

DoE Route Setting and Activity

How long should each day last?

Expedition Level	Duration	Daily Activity
Bronze Level	2 Days and 1 Night	6 Hours of planned activity
Silver Level	3 days and 2 Nights	7 Hours of planned activity
Gold Level	4 Days and 3 Nights	8 Hours of planned activity

Activity includes time set for the completion of the group or individual purpose

Route Setting

Routes should be planned on an OS Map, preferably on a 1:25000 scale but 1:50000 will suffice.

As a rule of thumb, participants should expect to cover between 3 and 4 kilometres an hour, meaning that on average during the course of the expedition a Bronze group will cover 30kms, Silver 45kms and Gold 60kms over the course of their journey. This will however depend upon the nature of the terrain in which the expedition is being held and the experience of the participants. For example if the group is expecting to gain significant height then this may slow them down to 2km an hour.

A route card should be completed for each day of the journey, which details starting place, with grid reference and start time. The route is then broken down into legs marked by checkpoints where these end. Each leg of the day's journey should then be detailed with grid references, a description of the leg, the distance involved, and the expected arrival time at the end of the leg (with grid reference). Every member of the group should be involved with this process and be familiar with the details of the route and comfortable with the level of fitness required to complete the day's activity a basic risk assessment undertaken by the group to ensure any hazards on the route are identified.

A foul weather route card should also be completed for each day when the group is expecting to cross high level ground which could be difficult or dangerous when the weather deteriorates.

The foul weather route should be marked onto the map in a different colour.

Ideal **Bronze** routes include public rights of way, permissive paths, bridleways and tracks in open countryside. Overnight camping will generally be in official campsites with adult supervision to hand. All participants should be familiar with the use of a map and a compass and able to identify features from the map whilst operating in the countryside.

Silver routes will include public rights of way, permissive paths, bridleways, tracks and open land in more remote countryside. Overnight camping will generally be in official campsites but may include some wild camping depending upon the experience of the group involved. All participants should be familiar with the use of a map and a compass, be able to identify features from the map, discuss with the assessor how the features are marked/shown on the map and be able to explain contour lines and how they relate to the terrain in which they are operating.

Silver participants should understand the basics of access laws and know the countryside code.

Participants should be able to demonstrate the use of a compass in poor visibility for navigational assistance.

Gold groups should be operating in more remote and sometimes mountainous terrain following some accepted/permissive paths, bridleways and public rights of way but also be prepared to set routes that stray from accepted and well trodden footpaths. Where the expedition route follows a high level or navigationally challenging path a foul weather alternative must be detailed and submitted with the main route. Camping may be in either official basic campsites or in wilderness situations.

All participants should be familiar with the use of a map (map orientation) and a compass, be able to identify features from the map, discuss with the assessor how the features are marked/shown on the map, explain contour lines and how they relate to the terrain in which they are operating, identify likely hazards on the map and justify their choice of route. Understand how the terrain will impact upon their travel times and what areas are likely to give navigational difficulties or create hazards in difficult weather conditions.

Participants should understand access laws and know the countryside code, where they can wild camp and how they can minimise their environmental impact whilst doing so. All participants should understand and comfortably be able to demonstrate the use of a compass in poor visibility for navigational assistance.

The ethos of the DoE program is all about team work, not everyone can be expected to be totally comfortable with a map and a compass, however all the group members should be involved in planning and understand the route, the more navigationally able individuals should help the others to understand navigation and allow them to practice their skills on the way. The route should be set with the less physically able person in mind and not be used as a demonstration of fitness for the most able individuals. The individual or group purpose should be an integral part of the expedition and undertaken during the activity times. Setting up camp is not considered part of the activity program.

A duty of care to yourself and to others is paramount to the success and enjoyment of the group expedition as is an appreciation of the countryside in which you are traveling. Remember that above all this should be a fantastic learning experience in which enjoyment is an integral part of the exercise.

If the group is in a situation beyond their ability or training then they should not be there.

Completing a Route Card

activity guidelines	bronze	silver	gold
duration	2 days 1 night	3 days 2 nights	4 days 3 nights
minimum time for planned activity (walking and purpose/aim) excluding setting up camp	6 hours per day. At least 3 should be spent journeying)	7 hours per day. At least 3 hours and 30 min should be spent journeying.	8 hours per day. At least 4 hours should be spent journeying
approx. distance	24km (15 miles)	48km (30 miles)	80km (50 miles)

You must complete a route card for each day of your expedition and an appropriate foul weather route when your route takes you into high ground that is likely to be difficult in poor weather.

On average a reasonably fit group walks at 3km per hour over level ground when carrying a full pack, although this can drop to 2 km per hours on steep uphill terrain. Other factors can also affect speed, for instance:

- difficult ground conditions due to wet weather conditions or uneven ground
- the fitness levels of the group ~ the least fit member of the group dictates the pace
- visibility ~ poor visibility due to darkness or cloud/mist will slow navigation
- temperature ~ extremes of temperature can affect abilities due to dehydration/tiredness.

