

# Route Cards



## EXPEDITION ROUTE CARD (use one per day)

Aim of expedition: Explore the views from Moel Gyw										Name of DofE Group: Tommy's Terriers	
Day of the week: Saturday	Date: 1/4/09	Day of venture: (1 <sup>st</sup> , 2 <sup>nd</sup> etc.) 1	Names of team members:		Gary McGurk		Martin Foulkes		Address: Toy Town Far Away		
			Si Valentine		Josie Foulkes		Tel No: 000 666				
			Paul Griffiths		Tommy Kelly		Email: t.terriers@thedoghhouse				
Leg	PLACE WITH GRID REF	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time: 9:30 am	Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escape/Notes
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	
1	TO B Road 189 539	SW	1.5	0	\	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	\	10	46	10:51	Walk up road, turn left at house. Walk across field towards road	B 5431	
3	TO Llyn Gweryd (fishery)	NW	2.5	200+	\	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 Gyw (top) 171 575	N	3.3	200+	\	25	61	12:57	Left from fishery, follow contour line. Pick up Offa's Dyke Path.	A494 Motel	
5	TO Llanarmon-yn-Ial (village) 191 561	SE	3	200-	\	10	90	2:27	From Moel Gyw, cross over fence and with fence on left follow and descend	B 5431	
6	TO Campsite 202 545	SE	2.7	100+	\	0	54	3:21	Through village, turn right at earthwork, follow track with Caravan site on left.	Campsite	
7	TO \										
8	TO \										
Totals:			14.8	500+ 200-	\	1:05	5:51	Supervisor's name, location and Tel No: Rebecca Griffiths Llanarmon-yn-Ial B & B 000 666 999			

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			Paul Griffiths		Tommy Kelly		Josie Foulkes Peter Edmund		Tel No: 000 666 Email: t.terriers@thedoghhouse		
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	START Campsite 202 545										
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4	TO Moel Gyw (top) 171 575	N	3.3	200+	\	25					
5	TO Llanarmon-yn-Ial (village) 191 561	SE	3	200-	\	10					
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7	TO \										
8	TO \										
Totals:			14.8	500+ 200-	\	1:05					



