



Silver Expeditions Route Planning 2020

Silver Duke of Edinburgh

SILVER

Volunteering 6 months

Physical

one section for
6 months, the

Skills

other for 3 months

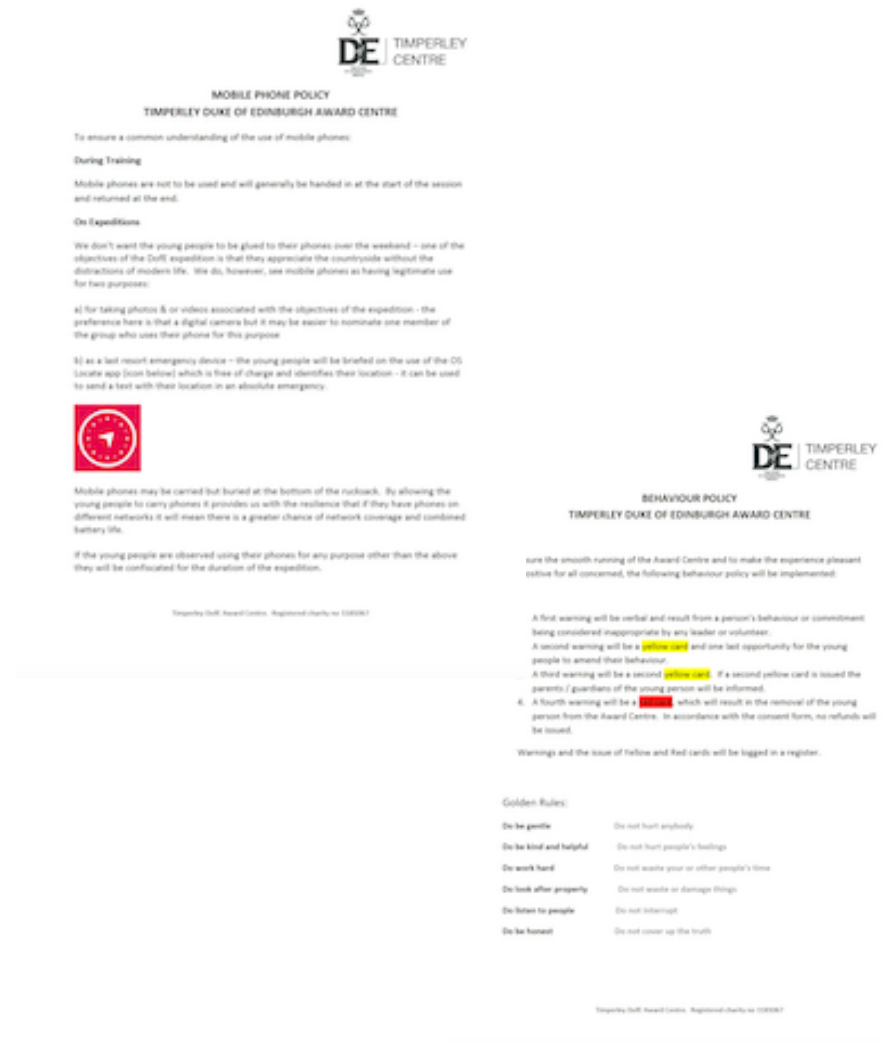
*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



Policies

- Behaviour Policy
 - You have all signed up to this
 - They are on website
 - If breaking policy
 1. Verbal Warning
 2. Yellow Card
 3. Second Yellow Card
 4. Red Card
- Mobile Phones
 - Hand in phone at start of session
 - Returned at end



Policies can be found on website at
<https://dofetimperley.org.uk/information/>

Silver Expeditions

- 3 Practice Route Planning Sessions
 - 1 Practice Expedition (3 days & 2 nights)
-
- 3 Qualifier Route Planning Sessions
 - 1 Qualifier Expedition (3 days & 2 nights)
-
- 2 Presentation Preparation Evenings
 - 1 Presentation Evening
-



Direct to Silvers

- One day training (with Bronze)
 - Navigation
 - First Aid
 - Cooking
 - Tent Pitching
- One day walk
 - Includes navigation training



Expedition Route Planning



- Thursday 7.30-9pm
- Groups plan their own routes
- Routes marked on map
- Route card completed
- Food planning
- Group kit planning

