

Expedition route card (use one per day)			Team number:
Team name: 1st Not Lost A	Day number: 1	Day of week & date: Saturday 30 Sep 17	42
Aim of expedition: To beat everyone else!			

Start time	08:15	Names of team members		Jane Smith	John Smith	Tim Peake	Steve Backshall				
Start grid	S0 409 021			Joe Bloggs	Bear Grylls	Helen Glover					
Leg no	To: (grid ref place name)	Distance (km)	Height gain (m)	Travel time	Time for breaks	Total for leg	ETA	Break time at CP	ETD	Brief details of route to be followed	Escape to
1	ST 411 922 CPE - Yew Tree Farm	5.3	270	1hr 58m	10m	2hr 8m	10:21	5m	10:26	Cross road, around church, cross road, over hill to All-y-bela, FP through Coed-Cwnwr, roads to CP	All-y-bela
2	S0 430 008 CP 1 - Llan-gwm-isaf	4.2	80	1hr 20m	10m	1hr 30m	11:56	5m	12:01	FP then roads to Oakfield Farm, FP to Pont-y-gath, road to Llungwm, then to CP	Various farms
3	S0 439 018 CP 2 - Ty Llwyd	1.7	60	34m	5m	39m	12:40	20m	13:00	Follow footpath straight over hill to Ty-llwyd	Return to last checkpoint
4	S0 419 026 CP 3 - Gliding Club	2.7	30	49m	5m	54m	13:54	None	13:54	Follow footpath briefly to The Horrels then road to gliding club	Return to checkpoint or various farms
5	S0 408 034 CP 4 - Cefntilla	2.2	40	41m	5m	46m	14:40	5m	14:45	Follow footpaths to Llandenny then to checkpoint	Cut straight across to base camp
6	S0 409 021 Base camp	1.9	0	32m	5m	37m	15:22			Follow road back to campsite	Return to previous checkpoint
7											
8											
<b>Totals</b>		18.0	480	5hr 54m	40m	6hr 34m	<b>Finish:</b> 15:22	Emergency contact numbers: GT Control: 07987 654321			