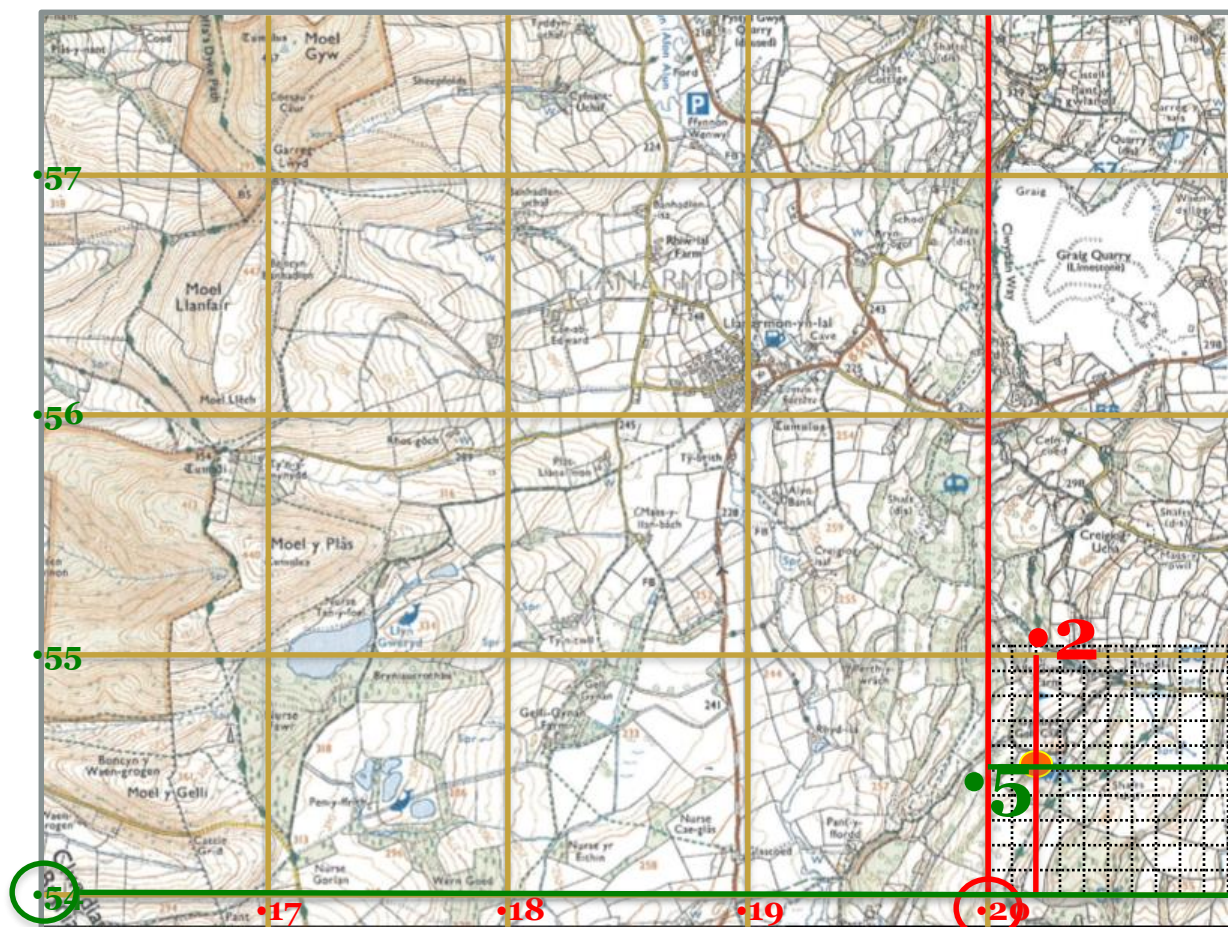
# Basic Information and Start Point



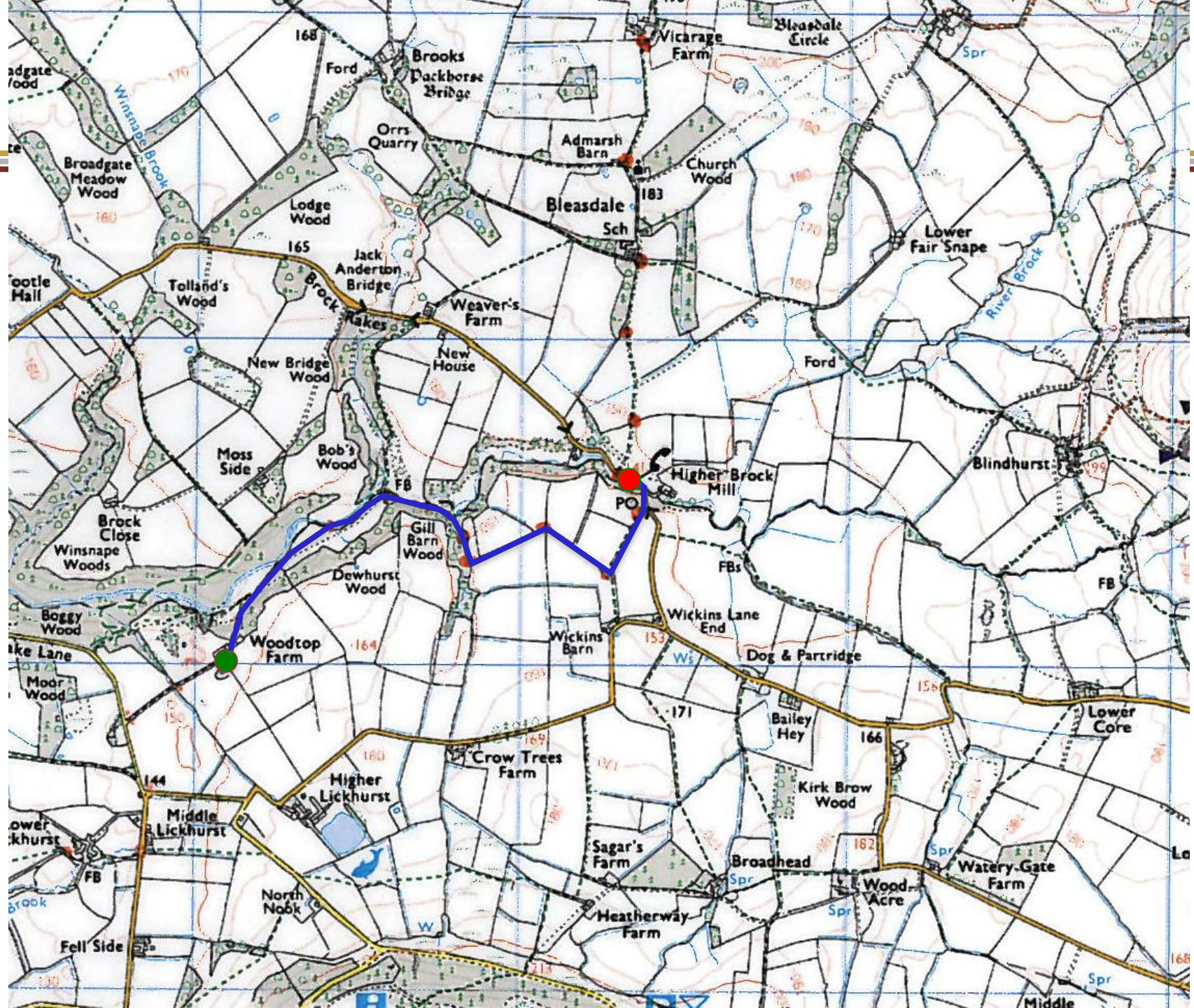
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						Si Valentine		Josie Foulkes			
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Leg	PLACE WITH GRID REF	General direction	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time: 9:30 am	Tel No: 000 666	
	START Campsite 202 545	Leaving								Email: t.terriers@thedoghouse	
									Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escape/Notes	