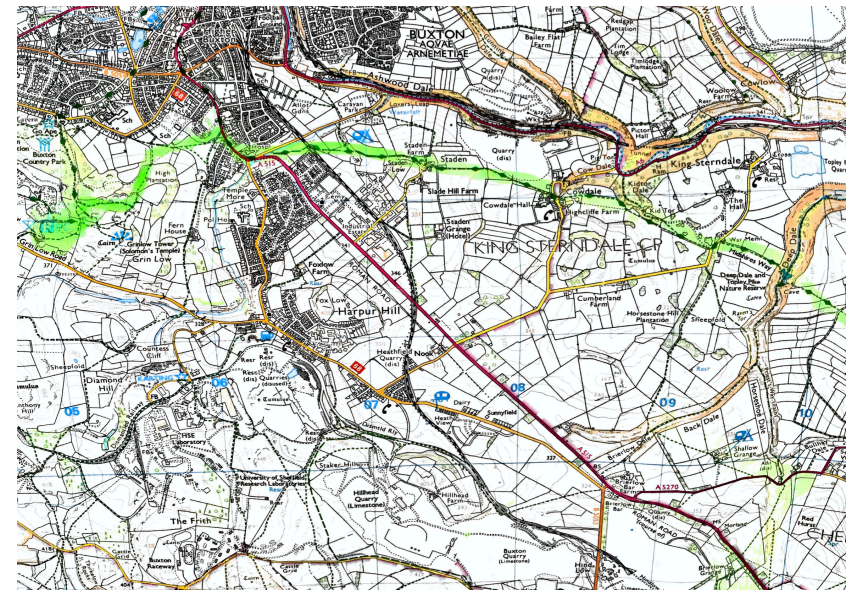


Maps

- Itinerary Provided
- Split up groups into 3 – do a day each
- Use highlighter pen initially (can be rubbed off)
- Find and highlight day start & end points
- Locate & mark route following marked paths
- Measure to ensure it is 15-20km
- Get leader to check
- Feel free to mark initially on more than one map (to make it easier to work on different days). However, final routes must all be on a single map

Silver Practice 2020 – SQ1 and SQ2

Yorkshire Dales National Park, Ordnance Survey Explorer Map OL2		
https://goo.gl/maps/G5vUi6gzRBxuZDhj9		
Stage	Location	Grid Reference
Start Point Fridays 9am	Bentham Car Park, Grasmere Drive, Bentham Lancaster LA2 7PR	SD 667 693
Campsite 1 SP1 Fri 17 April SP2 Fri 1 May	Dalesbridge Centre Austwick, Nr. Settle Yorkshire Dales, LA2 8AZ Contact: Jon Beavan, Tel 015242 51021 Email info@dalesbridge.co.uk	SD 763 676
Campsite 2 SP1 Sat 18 April SP2 Sat 2 May	Cragg Hill Farm Contact: 01729 860 266	SD 806 709
Finish Point Sunday @4pm	Malham National Park Centre Chapel Gate Malham BD23 4DA	SD 900 627



Route Cards

- One route card per day
- 2 sides (with room for 12 legs if required)
- Complete info on page 1
- Once route identified and is of correct length, split into legs
 - Mark legs based on identifiable start and end points
 - Each leg should be 2-3km
 - Write in legs onto route card

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 1

Centre name/logo: **Timperley DofE**

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 m	Time allowed for travel	Time for aim, 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								

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit www.DofEshopping.org

Feb 2020

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 2

Centre name/logo: **Timperley DofE**

Leg no	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
7	From: GR	To: GR								
8	From: GR	To: GR								
9	From: GR	To: GR								
10	From: GR	To: GR								
11	From: GR	To: GR								
12	From: GR	To: GR								

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

Totals: _____

Finish time: _____

Team Supervisor's name, location and Tel No: _____

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Route Cards

Route Cards

- From – Name of start point plus grid ref
- To – Name of end point plus grid ref
- Distance – Distance in km
- Height climbed – Calculate using contours (distance up only)
- Time travelled – 20 min per km plus 1 min for every 10 metres up
- Time for break – Allow time
- Total time - Calculate
- Time at end of leg - Calculate
- Details of route – Write detail
- Escape to – Place where you could be picked up

