



The Duke of Edinburgh Award Bronze Walking Expedition Example Project

By: John Jenner B.Ed. Hons



Possible Causes of Pollution to the River Exe

© Paul Hildrey

Photo courtesy of: West Country Hunting News 2004

Contents

- Who was in my group.
- Group & personal kit
- Food Menu
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Photo courtesy of: BBC SW

My Group



Sophie



Chantelle



Amy



Amber



Jessica



Abby

Claire



Alice



Carl



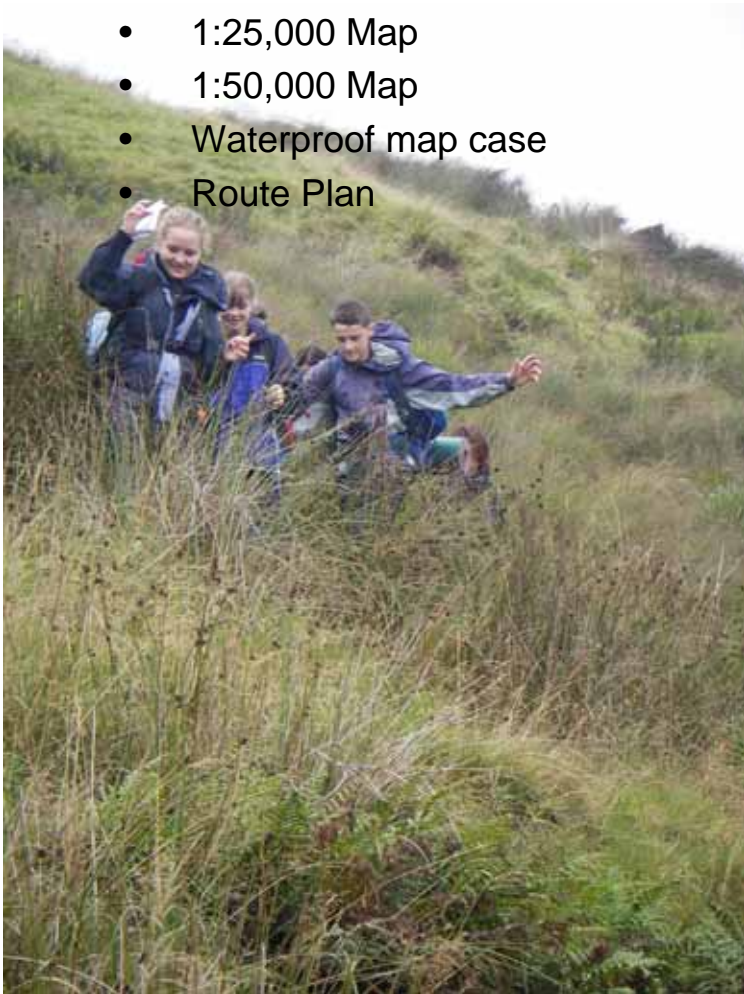
Personal Kit

- Rucksack
- Bin Liner
- Platypus
- Hat + Gloves
- Sleeping bag + compression sack + bin liner
- Ground mat
- Spare set of clothes, in waterproof bag & compression sack:
 - Socks
 - Trousers
 - Underwear
 - base layer
 - mid layer
 - Fleece
- Tooth brush & paste
- Pain relief
- blister plasters
- Boots + good quality walking socks
- Gaiters
- Rain trousers & rain coat
- Compass + Whistle
- Torch
- Mobile Phone
- Survival Bay
- Emergency rations
- Small towel + soap wipes
- First aid kit
- Camera
- Note book & pencil
- sunscreen



Group Kit

- Tent
- Trangia Cooker + gas + lighter
- 1:25,000 Map
- 1:50,000 Map
- Waterproof map case
- Route Plan



- First Aid Kit:
 - Triangular bandage x2
 - Paristimol
 - Tweezers
 - Scissors
 - Plasters, assorted
 - Wound dressings x 3
 - Pencil & waterproof paper
 - Change for phone
 - Sterile wipes x 8
 - Band-Aid strips (6 cms wide), Zinc Oxide
 - Melolin gauze dressings
 - pain killers,
 - Calamine cream
 - insect repellent
 - sunscreen.

