



The Duke of Edinburgh's Award with E3Adventures

Planning your route & Filling in your route card



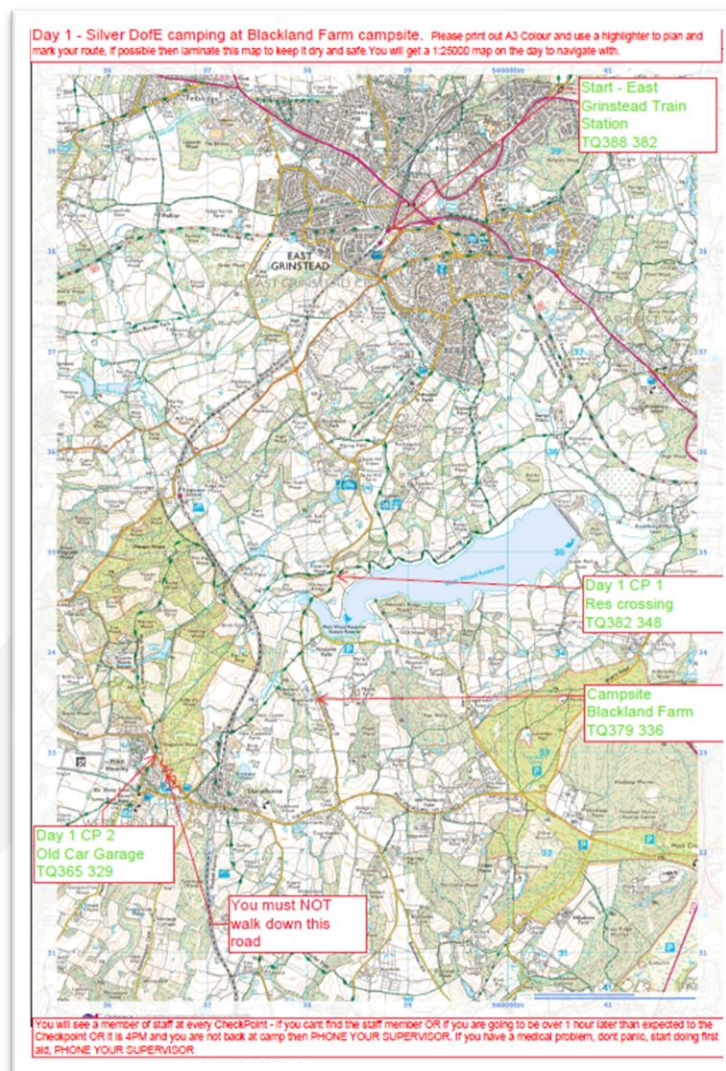
E3

Planning your Route on the Map

You will be given a map, which will have the start and finish locations and checkpoints already marked on it. **Have a look at your map**, you should be able to see your **START** location and a number of checkpoints and a **FINISH** or **CAMPSITE**.

It is up to you and your team to plan a safe and efficient route from the start, through the checkpoints to the finish. Things that you might consider when planning your route are:

1. Wherever possible take footpaths rather than roads, they are safer and more scenic.
2. Any road/rail crossings you choose are they the safest/best from the options you have?
3. The terrain you will be walking over, is it easy walking? Is it easy navigation?



Use a highlighter or similar to mark your route on your map so that you can clearly see where you want to walk BUT you can also see the information on the map.

Filling in your Route Card

Your route card is useful for taking a good look at your planned route and breaking it down in to sections (which are called **Legs**). Filling in your route card helps you know how far you are walking, for how long you expect to walk and to start thinking about the route in more detail.

Your map already has some **Checkpoints** identified (places where you must go to and will see a member of staff), but it is helpful to add some **Waypoints** (points on your map that will help you navigate from one checkpoint to the next). Choose points on your route between the checkpoints that are easy to identify, such as a path junction or wood boundary, these are your Waypoints.

Writing your Route Card

The first **Leg** of your route will be from the **Start** to a **Checkpoint or Waypoint** and will have been filled in. Look at your route card and your map, see how the first leg on the route card matches up to the map.

