

Route Cards





EXPEDITION ROUTE CARD (use one per day)

Aim o	of expedition: E	xplore the	e views fron	n Moel G	yw							Name of DotE G	
	of the week:	Date:		Day of venture: (1st, 2nd etc.) 1		Names of team members:			Burk		Martin Foulkes Address:		OI S
Satu	rday	1/4/09	(1 st , 2 ^{ss} etc	:.) 1				Si Valentine			Josie Foulkes Toy Town Peter Edmund Far Away		
					Paul Griffiths			Tommy Kelly					
Leg	PLACE WITH O	RID REF	General direction or	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for	Total time for leg	Estimated Time of Arrival		ting out time: 0 am	Tel No: 000 666 Email: t.terriers@thedoghouse	
	START Camp 202 545	site	bearing			Journeying	exploring rests or meals		Amu	activ	of details of route to be follow vity. ter full details of activity on r		Escape/Notes
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)	(i)			(k)
1	то В Road 189 539		SW	1.5	0	١	5	35	10:05		Walk down hill with wood on left. Go past house on right. Walk to B 5431		B 5431
2	TO B Road 189 548		N	1.8	0	١	10	46	10:51		Walk up road, turn left at house. Walk across field towards road		B 5431
3	TO Llyn Gwe (fishery)	eryd	NW	2.5	200+	١	15	65	11:56		From road go left at house cross FB and walk next to house. Go up hill from track.		Track to Village
4	TO Moel Gyv 171 575	v (top)	N	3.3	200+	١	25	61	12:57		t from fishery, follow cont Offa's Dyke Path.	our line. Pick	A494 Motel
5	TO Llanarmo (village) 191		SE	3	200-	١	10	90	2:27		m Moel Gyw, cross over n fence on left follow and		B 5431
6	TO Campsite 202 545	9	SE	2.7	100+	١	0	54	3:21		ough village, turn right at ow track with Caravan sit		Campsite
7	TO\												
8	TO\												
	Totals:			14.8	500+ 200-	١	1:05	5:51		Supervisor's name, location and Tel No: Rebecca Griffiths Llanarmon-yn-lal B & B 000 666 99			00 666 999



EXPEDITION ROUTE CARD (use one per day)

	of expedition: l										Name of DofE G			
Day o	of the week: Irday	Date: 1/4/09	Day of ver (1st, 2nd etc		Names of team members:			Gary McG		Martin Foulkes	Address:			
Jail	auday 174700		(11,2160	J., 1				Si Valenti	ne	Josie Foulkes	Toy Town Far Away			
					Paul Gr	iffiths		Tommy Kelly		Peter Edmund	1			
Leg	PLACE WITH	GRID REF	General direction	Distance in km	Height climbed in m	Time allowed for journeying		Total time for leg	Estimated Time of Arrival	Setting out time: 9:30 am	Tel No: 000 666 Email: t.terriers@	thedoghouse		
	START Camp 202 545	osite	or bearing			journeying	exploring rests or meals	i for leg	Arrival	Brief details of route to be follo activity. (Enter full details of activity on		Escape/Notes		
(a)	(b	1)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(i)		(k)		
1	то В Road 189 539		sw	1.5	0	١	5	35	10:05	Walk down hill with wood o house on right. Walk to B 5	n left. Go past i431	B 5431		
2	TO B Road 189 548		N	1.8	0	١	10	46	10:51	Walk up road, turn left at he across field towards road	ouse. Walk	B 5431	Daniel E. M. Carlot	
3	TO Llyn Gw (fishery)	ervd	NW	2.5	200+	١	15	Play ou	Copi	Symphes Moel	Sheepfelds	A Sport	(discord)	Shared Chroli
4	TO Moel Gy 171 575	w (top)	N	3.3	200+	١	25		1	Comp.	770	Uenix P	A LOCA	A STATE OF THE STA
5	TO Llanarm (village) 191	on-yn-lal 561	SE	3	200-	١	10	1		Greek	TAN			HA CONTRACTOR
6	TO Campsit 202 545		SE	2.7	100+	١	0	119	1	MA	Banks of the Control	Banhadian.	The state of the s	chad the shales O
7	TO\								7/	Beltrer Barbadien	ST. E	Risions September 1	ALTERNATION OF THE PARTY OF THE	Graig Quarry ILlinestoping
8	TO\							acila	N	Moel anfair			Llanarmon-yn-lal	2 Miles
			Totals:	14.8	500+ 200-	١	1:05	ATT.	N	A N		Edgard		V Pro
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								C	-	Nime 250	10000000000000000000000000000000000000	Shigast yr Ethin 258	Guerid W	A TO THE PROPERTY OF THE PARTY



