

## NAISMITH'S TABLE

	5Km/Hr	4Km/Hr	3Km/Hr	2Km/Hr	1Km/Hr
1KM	12	15	20	30	60
900m	10.8	13.5	18	27	54
800m	9.6	12	16	24	48
700m	8.4	10.5	14	21	42
600m	7.2	9.0	12	18	36
500m	6	7.5	10	15	30
400m	4.8	6	8	12	24
300m	3.6	4.5	6	9	18
200m	2.4	3	4	6	12
100m	1.2	1.5	2	3	6

**Naismith's Rule** Naismith Rule is 12min for each kilometre and 1min for each 10m of ascent.

Naismith's Rule is a rule of thumb that helps in the planning of a walking expedition by calculating how long it will take to walk the route, including ascents. The rule was devised by William W. Naismith, a Scottish mountaineer, in 1892. It is, however, only a guide, you will soon know how fast or slow you walk a route in relation to Naismith.

The basic rule is:

***Allow 1 hour for every 5 km (12 minutes/Km), plus 1 minute for every 10m of ascent***  
When walking in groups, calculate for the speed of the slowest person.

- [ The basic rule assumes hikers of reasonable fitness, on typical terrain, under normal conditions.
- [ It does not account for delays, such as extended breaks for rest or sight-seeing, or for navigational obstacles.
- [ For planning expeditions or walks a party leader may use the rule in putting together with a route card.
- [ Although the 'rule' was made to help walkers, there are many variations or corrections see Tranters Corrections