



# Expedition Presentation 2022- **SPECTRE**

Hey

James

Denny

Jason



# TEAM PHOTO



# Our expedition aim

**Keep a log of the weather throughout your expedition and how we adapt it**

Record your different emotions over the expedition and relate it to the physical challenge.

Record the environmental impact in peak district nation park

# Food Plan

	1	2	3	4
Breakfast	Porridge + Soup	Soup + Coffee	Porridge	Porridge + Soup
Lunch	Energy bar	biscuit	tortilla wrap w/ peanut butter	Tuna with tortilla warp
Snacks	Beef jerky	Energy bar (Grenade Carb Killa Bar)	Mixed Nut and Dried Mango	Dried Cranberries and fruits
Dinner	Egg fried rice	Packet of Curry+ Instant noodles	Spaghetti + Green Pesto	Packet of pre- made dinner

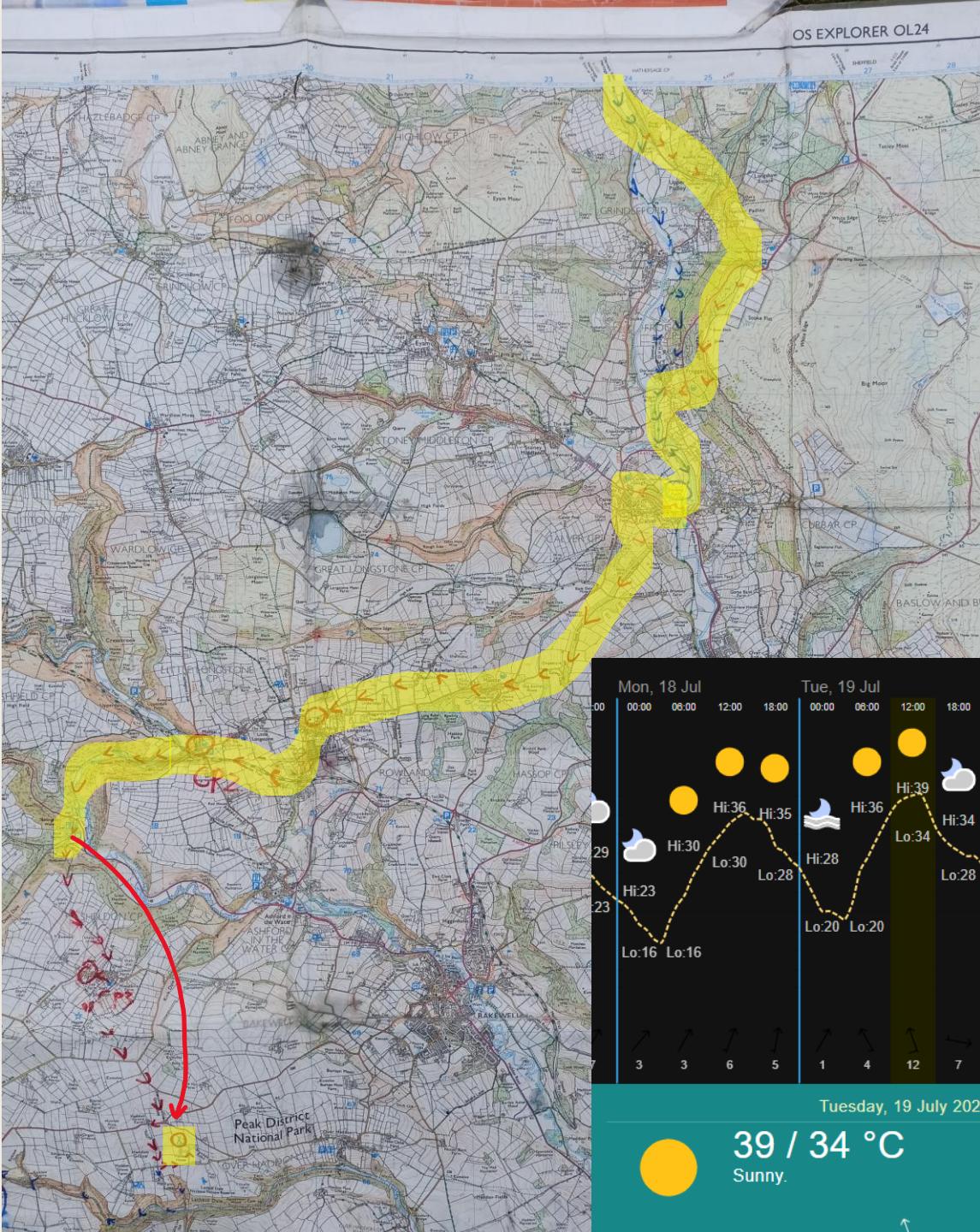
# Route Plan

## Day 1 & 2

Due to the heat warning issued by MET office, we decide to leave the campsite around 06:00 and shorten the journey after the