Basic Information and Start Point

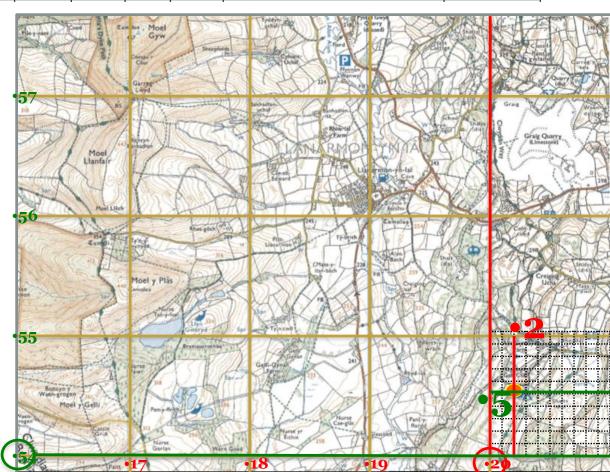


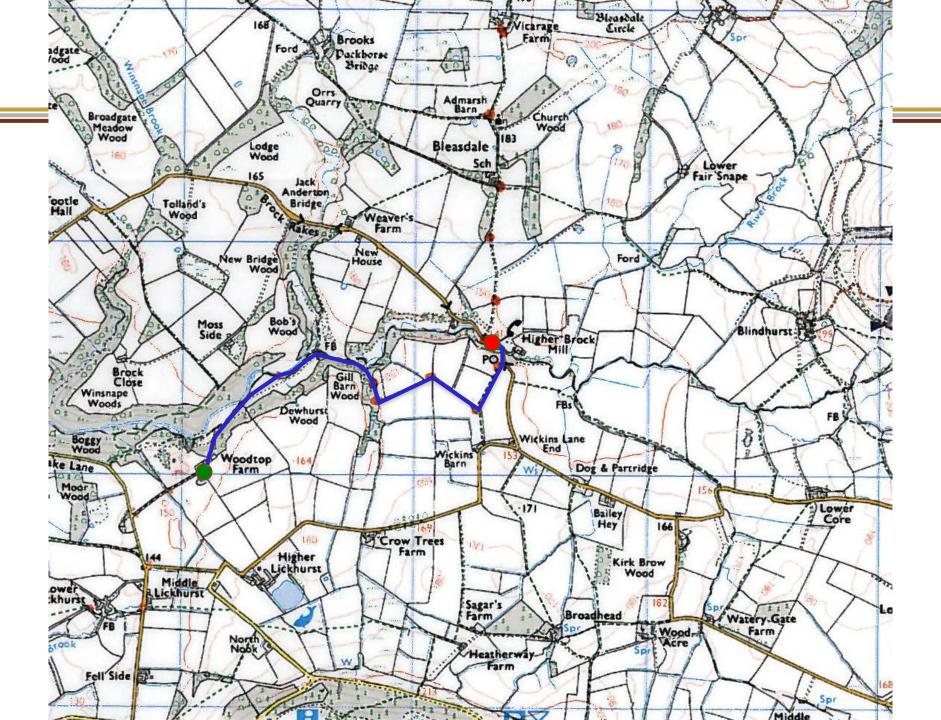
EXPEDITION ROUTE CARD (use one per day)

