

DOFE EXPEDITION ROUTE CARD

Team name: _____

Day number: _____

Day of week & Date: _____ / _____ / _____

Aim of expedition: _____



Setting out time:	Names of team members:										
Leg no:	Start of leg: Grid Ref' & place name	End of leg check point: Grid Ref' & place name	Distance in km	Height climbed in meter	Time allowed for travel (3km + 1min per 10m)	Time added for atm, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:	
1	From: GR	To: GR									
2	From: GR	To: GR									
3	From: GR	To: GR									
4	From: GR	To: GR									
5	From: GR	To: GR									
6	From: GR	To: GR									
7	From: GR	To: GR									
8	From: GR	To: GR									
Totals:									Finish time	Team Supervisor's name, location and Tel No:	

Bronze: 6 hours, minimum 3 hours journeying.
Silver: 7 hours, minimum 3.5 hours journeying.
Gold: 8 hours, minimum 4 hours of journeying.