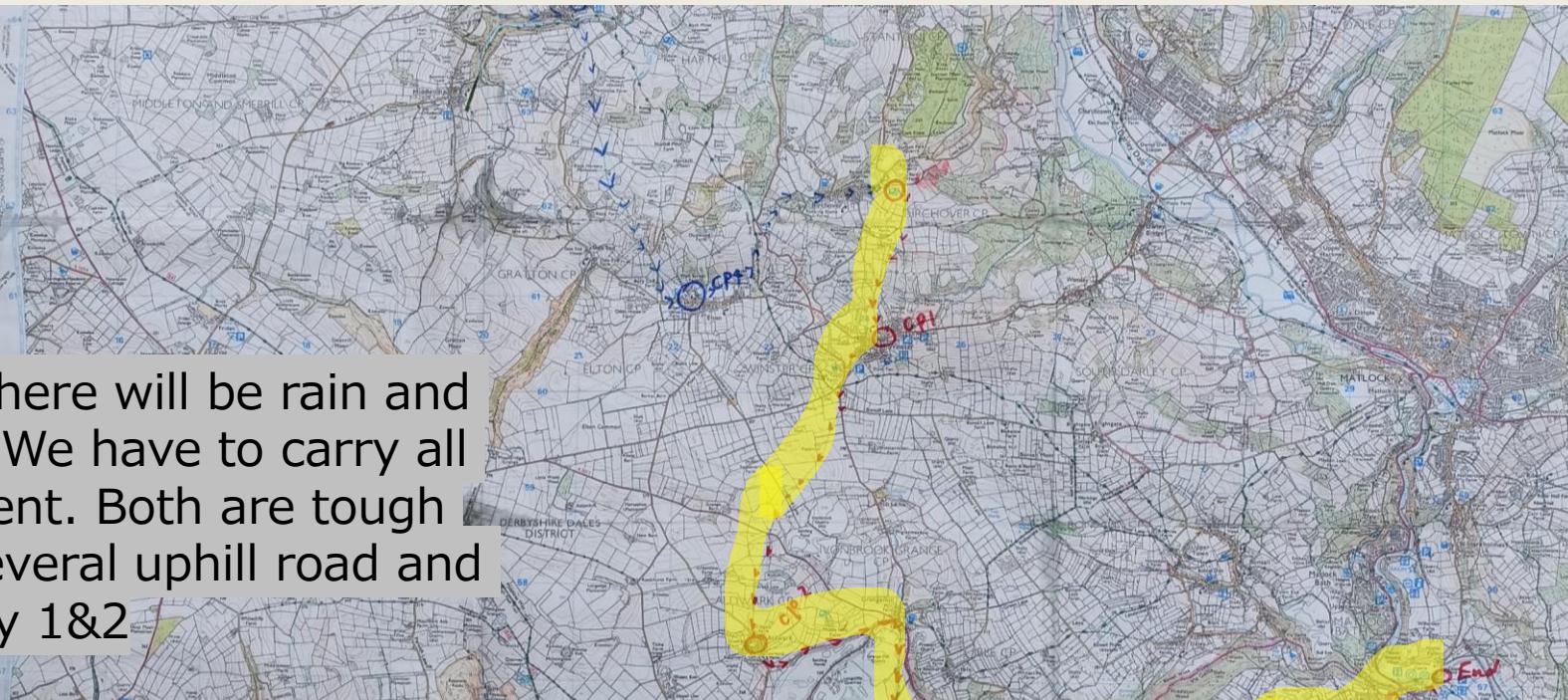
At day1, the fresh start, we decide to challenge ourselves to walk uphill instead of following the river-side. and finally reach Stocking Farm at 11:00.

At day2, we are fully prepared and learnt from day1, we walk as fast as possible to avoid the heat weather. Fortunately, we walk through a tunnel and it delivers cool wind and we stopped walking around 10:00 by the instructor and relax at the riverside



# Day 3 & 4

According to the weather forecast, there will be rain and much cooler compare to Day 1 & 2. We have to carry all our equipment except Trangia and tent. Both are tough day because it is over 17 km with several uphill road and heavier rucksack compare to the Day 1&2

