

# Urban hiking in lockdown



This is a program from Carlton Scout Group.

## We're going on a hike!

Tonight we're putting together a plan for our hike.

Things you will need tonight – from your activity pack:

- Melbourne map
- Other topographic map (this isn't necessary to plan your hike, but is useful to refer to as the kind of map you would usually use)
- String

You will also find in your activity pack a selection of snacks to take on your hike.

Things you will need to find at home:

- Paper for calculations and notes
- Pens and pencils
- Calculator

## Requirements of this hike

- It must total at least 10km (or 20km on a bike, canoe, horse etc.)
- It must be conducted in line with the restrictions current at the time – this means that it will probably not be possible to conduct the full hike in one day
- You must be carrying a pack during each of your outings as you would if this was a 'proper' day hike
- If possible, please try to plan a route in your local area that you are less familiar with (or ideally completely unfamiliar)
- You must discuss your plans with your parents/ guardians prior to commencing your hike
- We generally discourage hiking alone on Scout activities, but as we're remaining close to home and only out for a short period, you may hike along if your parents/ guardians are happy for you to do so.

## Skills

### Measuring distance

You will need a piece of string, a ruler, a calculator, a pen and paper.

Line up your piece of string along the route you want to measure, with one end at the very start of your route. When you have lined it up to the end of your route, use your pen to mark that point on your string (or hold and don't let go).

Line your string up against your ruler and measure the distance between the start of your string and the point you marked. Write that distance down on your paper.

Check your map to find out what scale it is at, and use that scale to calculate the distance. The map may mark scale in a few different ways. A really simple map may just have a line on it, and tell you the distance that line equates to on the ground – if so, you'll need to measure that to work out your ratio. More complex maps tend to mark it with something like 1:25 000. This means 1cm on the map equals 25,000cm (or 250m) on the ground. In this case, if your string comes to 8.3cm, you work out your distance as follows:

$$8.3 \times 25,000 = 207,500$$

$$207,500 / 100,000 = 2.075$$

This means that 8.3cm on a map equals 207,500cm on the ground, or 2.075km (as there are 100,000cm in a km).



## Naismith's Rule and Cross Sections

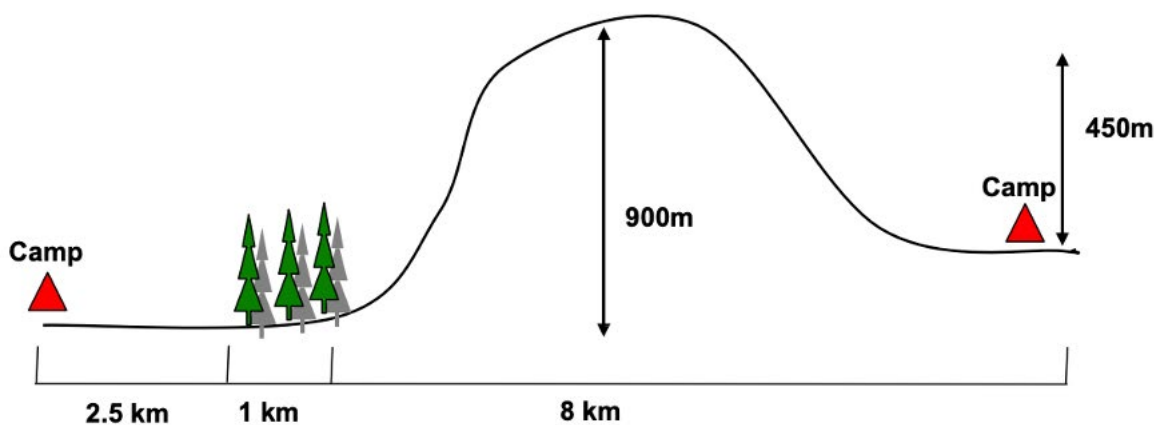
Naismith's original rule was formulated in 1892. This is a similar one used for Australian conditions.

This 'rule' will help you plan the length and duration of your journey and can be used to estimate most hike journeys for an average walker with a medium weight pack.

Allow **ONE HOUR** for:

- Every 5km of easy going.
- Every 3km of easy scrambling.
- Every 1 ½ km of extremely rough country, deep sand, soft snow or thick bush
- Every 500m up
- Every 1000m down
- Every hour over 5 hours for fatigue
- One hour for lunch break

### Sample Calculation



2.5km	Easy Going	30 minutes
1.0km	Thick Bush	40 minutes
8.0 km	Easy Scrambling	2hr 40 minutes
900m	Ascent	2hr 00 minutes
450m	Descent	30 minutes
	Fatigue factor	1hr 00 minutes
<b>Total walking time</b>		<b>7hr 20 minutes plus 1 hour for lunch</b>

### Calculating how long it will take

You will need a pen, paper, calculator, and to know the distance of your hike, and the distances that are going uphill or downhill.

