





Expedition route card (use one per day)

Aim of expedition:											Name of Group and contact details:	
Expedition level: Bronze		Day of the week: Tuesday		Date: 03-09-2019		Day number: 1 of 1		Speed in km/h: 3		Names of team members:		
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 256 608									Leg description		
0	To: NN 256 608		0.00	0	0	0	0	0	6:00			
1	To: NN 289 634 Bothy at Loch Chiarain		4.27	69	92	0	0	92	7:32			
2	To: NN 320 687 Junction - Go right over bridge		6.40	143	142	0	0	142	9:54			
3	To: NN 326 690 Bridge - turn right		0.70	21	16	0	0	16	10:10			
4	To: NN 341 681 Fork - go left over bridge		1.94	109	50	0	0	50	11:00			
5	To: NN 362 672 Fork - go left		2.38	66	54	0	0	54	11:54			
6	To: NN 367 672 Fork - go left		0.59	13	13	0	0	13	12:07			
7	To: NN 368 674 Enter forest		0.23	9	6	0	0	6	12:13			
8	To: NN 410 698 Corrour Lodge		4.98	33	103	0	0	103	13:56			
9	To: NN 411 701 Exit forest		0.32	15	8	0	0	8	14:04			
10	To: NN 412 704 Night 2 Campsite		0.39	5	8	0	0	8	14:12			
Totals:			22.20	483	8h 12min	0min	0min	8h 12min		Supervisor's name, location and tel No:		