- START  
Campsite
- 202 545



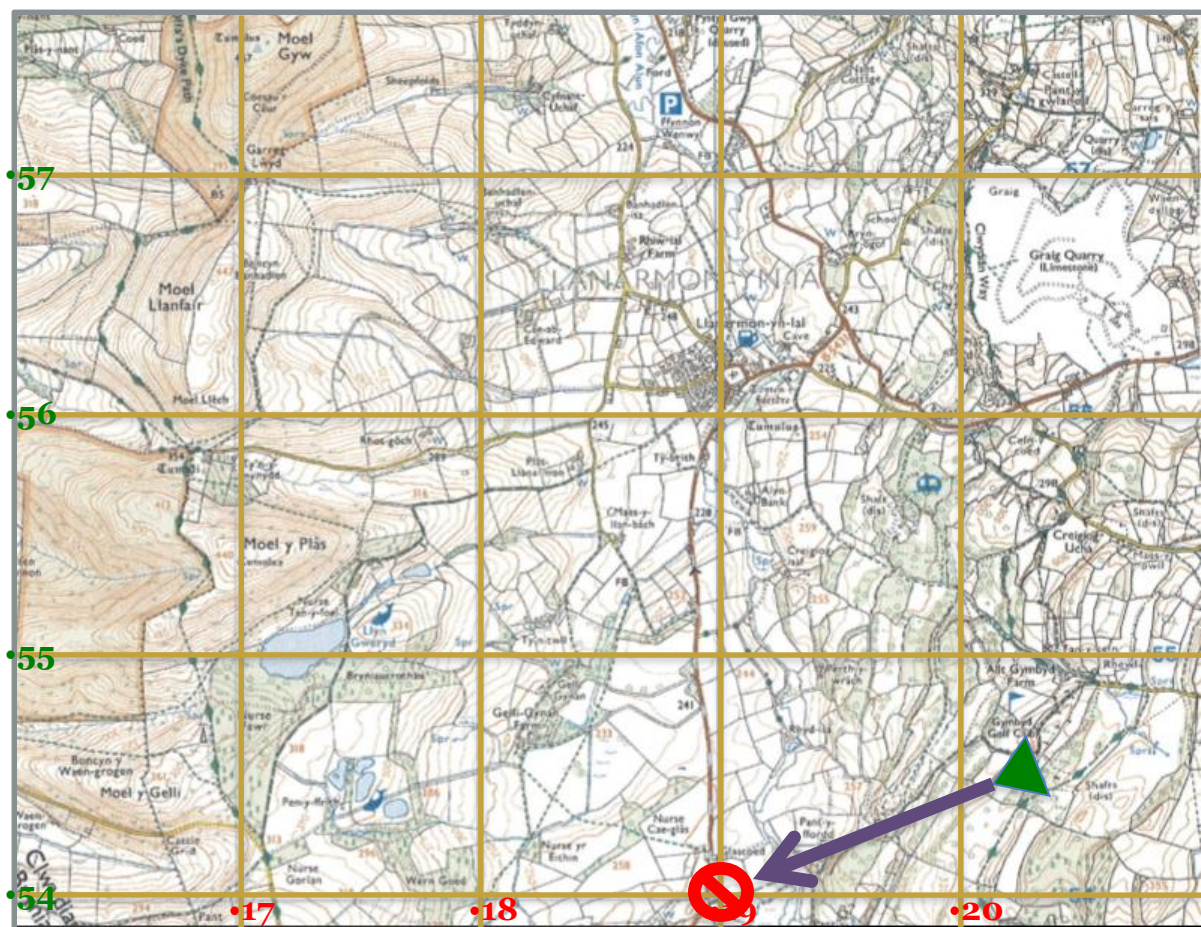
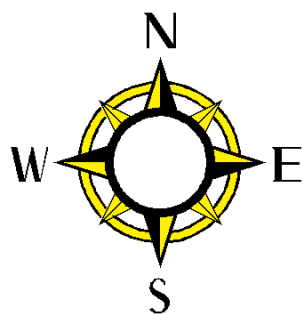
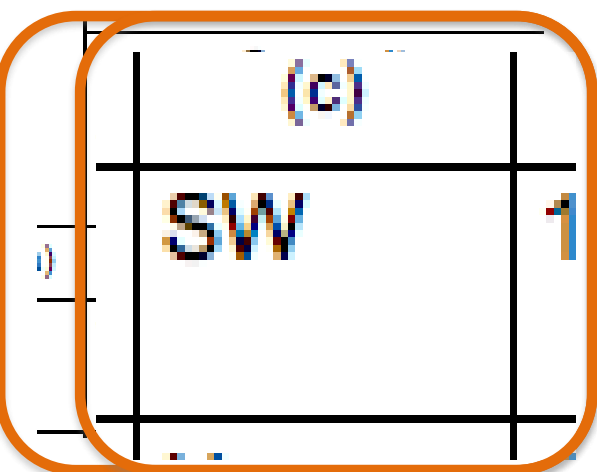