It is always good practice and worthwhile to look at and alternative escape routes that can be used in the event of difficult weather conditions. There is a section on your route card for this

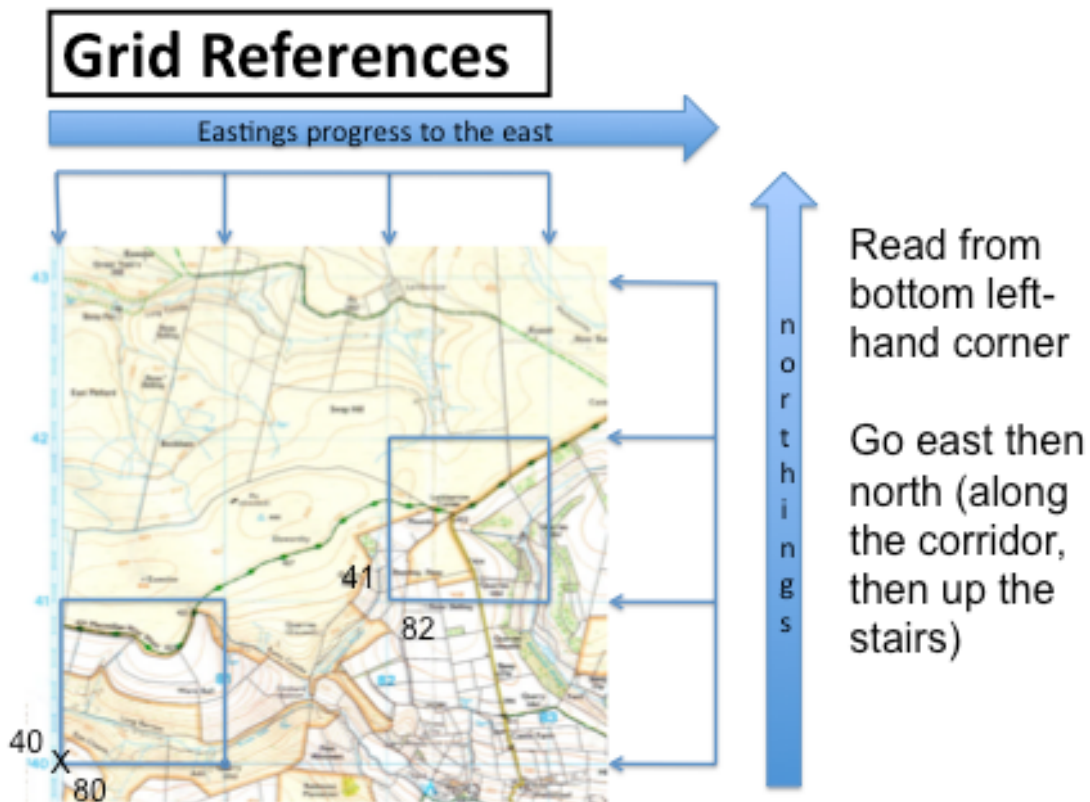
To Estimate Travel Time Taken Over Distance

distance travelled (m)	speed ~ kilometres per hour			
	5 Km p/hour	4	3	2
1000	12 min	15 min	20 min	30 min
500	6 min	7.5 min	10 min	15 min
200	2.5 min	3 min	4 min	6 min
100	1.25 min	1.5 min	2.min	3 min

Important ~ an extra 1 minute per uphill contour line (10 metres height gain) should be added to the time taken on a leg that has a height increase. This is called Naismiths rule.

Guidelines for Completing a Route Card.

- Read the guidelines for the expedition routes.
- Decide upon campsites that are a suitable distance apart. It is a good idea at this stage to make sure that these are available to you on the dates you require or you may find that your time has been wasted when campsites are found to be fully booked. It is therefore prudent to plan campsites well in advance so that you can book sites.
- Neatly mark your suggested route on a 1:25,000 laminated map, follow permitted paths and land and linear features that you will be able to use to navigate over access land: this is colored yellowy beige and outlined in pale brown on the map. A fine tipped permanent marker pen is ideal for marking routes because it will not wash off if it rains during the expedition and it can be removed from laminate maps using nail polish remover, meths or toothpaste. When marking the map, tiny arrows pointing the way at path junctions work well and fine dotted lines will not obliterate useful information. **DO NOT USE BLACK.** Now check the length of your days route to ensure it will be achievable and set you an appropriate challenge to both fill the allotted time and enable you to complete your aim/purpose. Do not create loops as these will just tempt you to take shortcuts. Do not cross non access land unless on a shown path. Do not cross rivers unless at a bridge
- Break the days route up into five and eight checkpoints that can be recognised as identifiable features that you will be able to match up on the map and the land when you are navigating, and record the place name and grid references of these in column one of the route card. Good examples of these are distinct changes of direction, or other notable navigation choices. If these have a cut-off feature beyond them that you can use as a navigational safety net, that is a bonus.