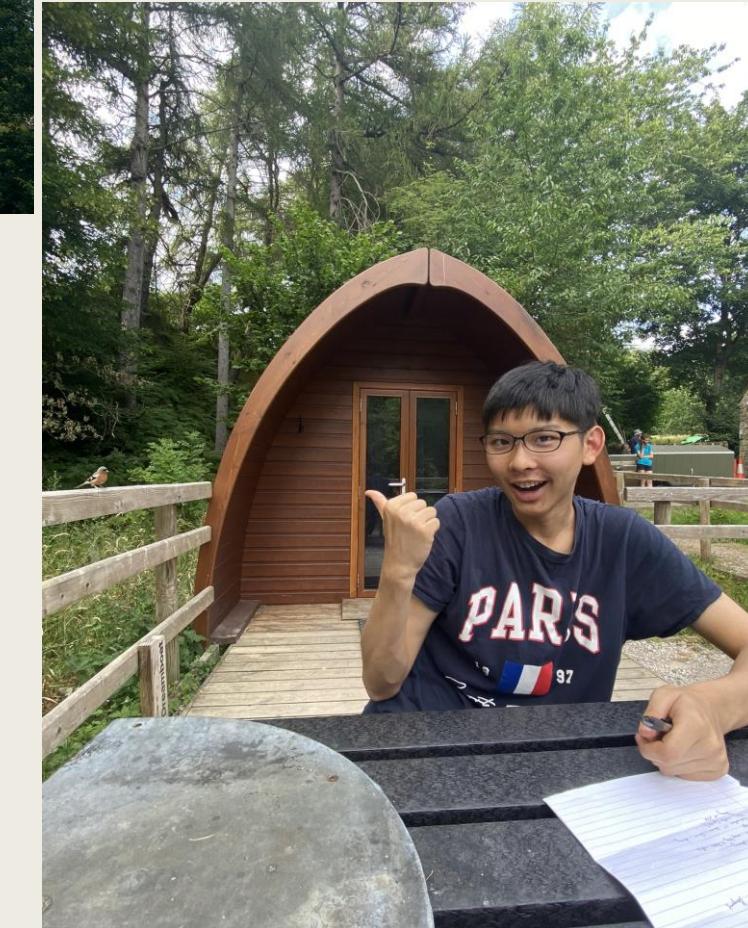


# Day 0

## 17:30

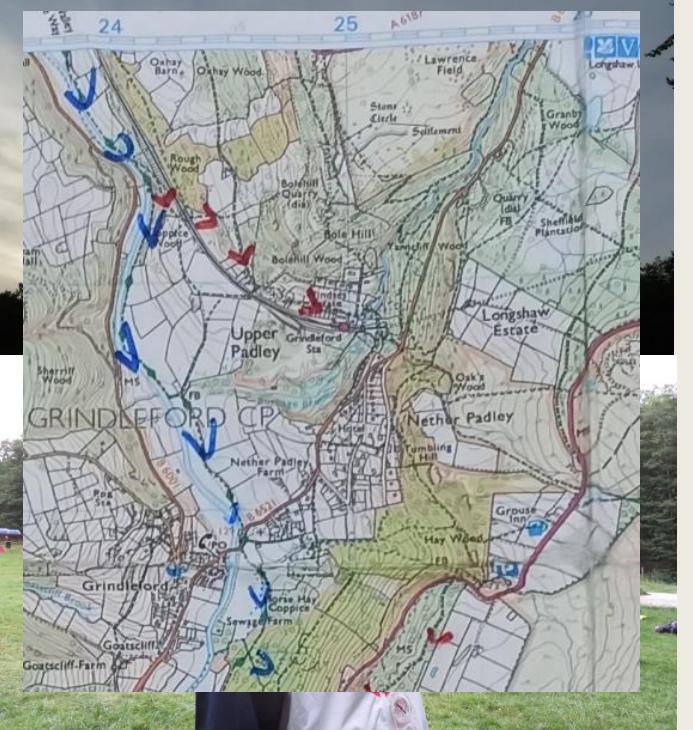
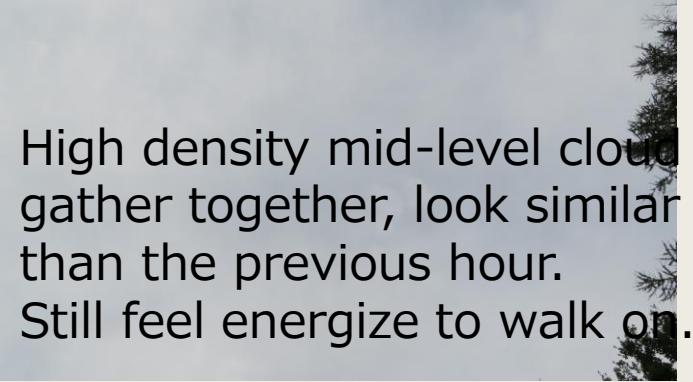


Mid-level cloud is blocking the sunshine. Such a nice weather with only 25 degree Celsius. All planned and a lovely bird came to greet us <3



# Day 1

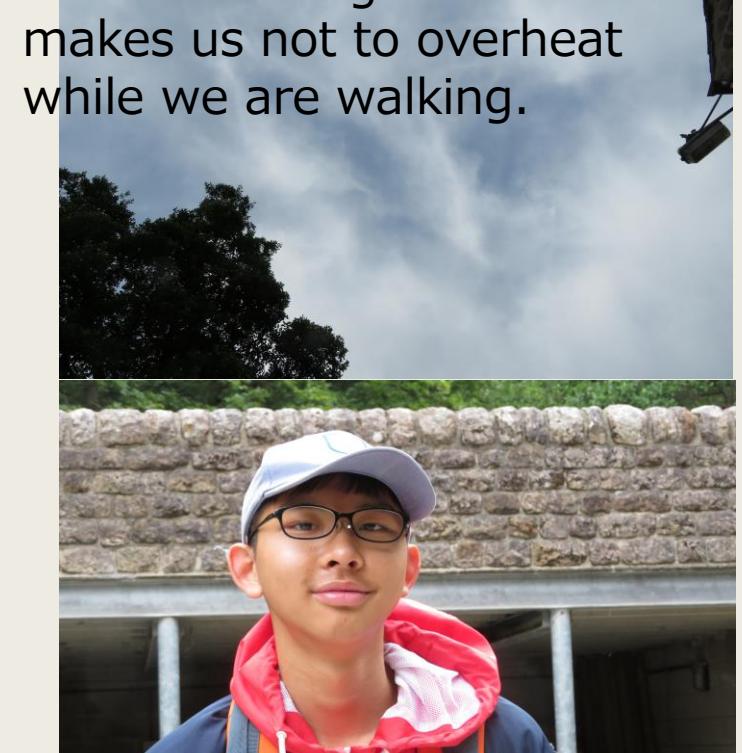
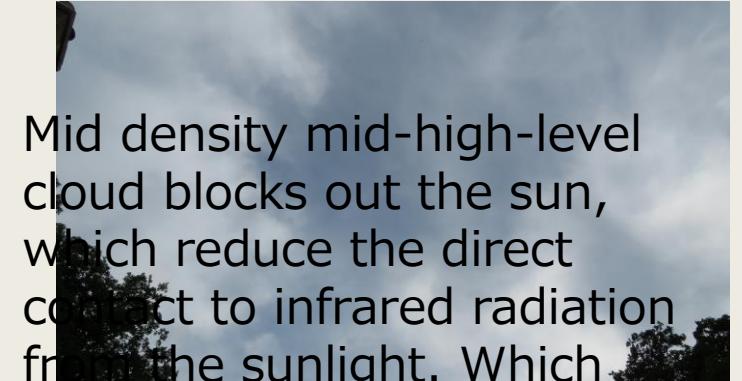
## 06:00