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 1

Centre name/logo: **Timperley DofE**

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 m	Time allowed for travel	Time for aim, 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								

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DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 2

Centre name/logo: **Timperley DofE**

Leg no	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
7	From: GR	To: GR								
8	From: GR	To: GR								
9	From: GR	To: GR								
10	From: GR	To: GR								
11	From: GR	To: GR								
12	From: GR	To: GR								

Totals: _____

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

Finish time: _____

Team Supervisor's name, location and Tel No: _____

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Feb 2020



THE DUKE OF
EDINBURGH'S AWARD

Example Route Card



DofE EXPEDITION ROUTE CARD (use one per day)

Centre name/logo:

Team name: Silver 6 Day number: 2 Day of week & Date: / /

Aim of expedition: A funny video diary

Setting out time:		Names of team members:		Annie		JESS		Amelie		Amar	
		Luka		Austin		Sid					
Leg no	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, 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 <u>The Dalen bridge</u> <u>763, 673</u>	To: GR <u>Austwick bridge</u> <u>771, 682</u>	1.8	+10	30	10	40	9:10	SW from camp down road until FP, head N then NW up FP until cross rd, head NE up rd, head E then N up rd until FP.	Hotel 769, 683	
2	From: GR <u>Austwick bridge</u> <u>771, 682</u>	To: GR <u>Gop Ridding</u> <u>785, 689</u>	1.8	+70	35	10	45	9:55	Head E then N up rd until cross rd, take E one rd to road.	Gop Ridding 785, 689	
3	From: GR <u>Gop Ridding</u> <u>785, 689</u>	To: GR <u>waterfall</u> <u>777, 702</u>	2	0	35	15	50	10:45	Head NE until cross rd, take N one, stay on the same FP until rd, head NW up rd, keep on the same FP until waterfall.	White house 778, 695	
4	From: GR <u>waterfall</u> <u>777, 702</u>	To: GR <u>N of Munter styl</u> <u>780, 717</u>	2.4	60	45	15	60	11:45	Stay on same FP straight until cross road of 7 FPs, take NE one until checkpoint.	Copie bank 782, 721	
5	From: GR <u>N of Munter styl</u> <u>780, 717</u>	To: GR <u>Area of shaleholes</u> <u>789, 729</u>	2.1	80	50	60	110	1:15	Head on same FP NE until 1st crossroads, head N until checkpoint.	Beecroft Hall 798, 727	
6	From: GR <u>Area of shaleholes</u> <u>789, 729</u>	To: GR <u>Horbar</u> <u>809, 729</u>	2.8	0	45	15	60	2:15	Head along same FP SE across main track and then SW rd head N until FP, follow FP until rd, head E until FP, head NE up FP.	Harbour 809, 729	
7	From: GR <u>Horbar</u> <u>809, 729</u>	To: GR <u>Horton bridge</u> <u>811, 721</u>	2.1	0	35	10	45	3:00	Head NE until cross rd, take SE one and follow it, then W until rd head S down rd, then E and follow it to that is road.	Horton bridge 811, 721	
8	From: GR <u>Horton bridge</u> <u>811, 721</u>	To: GR <u>Craghill farm</u> <u>806, 709</u>	2	0	35	0	35	3:35	Find FP to the E of the road, follow it S then N then SW until you join the main road and follow it S until checkpoint.	Craghill farm 806, 709	
Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours of journeying.			Totals:		17	220	5.2 hrs	2.25 hrs	7.45 hrs	Finish time 3:35	Team Supervisor's name, location and Tel No:


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Mar 2015

Checking & Copies

What I need

- Once each of you have completed a day and had it checked, share it with me
- I will have my computer
- I will enter the route into the OS Map website
- This will check the route and distance
- It will also allow me to print copies which we will laminate and give to you on the expedition
- Route card copies will also be laminated
- **IMPORTANT** – Once the route is approved, mark it with indelible marker (sharpie) instead of highlighter


DofE EXPEDITION ROUTE CARD (use one per day)

