How the 5 Ds match the columns of the Route Card

Aim of the Expedition: ---							**Name of group and contact details:** Training Day 1			**Team Name:** ---
Date: 17-03-2024 **Day of the week:** Sunday			**Setting out time:** 11:00:00 **Day Number:** 1 of 1		**Expedition level:** Silver **Speed in km/h:** 4					**Names of team** ---
Leg	**Grid Reference**	**Bearing**	**Distance (km)**	**Height climbed (m)**	**Journey time**	**Project work**	**Rest**	**Total leg duration**	**ETA**	**Leg description**
0	Start: NT 2123 6768 Bonaly campsite	---	0.00	0.00	0 min	0 min	0 min	0 min	11:00	Start at Bonaly campsite
1	To: NT 2061 6770 N end of Torduff dam	---	0.90	46.37	18 min	0 min	0 min	18 min	11:18	

Destination

Direction **Distance**

Duration

Turn R at car park, follow path round hill to Torduff

Description