DeskPRO 1

Choosing a Route

Matt Alias - 2026-11-10 - Commentaire (1) - Chapter 1: Planning Your Trip

Every good walk starts with choosing the right route. A route that looks short on the map can feel very long when the ground is steep or the path is rough, so it pays to think about more than distance alone.



Start with your group

Think about who is coming and what they enjoy. A route that suits a fit walker with a day to spare may not suit a family with young children. Agree the goal for the day before you look at maps: a gentle stroll, a steady climb, or a long challenge with a summit at the end.

Note

Pick the route for the **slowest** member of the group, not the fastest. Everyone enjoys the day more when nobody is rushed.

Comparing routes

Use the table below as a rough guide when you compare options. The times assume a steady pace with a few short stops.

Route type	Typical distance	Typical time	Best for
Riverside stroll	3 to 5 km	1 to 2 hours	Families and relaxed days out
Hill circuit	8 to 12 km	3 to 5 hours	Regular walkers
Ridge walk	14 to 20 km	6 to 8 hours	Experienced walkers

Reading the signs

Look at the contour lines on the map. Lines that sit close together mean steep ground, and lines that are far apart mean gentle slopes. A route that is mostly flat will be far easier than one marked steep and exposed, even when the distance is the same.

Check when the path was last used. Popular paths are usually clear and well marked, while quiet paths can be

overgrown and slower than you expect. If you are unsure, ask at the local visitor centre.