Aim (Name of DofE Group: Tommy's Terriers	
Day of the week: Date:		Day of venture:		Names of	Names of team members:			urk		Martin Foulkes	Address:		
Satu	Saturday 1/4/09		(1 st , 2 nd etc.) 1		Paul Griffiths			Si Valentine Tommy Kelly			Josie Foulkes Toy Town		
											Peter Edmund	Far Away	
Leg	Leg PLACE WITH GRID REF		General Distance direction in km		Height climbed in m	Time allowed for journeying		Total time for leg	Estimated Time of Arrival		ting out time: 0 am	Tel No: 000 666 Email: t.terriers@thedoghouse	
	start Campsite 202 545		tearing			,	exploring rests or meals			acti	of details of route to be follow vity. ter full details of activity on r		Escape/Notes

•START
Campsite

•202 545

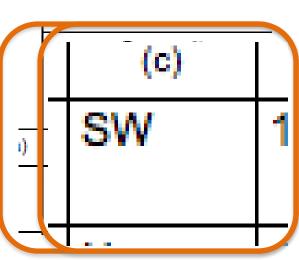


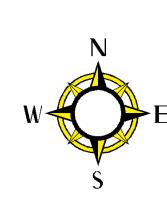




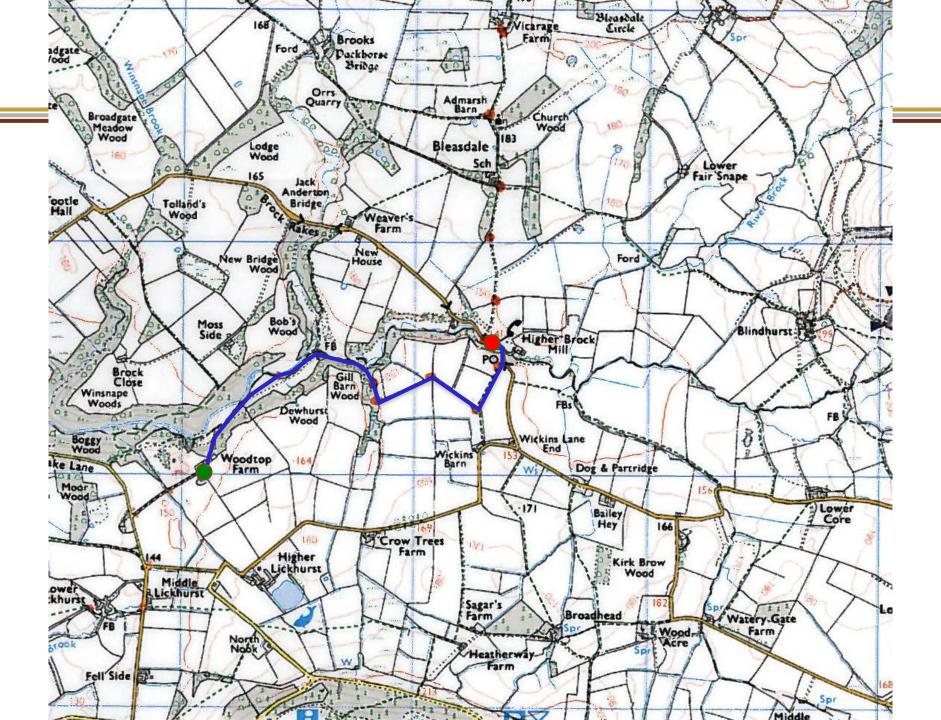
Direction of Travel

Leg	PLACE WITH G		General direction or	Distance in km	Height climbed in m	Time allowed for journeying		time			ing out time:) am	Tel No: 000 666 Email: t.terriers@	thedoghouse	
	START Camps 202 545	site	bearing				exploring, rests or meals			activ	f details of route to be follow vity. er full details of activity on r		Escape/Notes	
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)			(k)	
1	ro B Road 189 539								1		-	t	E	
2						1		1	1				E	
													1	