## 07:00

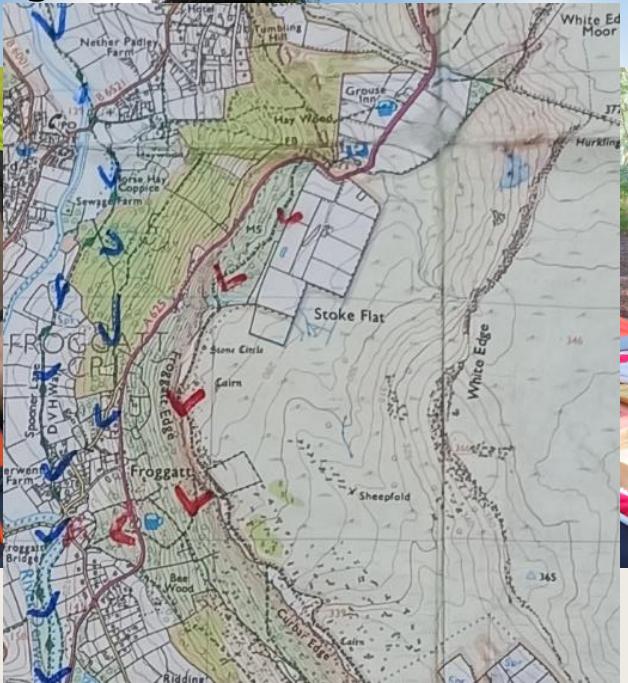


## 08:00

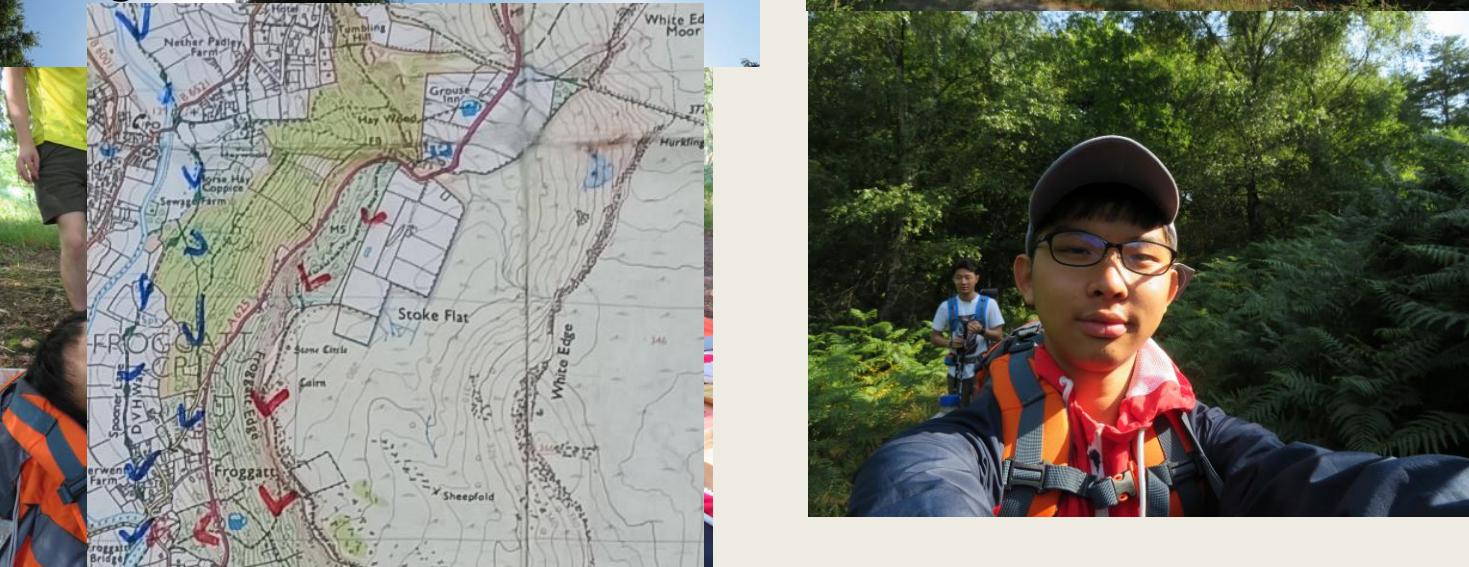


# 09:00

The weather look similar in between 9:30 to 10:40. However, we left the forest trail and walking on stone hill which expose us to the heat of sunlight