Food Menu

- Morning Snack.
 - Apple
 - Cereal & Nut bar
- Lunch Sat.
 - X4 sandwiches
 - X2 Malt loaf
- Afternoon Snack:
 - Kiwi fruit
 - Cereal & nut bar
- Dinner Sat.
 - Ready meal, Lancashire hot pot
 - Chocolate pudding
 - Hot chocolate drink
- Breakfast Sun.
 - Sausage & Beans ready meal
 - Tea
- Morning Snack:
 - Apple
 - Shortbread biscuits
- Lunch Sat.
 - X3 Breakfast bars
 - Dried fruit bag
- Afternoon Snack:
 - Twix
 - Cookies

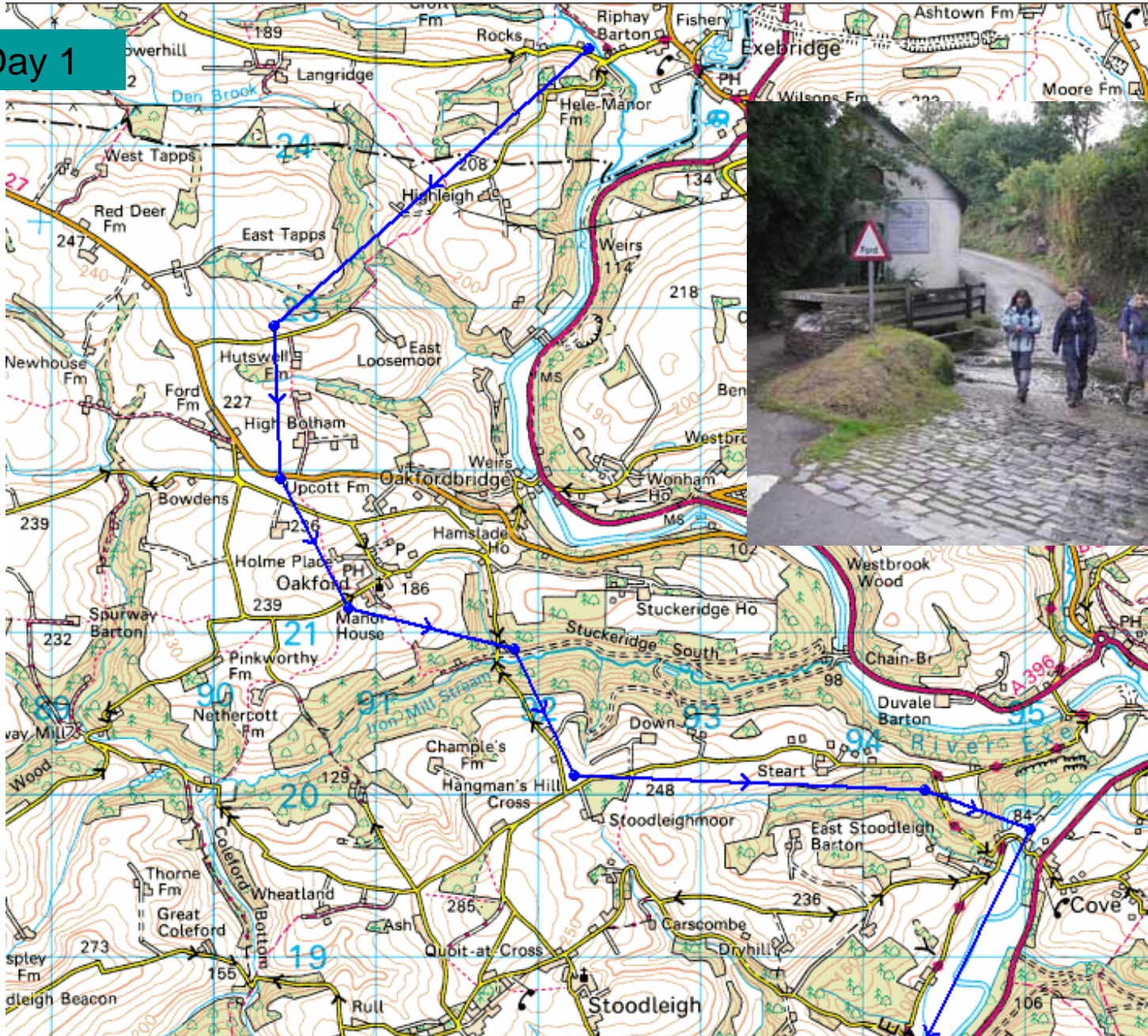


Exploration Plan

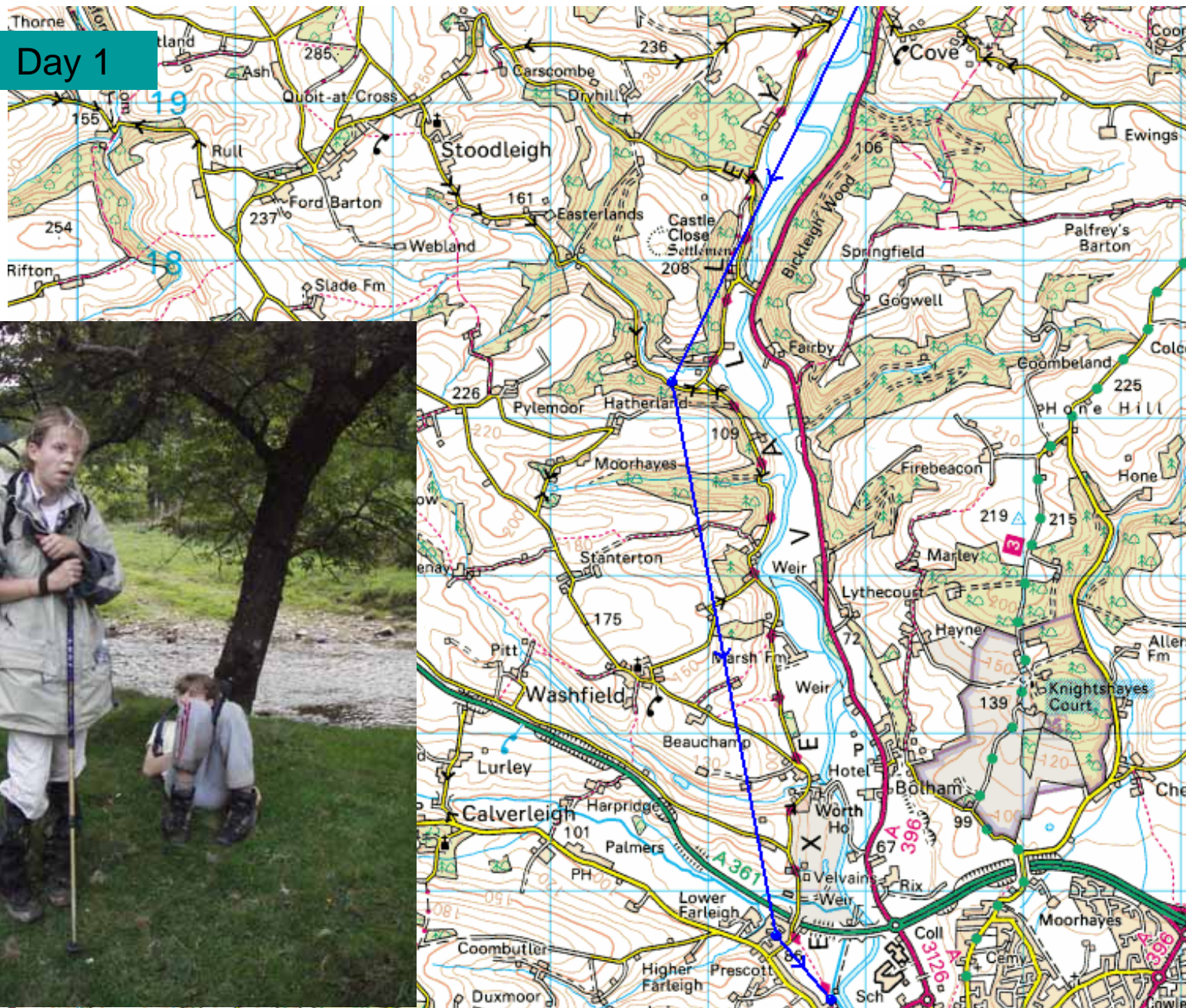
- Take lots & lots of photos
- Make short notes on my voice memo for each photo taken.
- Grid reference for each photo taken.
- Look out for interest shots as well as possible pollution shots.
- Ensure I don't upset farmers etc with topic of pollution.