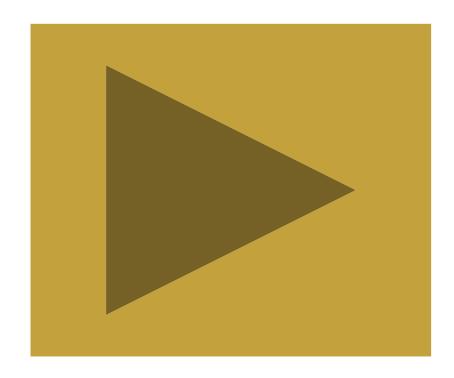




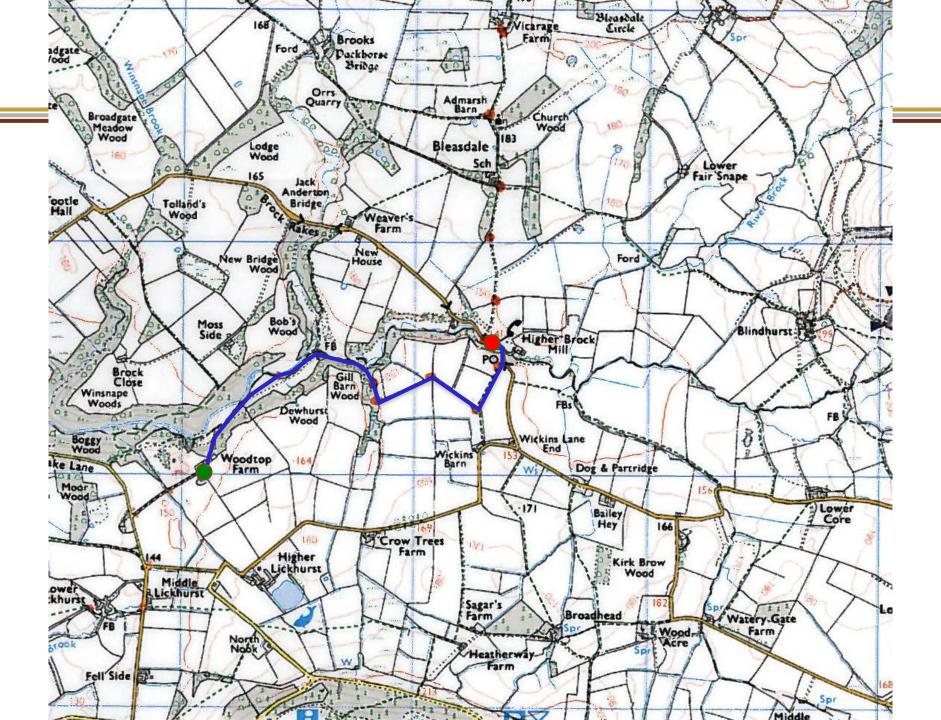


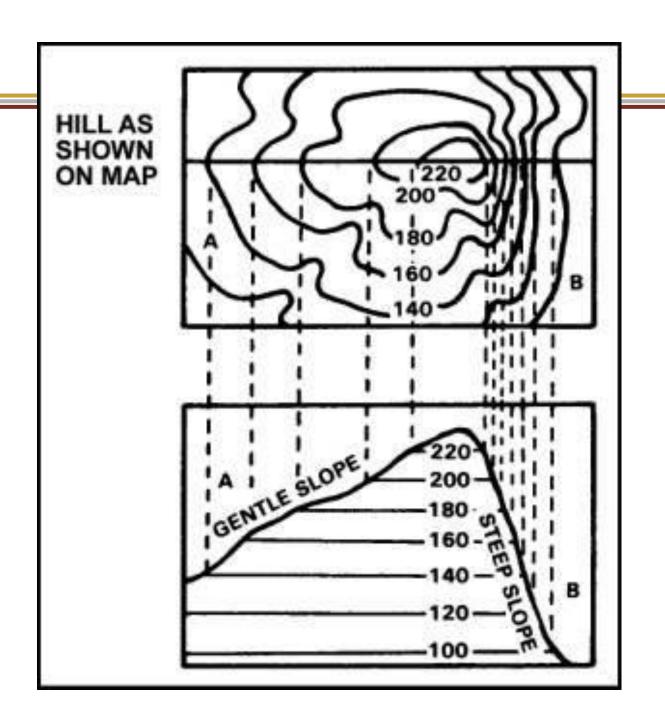


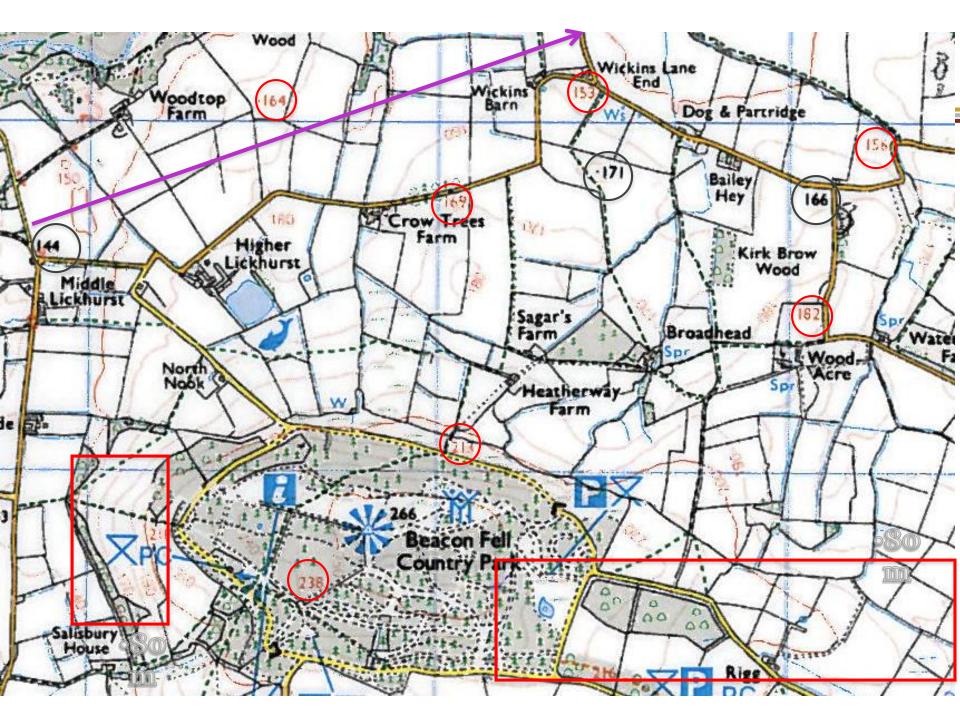
Measuring Distance and Height



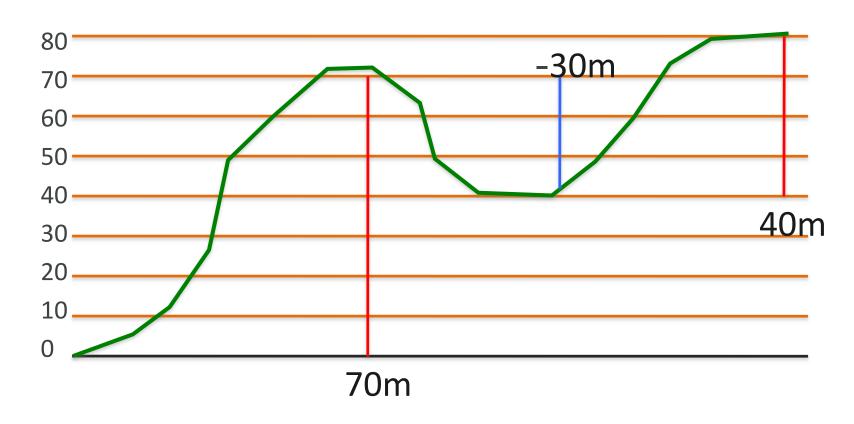
1CM = 0.25KM4CM = 1KM



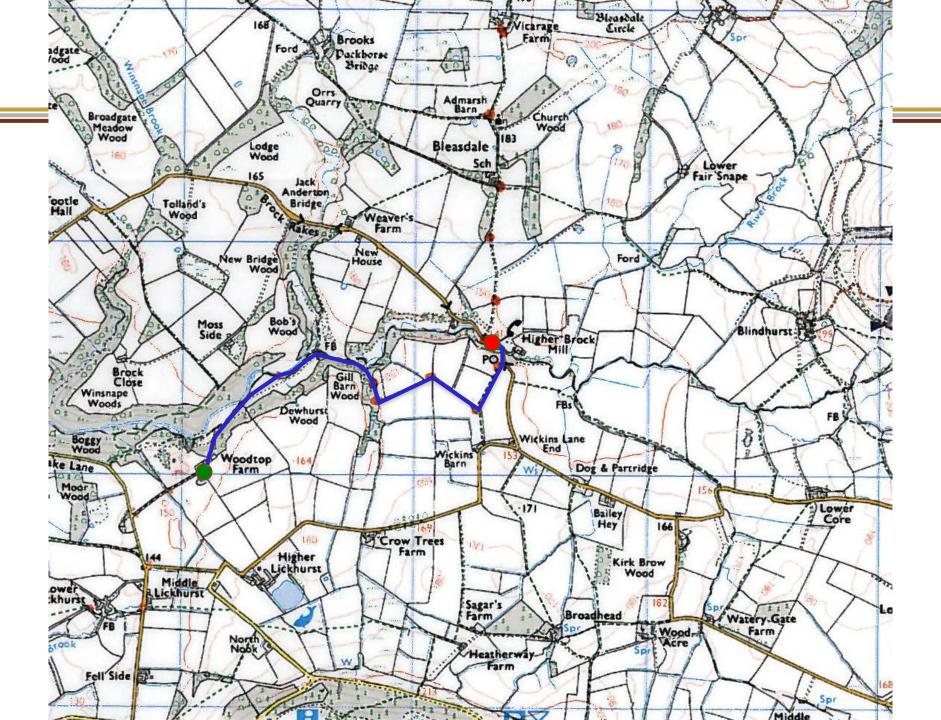




Height Climbed



80m or 110m?





Calculating Time

Distance	Speed kilometres per hour									
travelled metres	5	4	3	2						
1000m	12 min	15 min	20 min	30 min						
800m	10 min	12 min	16 min	24 min						
700m	9 min	11 min	14 min	21 min						
500m	6 min	7½ min	10 min	15 min						
400m	5 min	6 min	8 min	12 min						
200m	2½ min*	3 min	4 min	6 min						
100m	1¼ min*	1½ min	2 min	3 min						
* These fraction			up to simpli	ify timing –						

Leg	PLACE WITH GRID		General direction or	Distance in km	Height climbed in m	Time allowed for journeying		Total time for leg	Estimated Time of Arrival	Setting out tin 9:30 am	ne:	Tel No: 000 666 Email: t.terriers@	thedoghouse
	START Campsite 202 545		bearing				exploring, rests or meals			activity.	of route to be followed or planned		Escape/Notes
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)		(j)		(k)
1	то В Road 189 539		SW	1.5	0	1	5			Walk down hill with wood on left. Go past house on right. Walk to B 5431		B 5431	
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											ı		
			(d)		(e)		(f)		(9)			
		1.5	ō	0		١			5				
	1.8		3	0		١			10	·			