1. Now fill in all of the other details: (See the sample route card in WCC Expedition Top tips)
 - ✓ compass bearing and general direction (both at gold level)
 - ✓ distance in km

- ✓ height climbed in metres
- ✓ time spent journeying, activity time, total time for each leg
- ✓ arrival time at each checkpoint
- ✓ brief description of what you will see as you navigate each leg make reference to features, distances, directions
- ✓ escape routes and notes (Where you would go to get help)
- ✓ activity plans needs to be entered onto page two complete legs that where you will spend time gathering research.

A compass with a roamer scale will help you to produce accurate grid references, and a piece of non-stretchy cord or string works well in conjunction with the scale on the edge of the compass or map for measuring distances.

Remember to add an extra minute for every ten meters of uphill

Work as a team. There are two, three or four days so divide the task up into teams and make it fun by helping each other out and incorporating rewards and treats.

Your expedition must have a clearly defined purpose/aim from the outset

(this is also referred to as the expedition activity and you will be asked about it by your assessor).

A short outline/report of your chosen purpose and how you intend to record and present it needs to be submitted along with the green forms no later than four weeks ahead of the start date of your expedition.

You may wish to produce worksheets for recording data, or bring along a small note book and crayons. Remember to share ideas and whatever is settled upon make sure you bring these with you on the day to distribute to the rest of the team.

!! RESEARCH THE AREA !!

Google the areas to find loads of interesting facts about the land you will be traveling through.

Below are some ideas

Nature:

- plant life - fungi, wild flowers, trees
- animal life

History:

- evidence of people's of the past - Romans, coal mining, local folk lore

Geology and Geography:

- physical profile of the land
- rocks and minerals
- geographical features
- glacial features
- rivers
- use of land
- man's effects on the land

Observations:

- weather forecasts
- photographic record of the journey
- sketches and drawings of the area

Social Studies:

- group dynamics ~ development/adjustment of relationships/roles
- personal/group experiences highs/lows
- nature's influence on the psyche

Recording methods will differ depending upon topic chosen. Usual methods include video, photography, sound recording, diary writing etc.

Presentations should be designed to capture the interest of your audience and to pass on the knowledge you have gained from your experience. They can take the form of plays, poetry, art, formal powerpoint, photographic exhibition. There is no reason why they cannot be as creative and entertaining as the individuals involved.

Remember The Country Code

The Countryside Code was put into place to provide a common code of conduct for all people operating in the countryside. It exists in order to protect the purity of the outdoor environment and it is vital that it is adhered to and that the outdoors is respected. It consists of 12 basic rules, which are as follows:

1. Enjoy the countryside and respect its life and work
2. guard against all risk of fire
3. fasten all gates (leave gates as your group finds them).
4. keep dogs under close control.
5. keep to public paths across farmland.
6. use gates and stiles to cross fences, hedges and walls.
7. leave livestock, crops and machinery alone.
8. take your litter home.
9. help to keep all water clean
10. protect wildlife, plants and trees.
11. take special care on country roads.
12. make no unnecessary noise.

Wild camping ~ As well as the above rules which apply when walking in the countryside there are extra considerations to be applied when wild camping, especially in relation to toilet habits and chemical pollution from washing dishes and self.

Sanitation ~ urinate as far as possible (at least 30m) away from running water and defecate as far (at least 50m) from running water, paths and buildings. When defecating outdoors dig a hole at least 4 inches deep then fill the soil back in and place a good sized stone on top to prevent animals from digging it up. Remove used toilet paper and either burn it, or dispose of it when you reach civilisation, even if that means carrying it out in a plastic bag until it is convenient to do this.

Hygiene (of self and cooking equipment) ~ under no circumstances should you wash in rivers. If you do want to use river water to wash either yourself or your dishes, then you must take the water out of the river/stream and wash at a safe distance away. The chemicals that are contained in most washing products will harm the delicate balance of plant and animal life in the streams and this must be avoided at all costs.

Many environmental organisations, the BMC and the John Muir Trust, to name a couple, have fought a long and often difficult uphill battle to keep the access to the countryside open to the public and to preserve it for the future, through voluntary conservation work (paths, walls/fences, habitats). Individuals or groups who show little respect for the countryside and the wildlife that lives there make this task harder because their behavior gives the people who would deny access rights to walkers and campers the evidence they need to prove that the environment is being misused and spoiled in the process. It is therefore everyone's duty to take care of the outdoors and to behave responsibly.

Take nothing but pictures; Kill nothing but time; Leave nothing but footprints, To show you came by. by John Kay