

ADVENTURE BEGINS WITH EACH STEP, BUT THE JOURNEY'S PACE IS YOURS TO SET.

# SELF GUIDED TREKKING TIMES EXPLAINED

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## UNDERSTANDING TREKKING TIMES

When we provide estimated trekking times for your journey, it's important to understand how these times are calculated and what they represent. Below is a detailed explanation to help you make the most of your trek and set realistic expectations.

## MOVING TIMES VS. TOTAL TIME

The times we share are **moving times only**. This means they represent the duration it would take to walk the trail without factoring in any breaks, photo stops, snack pauses, or moments to soak in the views. Your total trekking time will be longer once you include these additional activities.

## HOW WE ESTIMATE TIMES: NAISMITH'S RULE

To calculate moving times, we use a guideline called **Naismith's Rule**, a widely recognized method for estimating walking times over varied terrain. Here's how it works:

- **Flat or gentle terrain:** Assume a pace of 5 km (3 miles) per hour.
- **Ascent:** Add 1 minute for every 10 meters (33 feet) of elevation gain.
- **Descent:** For steep or challenging descents, additional time may be factored in, depending on conditions.

For example, if a route is 10 km long with 500 meters of elevation gain, the calculation would be:

- **Flat terrain:**  $10 \text{ km} / 5 \text{ km per hour} = 2 \text{ hours}$
- **Elevation gain:**  $500 \text{ meters} \times 1 \text{ minute} = 500 \text{ minutes} = 50 \text{ minutes}$
- **Estimated moving time:**  $2 \text{ hours} + 50 \text{ minutes} = 2 \text{ hours } 50 \text{ minutes}$

Keep in mind, this is an estimate based on average fitness levels and steady progress. Factors like trail conditions, weather, and individual fitness can affect actual times.

## TESTING YOUR TREKKING PACE

On the first day of your trek, pay attention to how your actual pace compares to the estimated times we provide. This can help you gauge how you'll perform on subsequent days. If you find yourself completing sections faster or slower than expected, adjust your expectations for daily trekking accordingly.

## **PRACTICAL TIPS FOR TREKKING TIMES**

- **Take your time:** Enjoy the journey. While moving times provide a baseline, it's okay to take breaks and move at your own comfortable pace.
- **Monitor your energy:** If you feel tired, don't hesitate to rest. The beauty of trekking is about more than just reaching the destination.
- **Ask questions:** If you're unsure about the route or your pace, our guides are always here to assist and support you.

By understanding how we calculate times and using the first day to assess your own pace, you'll have a better idea of what to expect for the rest of your adventure. Trekking is as much about enjoying the experience as it is about covering the distance—so take it one step at a time!