









## Expedition route card (use one per day)

<b>Aim of expedition:</b>											<b>Name of Group and contact details:</b>	
<b>Expedition level:</b> Bronze		<b>Day of the week:</b> Tuesday		<b>Date:</b> 20-08-2019		<b>Day number:</b> 1 of 1		<b>Speed in km/h:</b> 3		<b>Names of team members:</b>		
Leg	Grid Reference	Bearing	Distance (km)	Height climbed (m)	Journey time (mins)	Project work (mins)	Rests (mins)	Total leg duration (mins)	ETA	Setting out time: 06:00:00	Team name:	
	START NN 422 577									Leg description	Escape notes	Activity for your aim
0	To: NN 422 577		0.00	0	0	0	0	0	6:00			
1	To: NN 417 579 Enter Forest		0.62	0	12	0	0	12	6:12			
2	To: NN 409 574 Track Junction		0.92	24	21	0	0	21	6:33	Keep left at fork closer to loch		
3	To: NN 374 549 Exit Forest		4.68	157	109	0	0	109	8:22			
4	To: NN 360 548 Track Junction		1.39	20	30	0	0	30	8:52	Take the single path to the right (unless in poor condition)		
5	To: NN 348 548 Junction		1.19	14	25	0	0	25	9:17	Keep to single track North of Landrover Track		
6	To: NN 337 548 Fork - Go right		1.10	17	24	0	0	24	9:41	Go right		
7	To: NN 297 560 Black Corries Lodge		4.70	96	104	0	0	104	11:25			
8	To: NN 259 549 Yellow Road		4.41	16	90	0	0	90	12:55	Go left		
9	To: NN 259 546 Night 1 Campsite		0.26	0	5	0	0	5	13:00	Camp North of Bridge		
<b>Totals:</b>			<b>19.27</b>	<b>344</b>	<b>7h 00min</b>	<b>0min</b>	<b>0min</b>	<b>7h 00min</b>		<b>Supervisor's name, location and tel No:</b>		