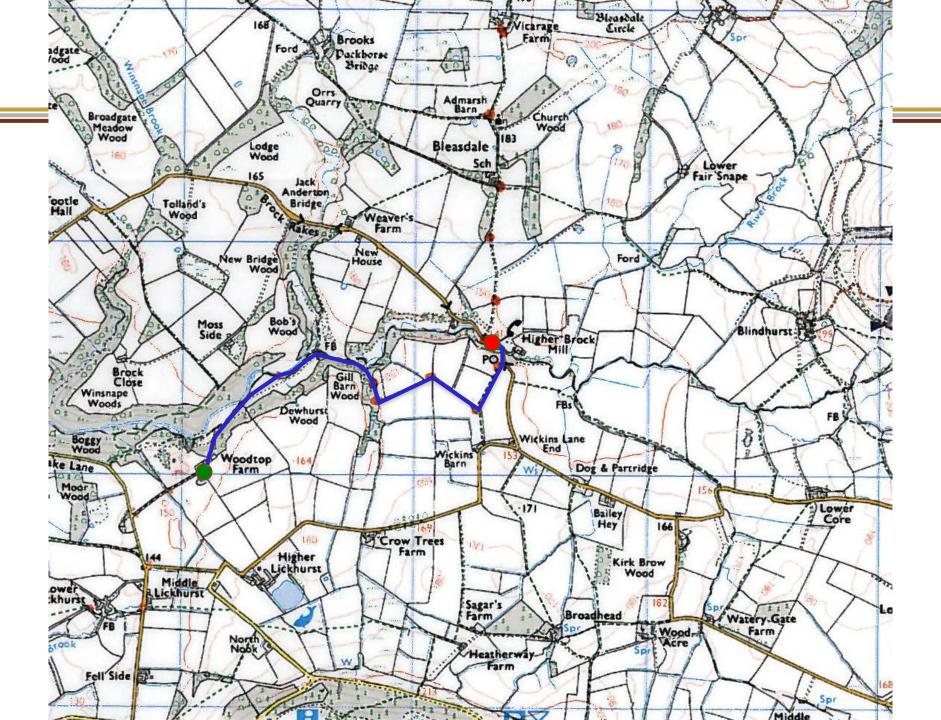
• Rule for Distance Travelled.

- •For average groups allow 20mins to cover 1km
- •This accounts for EVERYONE with or without bags, most groups you will work with are likely to be closer to **15mins to cover 1km**

Leg	PLACE WITH GRI	D REF	General direction or	Distance in km	Height climbed in m	Time allowed for journeying		Total time for leg	Estimated Time of Arrival	Setting ou 9:30 am		Tel No: 000 666 Email: t.terriers@	(thedoghouse
	START Campsite 202 545	е	bearing			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	exploring, rests or meals			activity.	ils of route to be followed or planned		Escape/Notes
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)		(i)		(k)
5	TO Llanarmon- (village) 191 56		SE	3	200-	1	10				el Gyw, cross over e on left follow and		B 5431
6	TO Campsite 202 545		SE	2.7	100+	١	0		-		village, turn right a ock with Caravan sit		Campsite
	_												
		3		20)0-	1			10				
		2.	7	10)0+	١			0				

• Rule for Height Climbed.

- Add 1min for every 10m climbed
 - Do not subtract for any decent



And finally . . . the details

Keep it simple

Keep it brief.

Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escape/Notes
(i)	(k)
Walk down hill with wood on left. Go past house on right. Walk to B 5431	B 5431
Walk up road, turn left at house. Walk across field towards road	B 5431
From road go left at house cross FB and walk next to house. Go up hill from track.	Track to Village
Left from fishery, follow contour line. Pick up Offa's Dyke Path.	A494 Motel
From Moel Gyw, cross over fence and with fence on left follow and descend	B 5431
Through village, turn right at earthwork, follow track with Caravan site on left.	Campsite