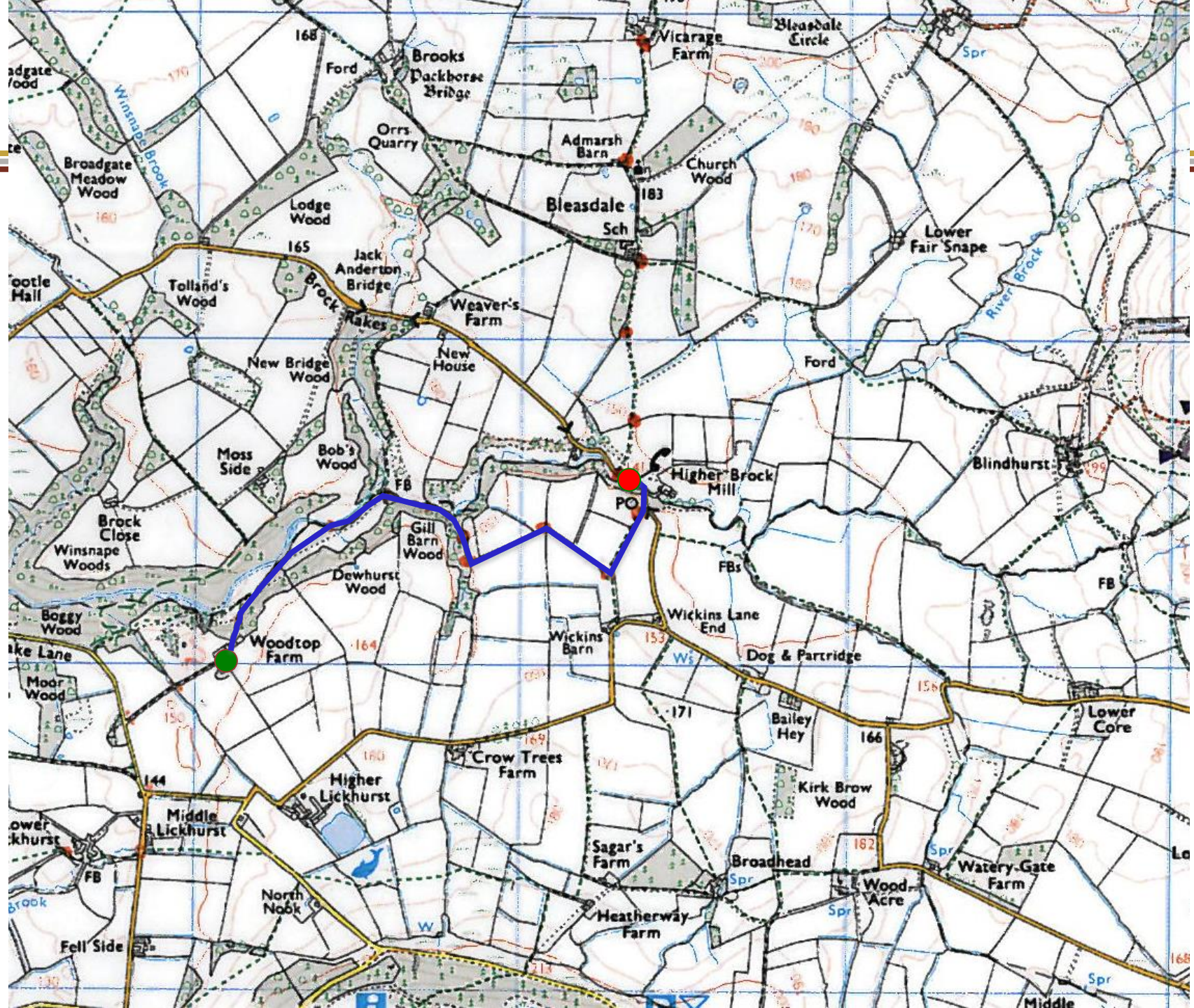
# Direction of Travel



Leg	PLACE WITH GRID REF	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time: 9:30 am	Tel No: 000 666 Email: t.terriers@thedoghouse
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1	ro B Road 189 539									
2										