Team Name		Expedition Aim		Practice Expedition				
Start Time	Names of Team Members							
Start of Leg / Grid Ref	End of Leg check Point / Grid Ref	General Bearing	Distance (km)	Height climbed (m)	Travel time + Rest / Aim time = Total time for leg	Estimated time at end of leg	Description of route	Escape / emergency
1 From Location East Grinstead Train St From GR TQ388 382	To Location Start of footpath To GR TQ386 376	South	0.75km	0	15 mins + 5 mins = 20 mins		Take b2110 S of Station, look for FP by roundabout and stream	Return to Station
2 From Location From GR	To Location To GR							
3 From Location From GR	To Location Res Road Crossing To GR Tq382 348							
4 From Location Res Road Crossing From GR Tq382 348	To Location To GR							
5 From Location From GR	To Location To GR							
6 From Location From GR	To Location To GR							
7 From Location From GR	To Location Old Car Garage To GR TQ385 329							
8 From Location Old Car Garage From GR TQ385 329	Finish Location Blackland Farm Finish GR TQ379 336							
Totals								

Does this look right? Is it too far or not far enough for your expedition?

This is the time you will finish walking. Is it too early or too late? What time does it get dark?

When you are walking check how you are doing against your route card. Are you walking too quickly OR too slowly? Change your walking speed and rests to ensure you finish at an appropriate time.

On your route card for each Leg there are a number of boxes you will need to fill in, they are:

Start of Leg / Grid Ref

You should see a description of the Start location and a 6 figure grid reference such as **TQ388 382** (TQ is the identification of the map area, **388 382** is the 6 figure grid reference)

End of Leg / Grid Ref

This is the description of where this leg ends (it will be a checkpoint or a waypoint) and the 6 figure grid reference

General direction or bearing

This will be the cardinal or intercardinal direction, for example North or South-West

Distance in km

This is how far you need to walk on this leg, you can measure it on the map (remember each grid square is 1000m or 1km)

Height Climbed

Unless you are walking up/down some big hills or mountains ignore this.

Travel time

How long will you be walking for? If you are not sure how quickly your group walks with rucksacks I suggest planning on each square / each 1km taking 20 minutes.

Rest time

How long might you want to rest after walking that leg?

Total time

Travel time + Rest time = Total time

Estimated time at end of Leg

This depends on what time you start the Leg, for Leg 1 ask your teacher what time they think you will start. Start time + Total time = Estimated time at end of leg

Description

The description of your journey will help you not get lost, describing the route in detail will help you spot key features as you walk the route. Compare your map and the description to see what key features have been identified to help you not get lost.

Escape / Notes

In the Escape/Notes section make a note of what you might do if lost or if there is a problem, this might be to go back to the last Checkpoint or to the nearest road.

Your Turn

Try to do the next leg, remember that the finish of the previous will be the start of this one. Similarly, the finish time of the previous will be the start time of the next one so you can use this to calculate the estimated finish time of each leg.

When you have completed this leg show it to your teacher, they will let you know if you are ready to complete the rest of the route card. At this stage the 2 most important pieces of information you are looking for are:

- Total Walking Distance. This will tell you how far you are going to be walking
- The estimated time at the end of the last leg. This is the time you plan to get to the finish or campsite.



8	From Location: Old Car Garage	Finish Location: Blackland Farm									
	From GR: TQ365 329	Finish GR: TQ379 336									
Totals											

Does this look right? Is it too far or not far enough for your expedition?

This is the time you will finish walking. Is it too early or too late? What time does it get dark?

When you are walking check how you are doing against your route card. Are you walking too quickly OR too slowly? Change your walking speed and rests to ensure you finish at an appropriate time.

The route card is there to help you navigate, to remind you of key features you should see, the general direction for each leg and estimated times.

On your expedition you can compare your walking time with your estimates, it does not matter if you are a bit quicker or slower BUT you can use the route card to make some good decisions. For example if you are walking a lot slower than your estimate you know you will get to the finish a lot later than estimated, so you might want to speed up. Similarly if you are walking a lot quicker than estimated (and getting very tired) you know you can slow down and still get to the finish at an appropriate time.

When you have completed your map and route card ask your teacher if you can get them laminated or put in a plastic wallet. If it rains on expedition you will need to keep your map dry and safe.