Day 1

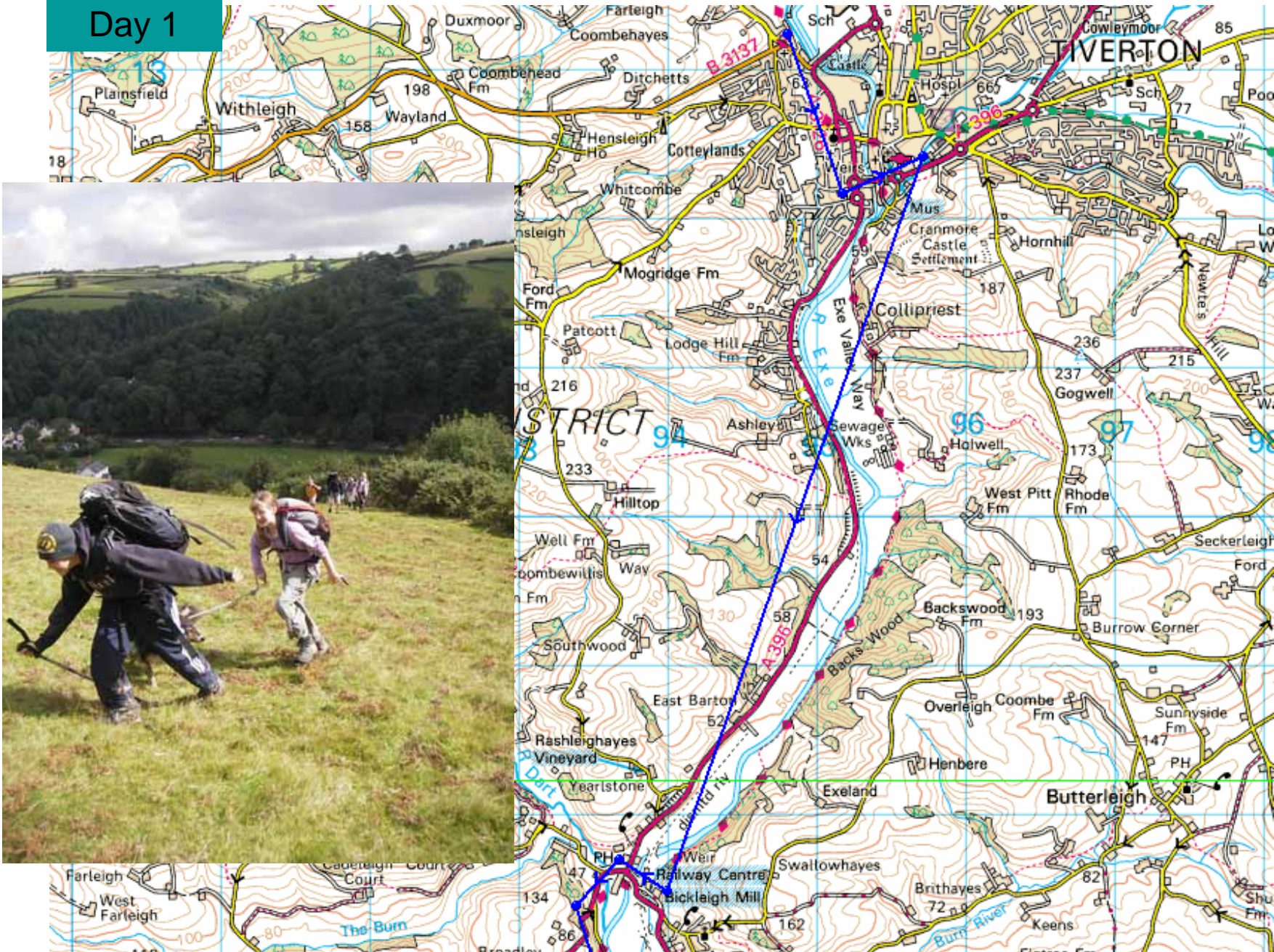


Day 1



Leg	Place / Position / Elevation	Bearing	Distance	Ascent	Time	Rest time	Total time	ETA	Comments	Notes
0	<u>Riphay Barton</u> SS 92389 24518							09:00		
1	<u>Hutswell Fm</u> SS 90464 22818	229°M	2.57 km	167 m	0:47	0:05		9:52		
2	<u>Upcott Fm</u> SS 90519 21963	177°M	857 m	46 m	0:14	0:03		10:09		
3	<u>Oakford</u> SS 90879 21238	154°M	810 m	22 m	0:11	0:03		10:23		
4	<u>Iron Mill Stream</u> SS 91729 20858	115°M	931 m	9 m	0:12	0:15		10:50	First Aid Scenario	
5	<u>Hangman's Hill</u> SS 92154 20018	154°M	942 m	131 m	0:24	0:05		11:19		
6	<u>Below Dryvale Barton</u> SS 94464 20108	089°M	2.31 km	13 m	0:29	0:20		12:08	Navigational Exercise	
7	<u>Cove</u> SS 94794 19618	147°M	591 m	5 m	0:07	0:15		12:30	Lunch	
8	<u>Hatherland</u> SS 94049 17208	198°M	2.52 km	21 m	0:32	0:05		13:07		
9	<u>Lower Farleigh</u> SS 94537 13715	173°M	3.53 km	202 m	1:02	0:05		14:14		
10	<u>Oposite Sch</u> SS 94787 13310	149°M	476 m	1 m	0:05			14:19		
Totals:			15.5 km	611 m	4:07				Supervisor:	

Day 1



Leg	Place / Position / Elevation	Bearing	Distance	Ascent	Time	Rest time	Total time	ETA	Comments	Notes
0	Opposite Sch SS 94804 13248							09:15		
1	Double Round about SS 95274 12258	155°M	1.1 km	0 m	0:13			09:28		
2	Round about SS 95544 12258	091°M	270 m	4 m	0:03			9:31		
3	Bickleigh Mill SS 93874 07508	200°M	5.04 km	199 m	1:20	0:15		11:06	First aid scenario	
Totals:			6.1 km	425 m	1:36				Supervisor:	

Definition

pollute [\[Show phonetics\]](#)

verb [T]

to make an area or substance, usually air, water or earth, dirty or harmful to people, animals and plants, especially by adding harmful chemicals:

*The fertilizers and pesticides used on many farms are polluting the water supply.