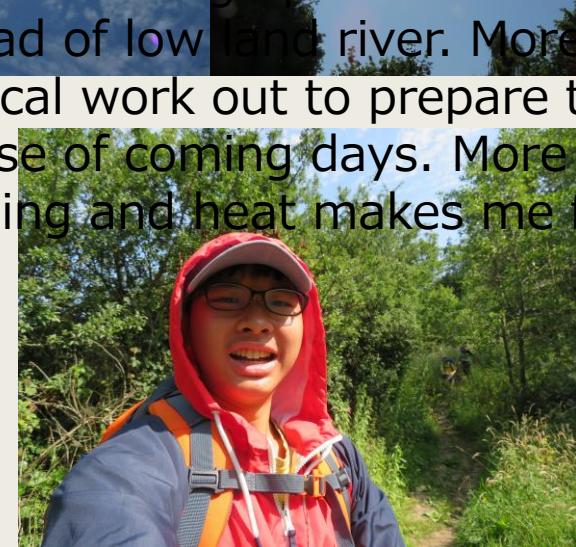
# 09:30



# 10:40

The cloud clear out in the high altitude of the track we are walking. And some high level cloud gathered. The sun gives out huge amount of heat. Luckily we are in the forest which block out some sunlight

We are walking up hill trail instead of low land river. More physical work out to prepare the intense of coming days. More up-climbing and heat makes me feel tired.



11:16

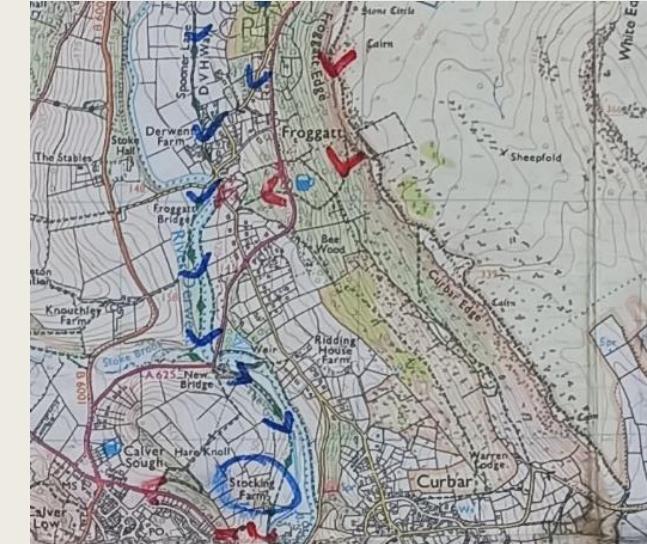


12:00



The sun reach the apex temperature. Few cirrus high level cloud in the sky. It is easily to overheat in this weather. Luckily, we have arrived the campsite of Day 1.

The sun is too strong and I cant even see directly to the sky.



**13:00**



**13:45**



**20:20**

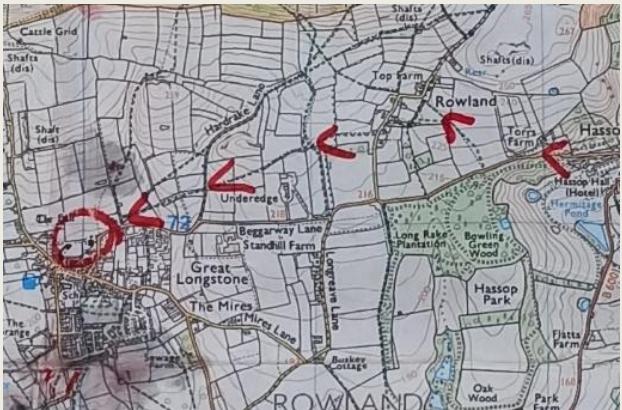


Later on, the weather doesn't make much difference. It is still shiny and hot sunset is around 21:00 which just cool down the temperature a bit.

# Day 2

## 06:30

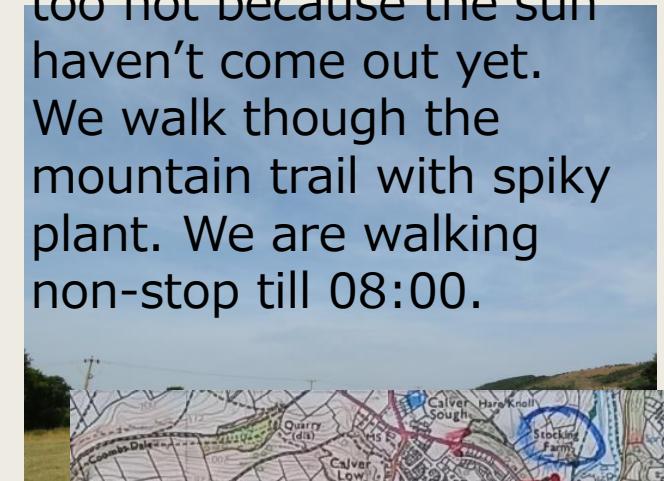
The sun rise and we are expose to the heat. We have to walk faster to get rid of it



## 07:15



Although there were not much cloud, it didn't get too hot because the sun haven't come out yet. We walk though the mountain trail with spiky plant. We are walking non-stop till 08:00.



09:00

We arrived Monsal Head and we were waiting for all the group at the shaded area. The cloud gone later and the temperature reach 35oC. It is extremely easy to have a heat stroke in this weather.

