| H | Hotel |
| I | India |
| J | Juliett |
| K | Kilo |
| L | Lima |
| M | Mike |
| N | November |
| O | Oscar |
| P | Papa |
| Q | Quebec |
| R | Romeo |
| S | Sierra |
| T | Tango |
| U | Uniform |
| V | Victor |
| W | Whiskey |
| X | X-ray |
| Y | Yankee |
| Z | Zulu |

Pacing

Counting every step is a well established method of estimating distance and is known as pacing. Normal practice is to measure double passing counting only when one designated foot touches the ground. To establish the counting rhythm pacing should start by stepping forward with one foot or the other foot. Counting double paces simple keeps the number more manageable.

The average for adults is about 64 double paces for one hundred metres.

Normally pacing is used to count off 100m sections. Work out your pace and insert it in to the box.

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0 1 2 3 4

0mi 1 2 3 4

1000 ft

The international distress signal in mountains is:
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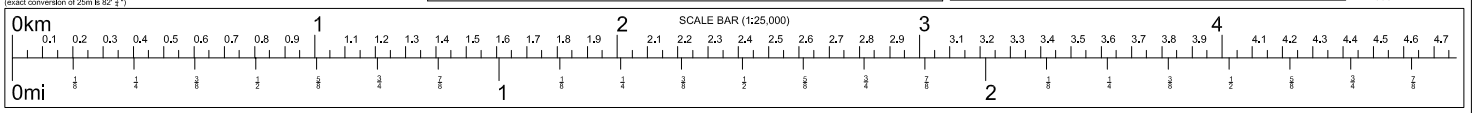
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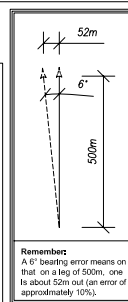
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| J | Juliett |
| K | Kilo |
| L | Lima |
| M | Mike |
| N | November |
| O | Oscar |
| P | Papa |
| Q | Quebec |
| R | Romeo |
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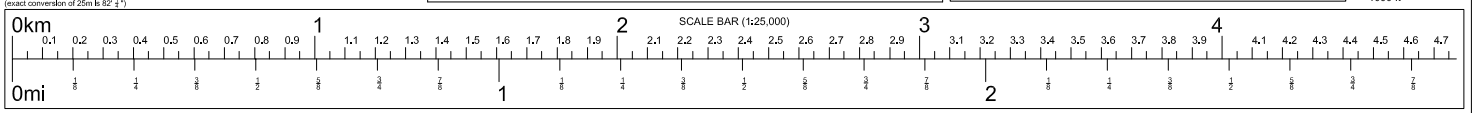
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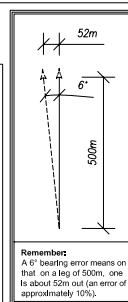
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| L | Lima |
| M | Mike |
| N | November |
| O | Oscar |
| P | Papa |
| Q | Quebec |
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