

# Naismith's Rule

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**Naismith's Rule** is a [rule of thumb](#) that helps in the planning of a [walking](#) or [hiking](#) 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. The basic rule is as follows:

**Allow 1 hour for every 3 miles (5 km) forward, plus 1 hour for every 2000 feet (600 metres) of ascent.**

In practice, the results of Naismith's Rule are usually considered the *minimum* time necessary to complete a route. Over the years several "corrections" have been formulated in an attempt to make the rule more accurate. The most common correction is to add 25 or 50% to the time found with Naismith's Rule. While this may be more accurate for some people or under certain conditions, it does not explicitly account for any additional variables.

Corrections:

**When walking on poor terrain, allow 1 hour for every 2.5 miles (4 km) forward, instead of 1 hour per 3 miles.**

## Tranter's corrections

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Tranter's corrections make adjustments for fitness and fatigue. Fitness is determined by the time it takes to climb 1000 feet over a distance of ½ mile (800 m). Additional adjustments for poor terrain or conditions can be estimated by dropping one or more fitness levels.

Individual fitness in minutes	Time taken in hours estimated using Naismith's Rule															
	2	3	4	5	6	7	8	9	10	12	14	16	18	20	22	24
<b>15 (very fit)</b>	1	1.5	2	2.75	3.5	4.5	5.5	6.75	7.75	10	12.5	14.5	17	19.5	22	24
<b>20</b>	1.25	2.25	3.25	4.5	5.5	6.5	7.75	8.75	10	12.5	15	17.5	20	23		
<b>25</b>	1.5	3	4.25	5.5	7	8.5	10	11.5	13.25	15	17.5					
<b>30</b>	2	3.5	5	6.75	8.5	10.5	12.5	14.5								
<b>40</b>	2.75	4.25	5.75	7.5	9.5	11.5										
<b>50 (unfit)</b>	3.25	4.75	6.5	8.5												

For example, if Naismith's Rule estimates a journey time of 9 hours and your fitness level is 25, you should allow 11.5 hours.