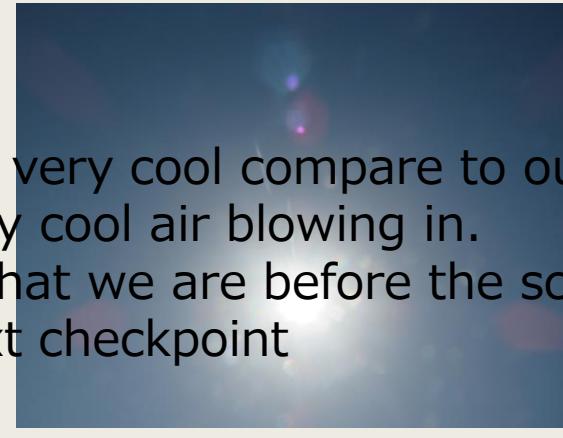


10:00

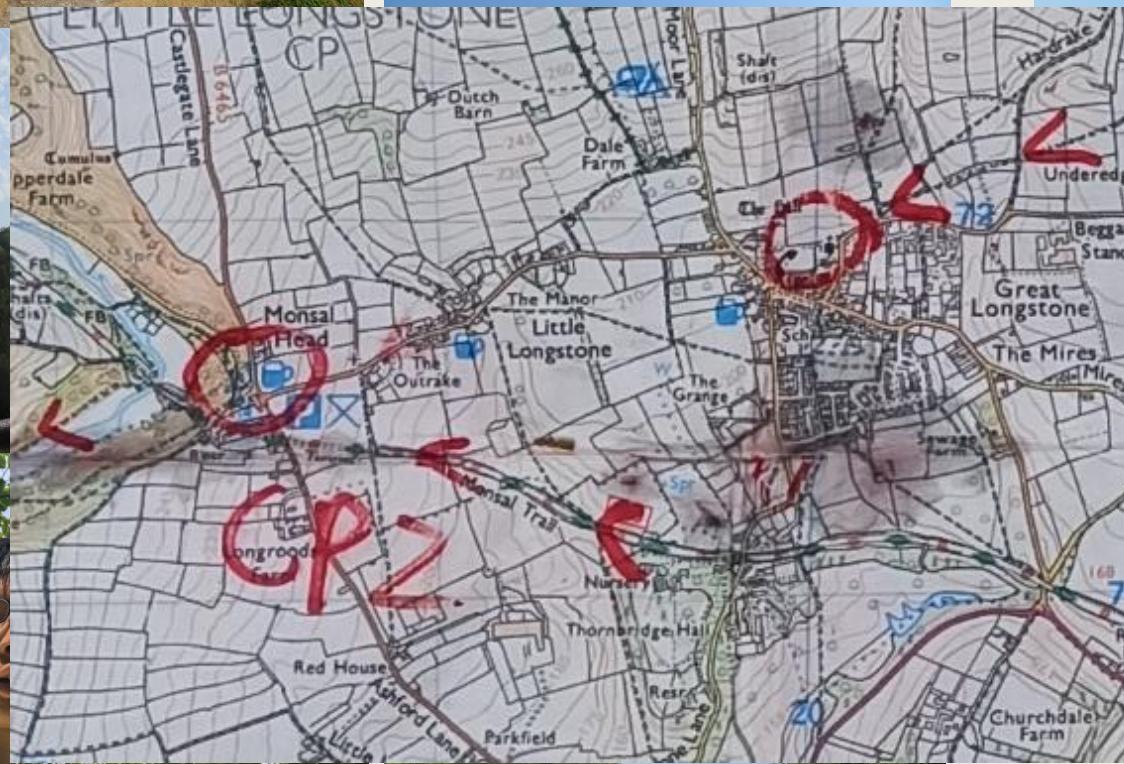
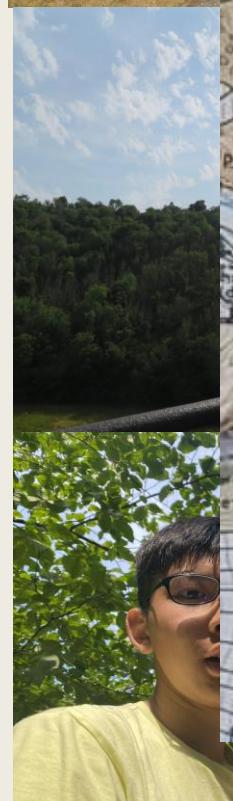


The tunnel is very cool compare to outside as there are constantly cool air blowing in. I am happy that we are before the schedule and ready for next checkpoint

12:00



13:48



# 14:00



Low density mid level cloud(altocumulus) gather together and increase time to time