We won't invest in any company that pollutes the environment.*

FIGURATIVE Many Americans complain that broadcasters pollute the airwaves with violence, sensationalism and sleaze.



Graphic courtesy of: *Karel Van Der Zwiiep, Jiri Dusk*

pollution [\[Show phonetics\]](#)

noun [U]

damage caused to water, air, etc. by harmful substances or waste:

air/water pollution

*The manifesto includes tough measures to tackle road congestion and **environmental** pollution.*



Photo courtesy of: Miami University (Oxford, Ohio)





Trekking through some lovely woods at Backs Wood & the best thing is it's flat.



An amazing branch shape found below Highleigh Farm



Pollution can take many forms, this old shed could be said to be visual pollution & possibly over the years fall into disrepair, it's getting close now, & finally some of it may find its way into the river Exe



Easy for rubbish to blow out of bins



A beautiful house spotted just outside Winsford



Discarded litter, in this case packaging for nuts.



Climbing up from Iron Mill Stream, it was soooo steep & soooo long, Amy just got the fit of giggles & could hardly walk.



Mr J. was tickled pink by this post box made from an old gas bottle, what ever keeps him happy!



Old netting, a danger to wildlife as well a pollution



Visual pollution in the Exe valley



Creosote to preserve the telegraph pole, can easily get washed into the water course.



Traffic causes a great deal of pollution, sound, spills of oil & fuel, bit of the tire & in this case damage to the roadside.



Trees & branches often find their way into the river, causing great problems when the river is in spate.



Discarded tissue paper



Graphite on a bridge in Tiverton, visual pollution or is it fine art?