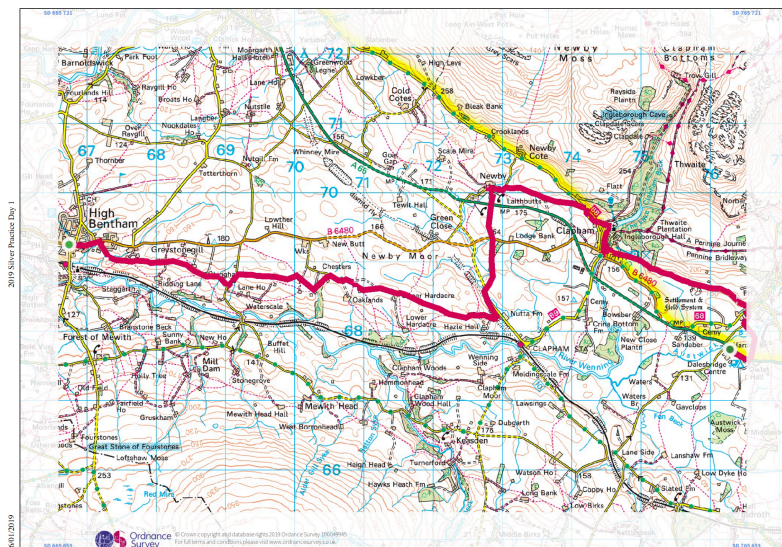
Team name: Silver 7 Day number: 3 Day of week & Date: / /

Aim of expedition:

Centre name/logo:

Setting out time:	Names of team members:								
Start of leg:	End of leg check point:	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
Grid Ref & place name	Grid Ref & place name								
1 From: GR <u>719,807</u> <u>crag hill farm</u>	To: GR <u>691,805</u> <u>Sussex moor</u>	3	2	60	10	72	9:12	Follow path from Crag Hill Farm South until reaching a crossroads. Follow the road West until it is a T-junction.	Crag Hill Farm
2 From: GR <u>691,805</u> <u>Sussex moor</u>	To: GR <u>673,814</u> <u>Spout (at fork watercourse)</u>	2.5	2	50	10	62	10:14	Follow the road South until a crossroads near Spout (at fork watercourse).	Sunny bank barn
3 From: GR <u>673,814</u> <u>Spout (at fork watercourse)</u>	To: GR <u>659,835</u> <u>Cattle grid</u>	3	6	60	10	76	11:30	Follow the road East through Edingworth town and cattle grid. Turn right onto the road South until the cattle grid.	Little Stearnforth
4 From: GR <u>659,835</u> <u>Cattle grid</u>	To: GR <u>659,849</u> <u>Shake holes</u>	3	6	60	40	106	1:16	Continue on South until you get to a path going East. Follow a road and cattle grid to Shake holes.	Cow close
5 From: GR <u>659,849</u> <u>Shake holes</u>	To: GR <u>653,872</u> <u>area of shake holes</u>	2	1	40	10	51	3:07	Follow the path East to area of Shake holes.	Shake holes
6 From: GR <u>653,872</u> <u>area of shake holes</u>	To: GR <u>649,891</u> <u>car park</u>	2	0	40	10	50	3:57	Follow the road West onto a path going South.	Pennine bridleway
7 From: GR <u>649,891</u> <u>car park</u>	To: GR <u>628,898</u> <u>car park</u>	2.5	0	50	10	60	4:57	Follow the path South until a road and follow the road South through the town to the car park.	car park
8 From: GR <u> </u>	To: GR <u> </u>								
Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours of journeying.		Totals:	18	17	36	114	8:37	4:57	Team Supervisor's name, location and Tel No:

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Menu Planning & Kit

Menus & Kit

- Work out what food you want to eat
- Write it down
- Agree who will buy what
- Generally, one person buys the ingredients for a meal
- Individuals buy their own day food / snacks
- Agree amongst yourselves how you want to do it
- Need to cook one hot meal per day. Hot breakfast also good idea



DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold Practice / Qualifying



Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

For more advi

GROUP KIT

GROUP NUMBER :

Who is carrying what?

Two items of each below to be shared evenly amongst the group

	1	2
Ground Sheet		
Fly Sheet		
Inner		
Poles		
Pegs		
Stove		
Gas		

Group Photos

- We also want group photos of you
- This will help leaders and assessors know who you are when assessing
- We will ask groups to do this during the planning sessions