# 15:00

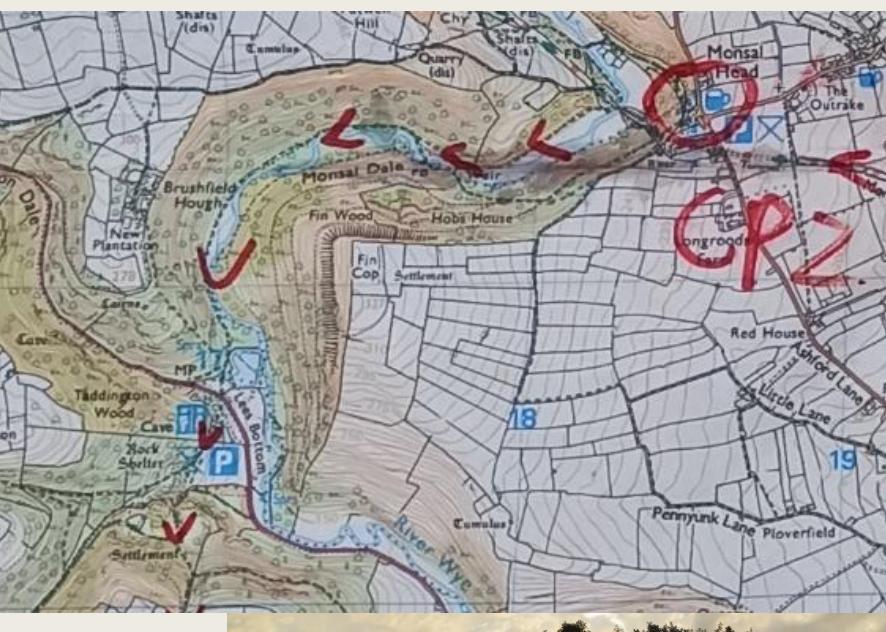


# 17:00



# 18:30

We move to riverside.  
The weather is clear  
(and hot) as before.



# 0:30

We are in the campsite of Day2 and there are some wind to cool us down



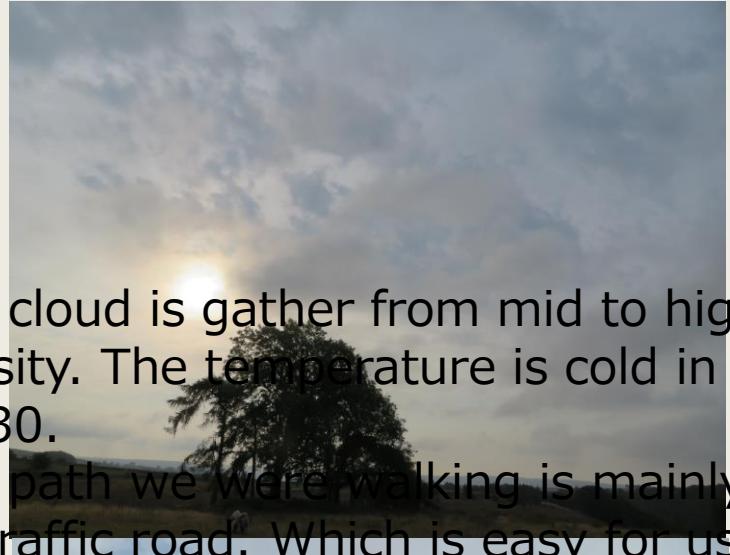
**Day 3  
05:30**



**07:00**



**07:30**

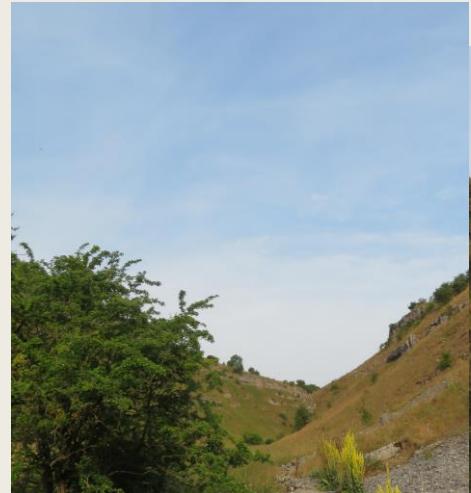


The cloud is gather from mid to high density. The temperature is cold in 05:30.  
The path we were walking is mainly on traffic road. Which is easy for us to walk.