Flat lowland walking at last & sun shine to boot, heaven, well almost, we are still walking. Walking Walking & yet more walking.



Discarded drinks bottle, I saw so many of these throughout the two days.



Pheasant feeders, the number of birds reared in this intensive manner, causes pollution, from their excrement, puddling of the ground by their feet at feeders, dead birds & discarded feeders.



A lovely line of cottages spotted at Helle Valley farm, it gave a welcome break after a hard climb up the valley from Exebridge.



A wall in disrepair, the bits of the wall, fall to the ground & then are washed into the watercourse.



Discarded tractor tyres, not much more than a visual pollutant.

Smaller car tyres however do make their way into the river.



Discarded plastic bags at a farm, so many of these find their way into the river.

Also the pile here is a visual pollutant.





Discarded farm machinery in the hedge. A danger to wildlife & people.



How Amy found her rucksack comfortable walking like this I do not know!



Gators are wonderful things if you wear them!



A fertiliser spreader, the fertiliser gets washed off the fields into the rivers, where it causes the plants to grow too rapidly, starving the river of oxygen & killing fish.

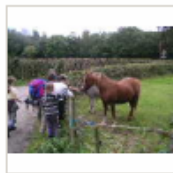


Visual & sound pollution form electric lines



Machinery causes sound pollution & often has fuel or oil leaks as well as the damage to the flora while they are working.