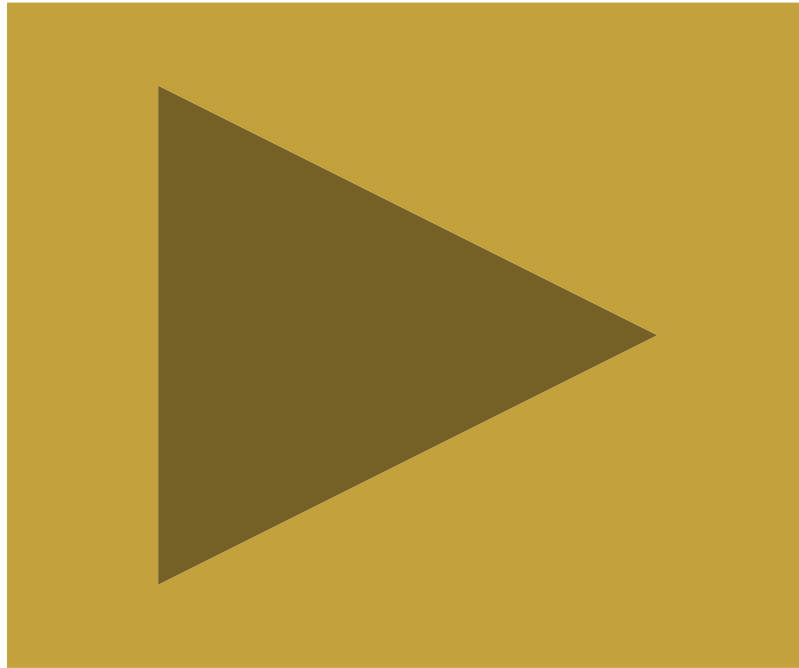








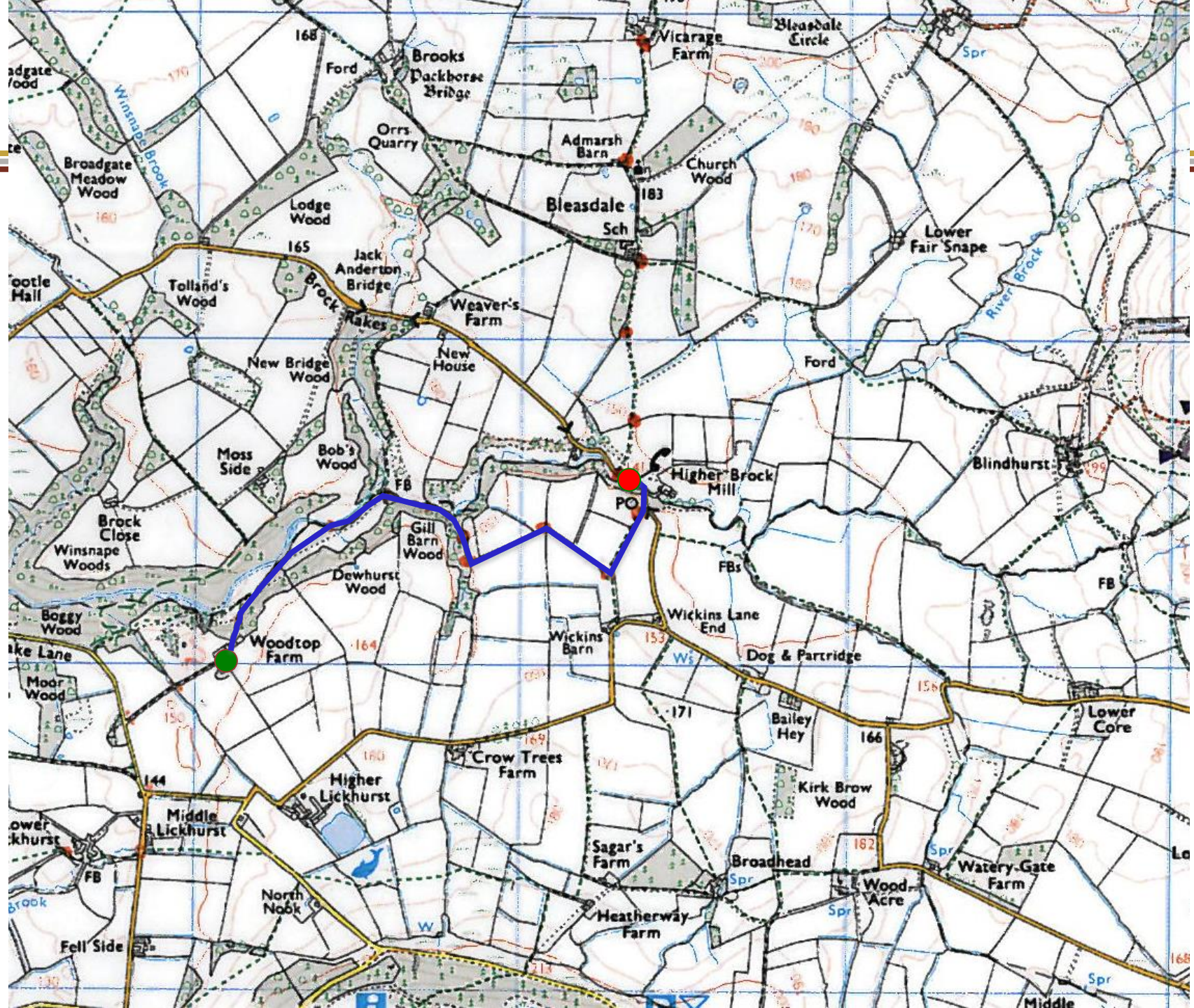
# Measuring Distance and Height



$$1\text{CM} = 0.25\text{KM}$$

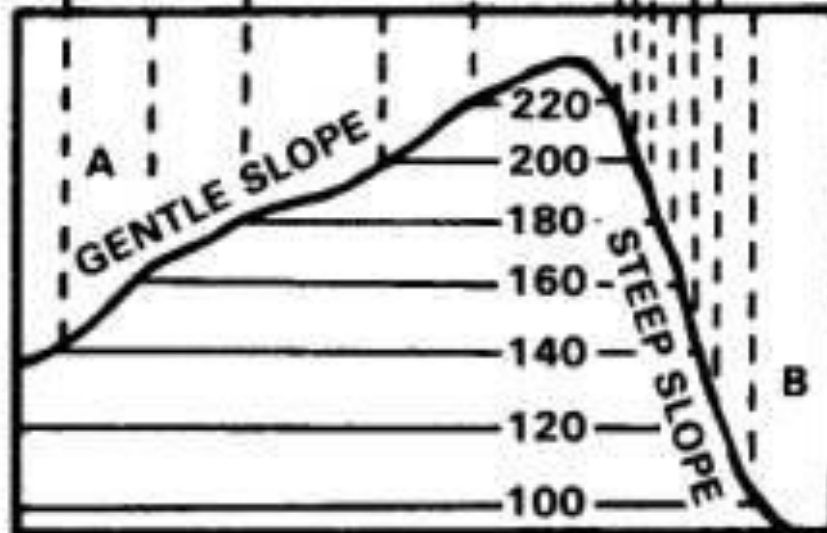
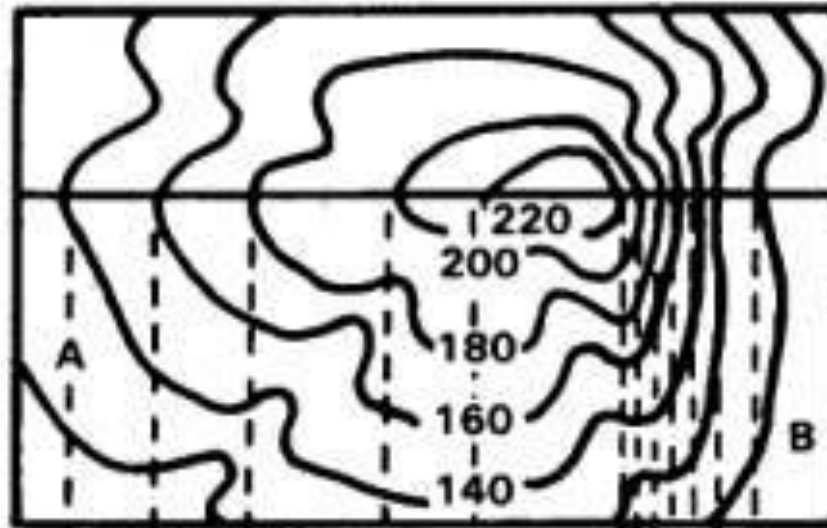
$$4\text{CM} = 1\text{KM}$$