On this hike you are unlikely to be undertaking any particularly challenging ascents or descents, so this part is less important, but we're going to work through it anyway. Another description of this rule with diagrams is included at the end of this booklet.

You can use a thing called 'Naismith's Rule' to work out how long it will take you to walk a particular distance. The Australian version of this is as follows:

For an average walker with a medium pack, allow one hour for every 5km of easy going, every 3km of easy scrambling, every 500m of extremely rough country, deep sand, soft snow or thick bush, plus one hour for every 500m up, and one hour for every 1km down. For very fit and experienced walkers, reduce the total by 1/3.



For this hike, the route you are walking will for the most part be very easy – you will not have extended sections that are uphill or downhill, and you will largely be on sealed paths. According to Naismith’s Rule, you could expect to complete your 10km hike in two hours.

However, this rule is intended for adults. Depending on your age and how much walking you ordinarily do, you may not be able to walk quite that fast.

Do you know how fast you usually walk? Perhaps you walk to school, and you can work out the distance and how long it usually takes you? For instance, if it’s a 2km walk to school and it takes you 30 mins, then you know that you can walk about 4km in an hour.

As most of us are currently limited to one hour of exercise a day, your hike routes must take no longer than one hour to complete, so your 10km hike is likely to take 2-3 days to complete.

### Navigation

You will be using a paper map for this hike – no Google maps!

Using a paper map in the city is still pretty easy – you can orientate the map using the city streets and landmarks around you. For instance, wherever you are in suburbs north of the city, such as Carlton, Princes Hill, Brunswick, Fitzroy, Parkville and North Melbourne, the city will always be south of you. If you hold the paper map in front of you, with north on the map at the top, and stand with the city skyline behind you, the map will be approximately in the right direction.

To be more precise, you can line up the map with city streets, or use an actual compass (or a compass app on your phone).

### Planning your route

- Know how many routes you will need to do to complete your 10km hike in (2? 3?).
- Mark your starting point on your map – this will be your home/ where you will be staying at the time that you do the hike.
- If you’re currently staying somewhere where the 5km radius applies to exercise, use your string and the pencil to draw a 5km radius around your starting point so that you know your limits. You can do this by working out how far 5km is on your piece of string, and then hold one of that 5km length on your starting point and holding your pencil at the other end of the 5km distance on your string, and then drawing a circle around your starting point.
- Start looking at different route options, perhaps tracing them with a greylead pencil.
  - Try to choose routes that you don’t walk regularly (avoid walking the route you always go to school or the shops!)
  - For something more advanced, try to trace your route through a park without a path, such as Royal Park – using a map to navigate your route without a path is more complex.
  - Perhaps you could give yourself a theme or a goal? Visiting statues or historical buildings in your area? Visiting as many local Scout halls as you can in your area? Getting the best views of Melbourne?
  - Take into account places that you can or can’t go – for instance, you can only cross train and tram lines, rivers and major roads in certain places. Have you taken that into account? If your 5km takes into account Yarra Bend Park, many of the walking paths require you to walk along the river, but the path is very narrow and often very busy – it may be best to avoid that area.
- Once you have a couple of route ideas, measure them to ensure that they’re the right distance – short enough that you can do them in an hour, far enough that you will reach your 10km in a reasonable number of days.
- Finalise the routes you will follow.

### Before your hike

#### What are you going to pack?

Write up a list of everything that you’re going to wear and pack for your day hike. For this hike, we want you to pack the things that you’d take if you were going on a day hike in the bush, so you will be packing somethings that you wouldn’t usually take on a walk in the city.





**What do you need to check?**

There are a few things that you should always check before you go on a hike. What are they? Hint – this is about checking a few different webpages.


**Is there anyone that you need to tell?**

If you were going on a day hike, who would you tell? What would you tell them?

Person:

I am going to:

The route I am going on is:

I am going on this day:

I'm expecting to be back by:

You can contact me by (phone number?):

**Finalising this hike to add 10km to your hiking tally**

- Write a report about your hike. Include details like what you saw on your hike, what was difficult about it, and anything you learned, as well as when you went on your hike – there's a template for a basic hike report below
- Include some photos of your hike
- Include the map of the route that you travelled

Email all this information to [carltonscouttroop@gmail.com](mailto:carltonscouttroop@gmail.com). This Troop Council will look at each hike and decide on the awarding of any badges associated with this hike.

The requirements of this hike have been adapted for lockdown conditions – these adaptations only apply for the duration of Stay at Home orders. Once these have ended, the normal requirements will apply again.

**Hike Report Template**

Hike name – give your hike a name:

Dates of your hike:

Who participated:

Intended route description – describe the route you planned to take:

Map used (name, date of map):

Equipment list (list of everything you packed to take with you):

Description of hike (what happened?):

Review of hike (what did you do well? What could you do better next time?):



## Appendix

From The Expedition Activity Report by Yarra Batman Zone Venturer Scout Council, 2013: <https://scoutsvictoria.com.au/media/2066/ybz-the-expedition-activity-report-v21.pdf>