Folder X



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PICT0101.JPG



PICT0102.JPG



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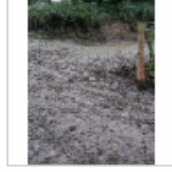
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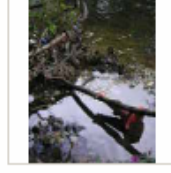
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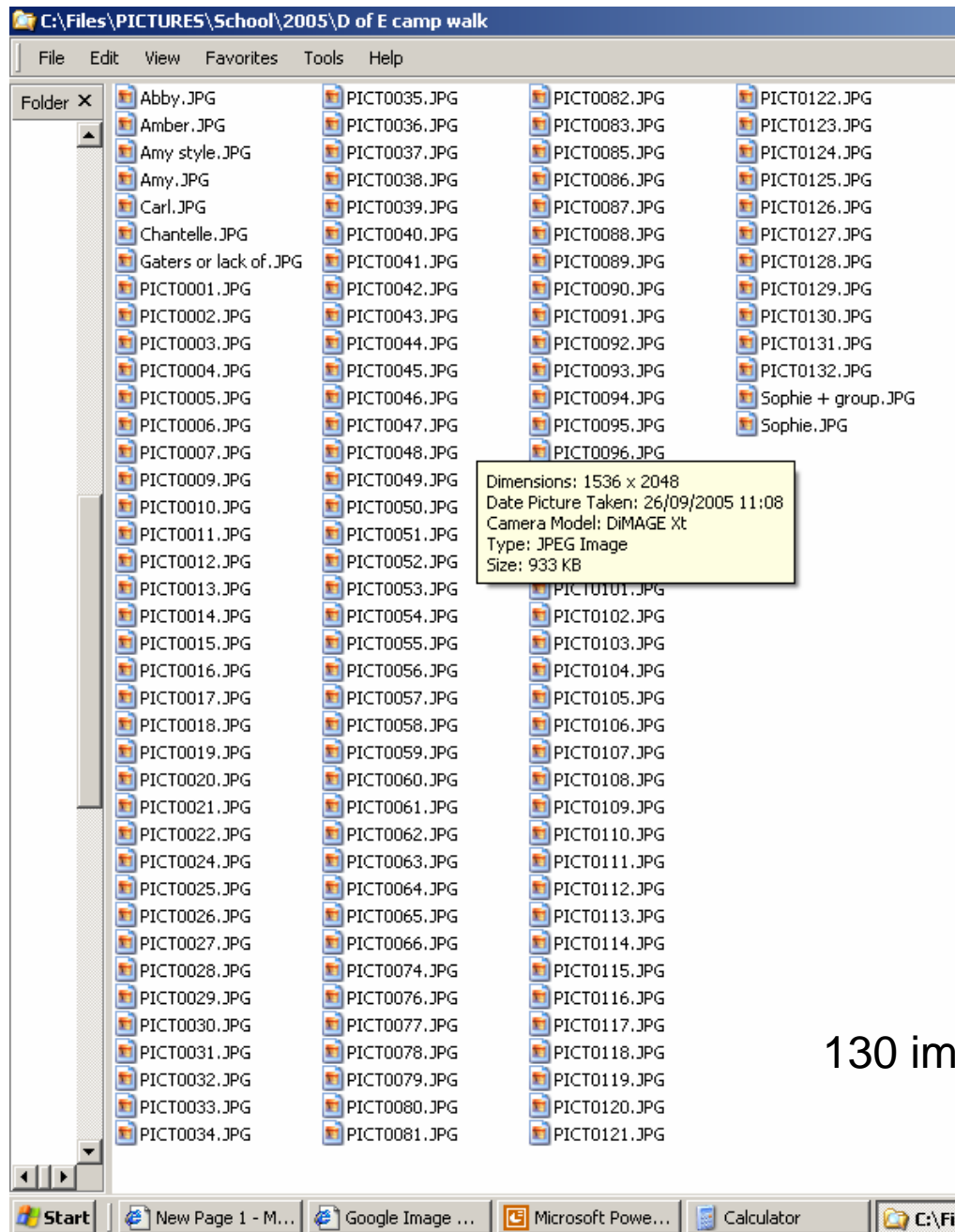
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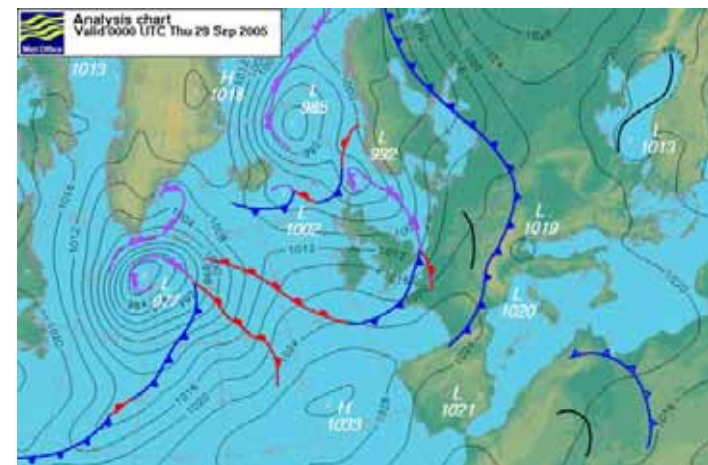
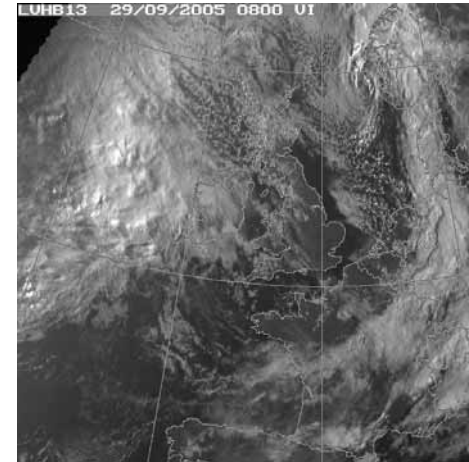
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130 images & my battery ran out!

Weather

- Saturday
Showers with bright intervals
- Saturday Night
Windy, with heavy showers
- Sunday
Heavy showers & bright sunshine



Conclusion

It was really hard work, especially getting up on Sunday morning. My legs on Monday did not feel like they were mine.

The valley & its river were very clean with little sign of pollution apart from lots of discarded rappers & bottles.

There were times when I wished I was any were else but their, walking but now it's over & I look back I'm proud of what I achieved, reflecting back on all our practise walks & did not ever think I would be able to carry such a heavy weight for so long over so many hills. But I did & I feel really good about myself for doing it.

I also have 8 really good mates who I've shared these hard times with, we got to know each other so well, especially camping out at night. We actually played 'hide & seek' back at camp, where did I find the energy from!

Hope you enjoy reading my little project, I enjoyed putting it together.