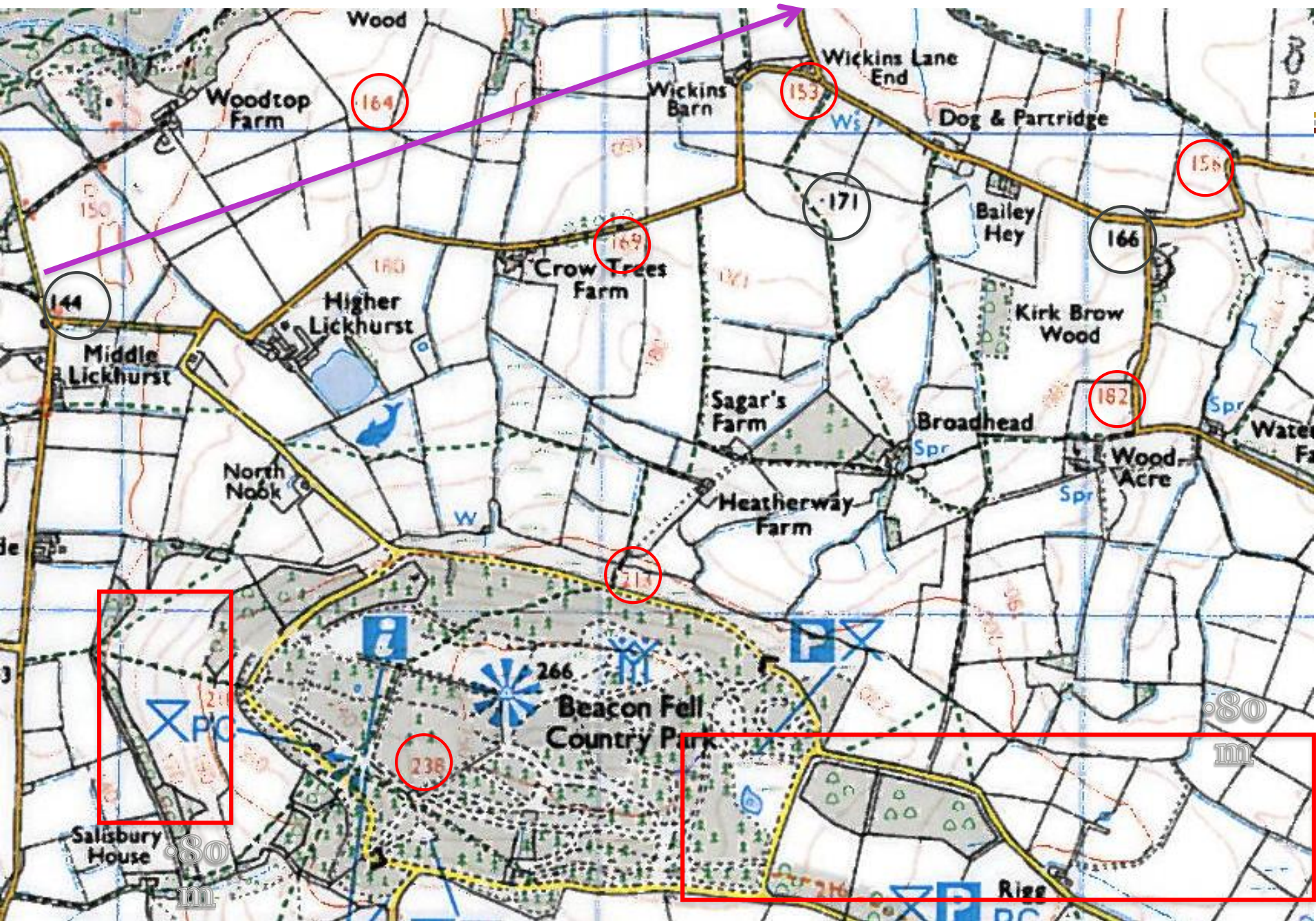




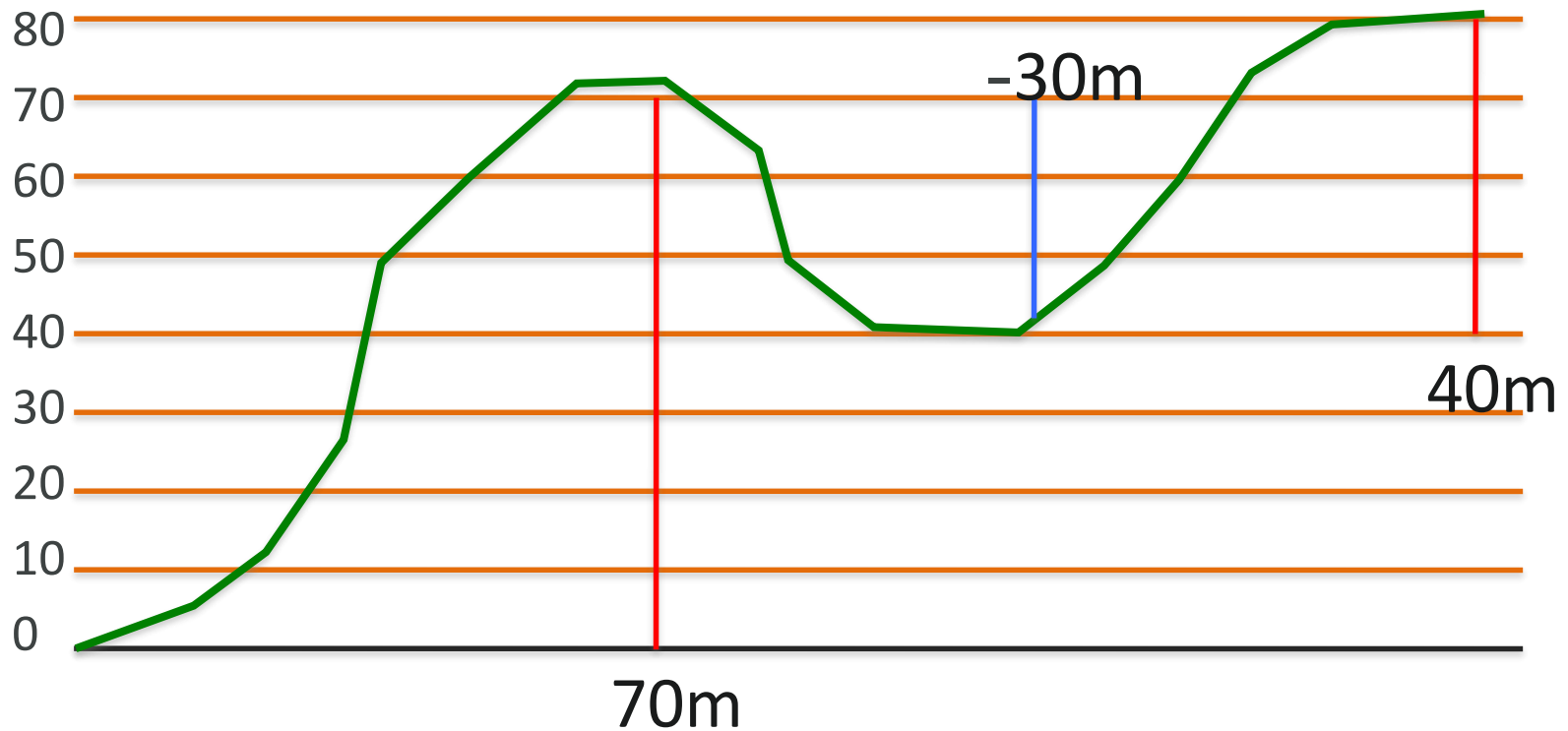
HILL AS  
SHOWN  
ON MAP





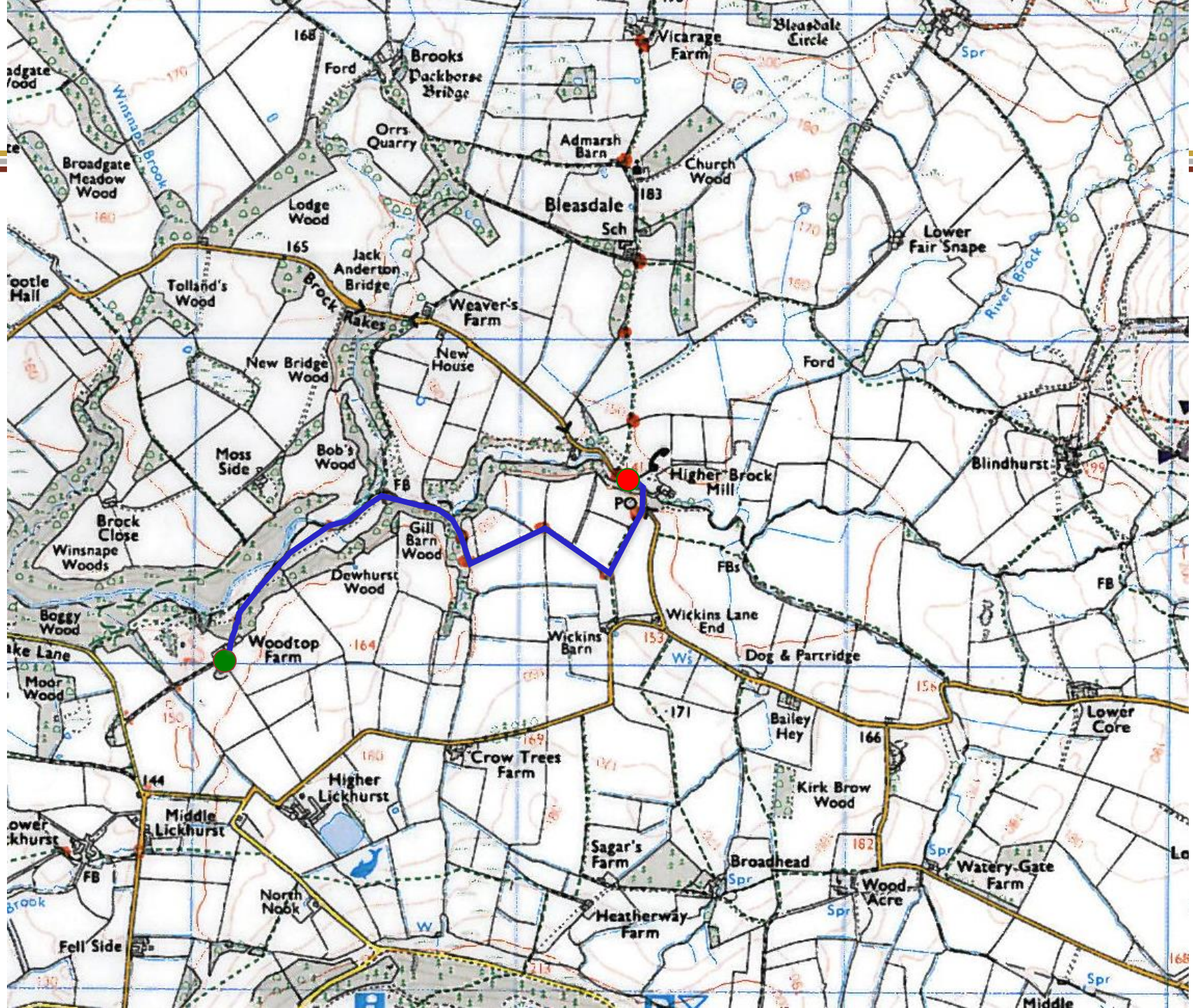


# Height Climbed



**80m or 110m?**







# Calculating Time

Distance travelled metres	Speed kilometres per hour			
	5	4	3	2
<b>1000m</b>	12 min	15 min	20 min	30 min
<b>800m</b>	10 min	12 min	16 min	24 min
<b>700m</b>	9 min	11 min	14 min	21 min
<b>500m</b>	6 min	7½ min	10 min	15 min
<b>400m</b>	5 min	6 min	8 min	12 min
<b>200m</b>	2½ min*	3 min	4 min	6 min
