



Writing a Wales Coast Path walk itinerary: An example

Worksheet

Activity	Time start	Starting location	Grid reference	Elevation (metres above sea level)	Description of terrain between start and end points	Points of interest?	Time end	End location	Grid reference	Elevation (metres above sea level)	Total time (minutes)	Cumulative time (minutes)	Total distance walked (miles)	Cumulative distance walked (miles)
Gather everyone ready to go	9.00 am	Setting	SH123456	N/A	N/A	N/A	9.10 am	N/A	SH123456	50	0	0	0	0
Leave setting - travel via bus	9.10 am	Setting	SH123456	50	N/A	N/A	10.00 am	Bodlondeb carpark Conwy	SH123456	29	0	0	0	0
Arrive at Wales Coast Path	10.00 am	Drop off point Bodlondeb carpark Conwy	SH778779	29	Tarmac surface	N/A	10.10 am	Bodlondeb carpark Conwy	SH778779	29	0	0	0	0



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Start walking	10.10 am	Bodlondeb carpark Conwy	SH778779	29	Follow footpath down through woodland then along tarmac pavement	Smallest House in Great Britain, Lower Gate Street, Conwy	11.10 am	Deganwy Marina	SH783787	4	60	60	1.5	1.5
Break	11.10 am	Deganwy Marina	SH783787	4	Tarmac surface	All Saints Church, Deganwy	11.30 am	Deganwy Marina	SH783787	4	20	80	0	1.5
Walking	11.30 am	Deganwy Marina	SH783787	4	Rough ground/ beach	Views of the Conwy estuary	12.30 pm	Deganwy Traeth Melyn	SH776791	8	60	140	1	2.5
Lunch and toilet break	12.30 am	Deganwy Traeth Melyn	SH776791	8	Rough ground/ beach	Views of the Conwy estuary	1.00 pm	Deganwy Traeth Melyn	SH776791	8	45	185	0	0

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Walking	1.00 am	Deganwy Traeth Melyn	SH776791	8	Rough ground/ beach/ tarmac pavement	Views of Conwy Bay	2.00 pm	West Shore beach, Llandudno	SH770821	6	60	245	1.2	3.7
Toilet break and rest	2.00 pm	West Shore beach, Llandudno	SH770821	6	Rough ground/ beach/ tarmac pavement	Views of Conwy Bay	2.15 pm	West Shore beach, Llandudno	SH770821	6	15	260	0	3.7
Leave and return to setting	2.15 pm	West Shore, Llandudno	SH770821	6	N/A	N/A	3.00 pm	Setting	SH123456	50	0	260	0	3.7
Setting	3.00 pm	Parents and guardians pick up	SH123456	50	N/A	N/A	3.15 pm	Setting	SH123456	50	0	260	0	3.7

Looking for more learning resources, information and data?

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