<b>100m</b>	1¼ min*	1½ min	2 min	3 min

\* These fractions have been rounded up to simplify timing – they should be multiples of 1.2



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1	TO B Road 189 539	SW	1.5	0	\	5			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	\	10			Walk up road, turn left at house. Walk across field towards road	B 5431

(d)	(e)	(f)	(g)
1.5	0	\	5
1.8	0	\	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**

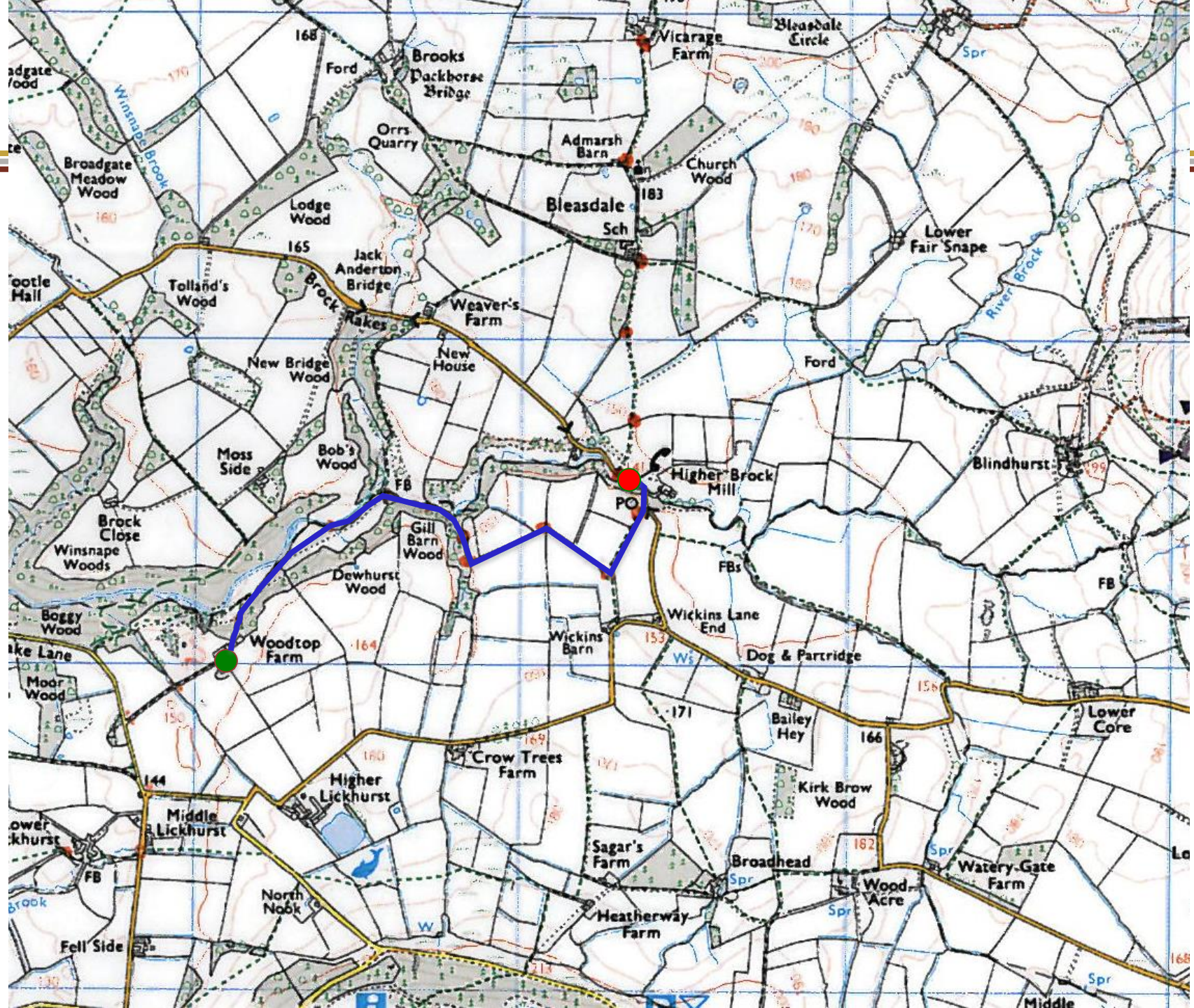
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(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)
5	TO Llanarmon-yn-Ial (village) 191 561	SE	3	200-	\	10			From Moel Gyw, cross over fence and with fence on left follow and descend	B 5431
6	TO Campsite 202 545	SE	2.7	100+	\	0			Through village, turn right at earthwork, follow track with Caravan site on left.	Campsite

	3	200-	\	10
	2.7	100+	\	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
(j)	(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