No big difference in the weather and the cloud

# 08:00



# 08:30



# 09:00



A  
h  
an  
W  
Sa



the  
t  
d we



**09:15**



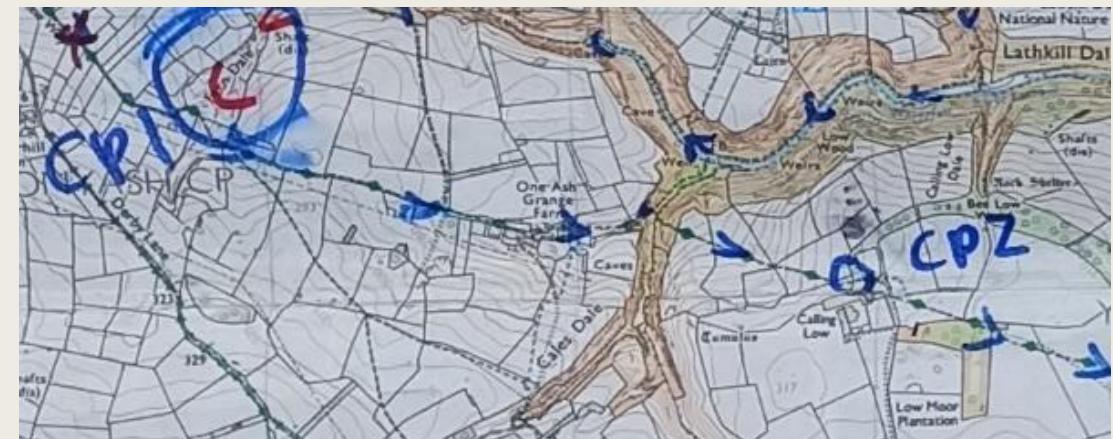
**09:40**



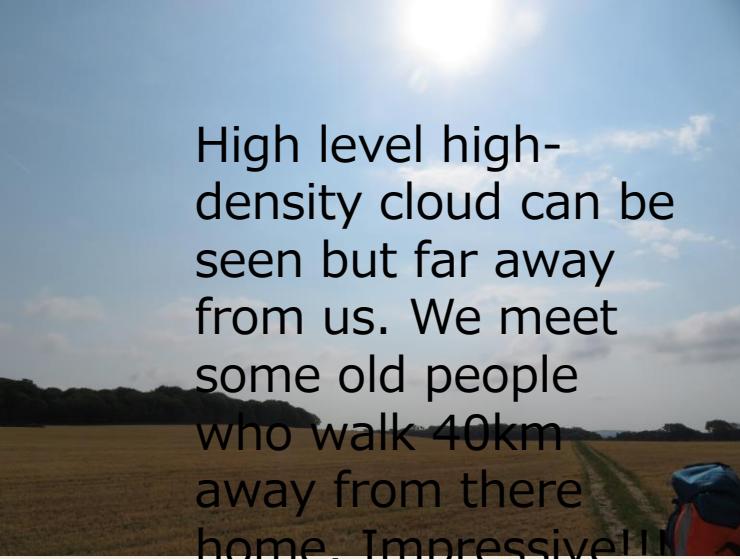
**09:50**



Mid-level Mid density cloud cover up most of the sunlight. The weather is perfect for hiking. We are making good progress and far beforehand than other group



# 10:10



# 10:45



# 11:00



# 12:00



# 13:45



# 14:40



There are less cloud compare to 13:45. They are mostly low-density high cloud. The temperature only 22oC which is comfortable to walk

The sky is slowly cover up with mid-level cloud. We are before the schedule and the



**15:40**



We arrived day 3 campsite at 15:40. The sky build up cloud half an hour later. It didn't rain or get too hot so it is a good weather for playing sport.

**16:17**



# Day 4 08:00

## 08:40



## 09:00



Foggy and rainy day. Low-level high-density cloud gather together and it start to rain before we leave the campsite. Not very happy with the weather and the behind schedule

# 09:30

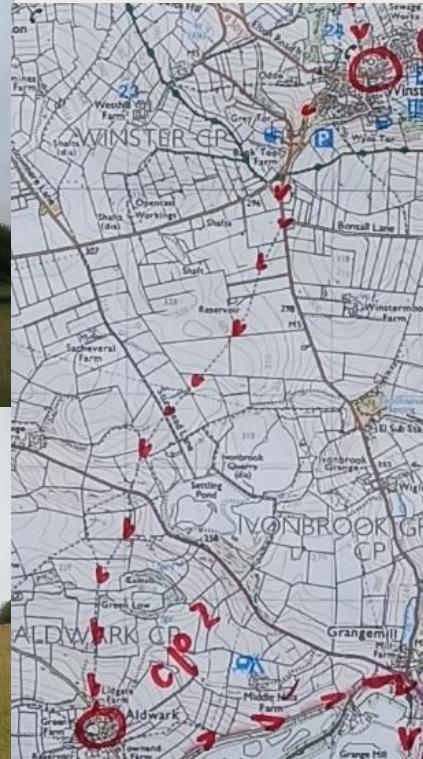


The rains continue and the sky looks so dark and gray. Very unhappy as schedule delayed for 1.5 hrs and my shoes and trousers are all wet

# 09:50



# 10:22



The rain finally stops and it looks much brighter compared to 9:30. We are walking non-stop and making good progress

# 11:00



# 12:00



# 13:00



The cloud didn't disappear, which provide perfect barrier to the sun. We walk pass by a farm and a chicken is playing crossy road

The weather doesn't change much. But we are slower than group so we have to hurry up.

We have a good conversation about should we have lunch next to the wind turbine

13:20



14:10



14:30



After de-brief,  
nothing to worry  
😊  
The weather  
doesn't change  
much and most  
of the road are  
going downhill.



**15:00**



**15:30**



**16:00**



The sky stay the same as before. We are walking on full speed and arrived the end point.

# Environmental impact

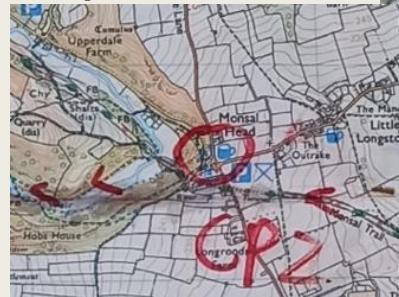
DAY 1 Next to Grindleford Station



DAY 2 School lane to Hassop(yellow road after walking though the forest)

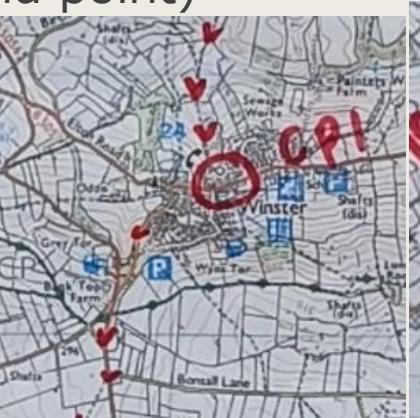


Monsal Head (where we stopped/wait and suspended)

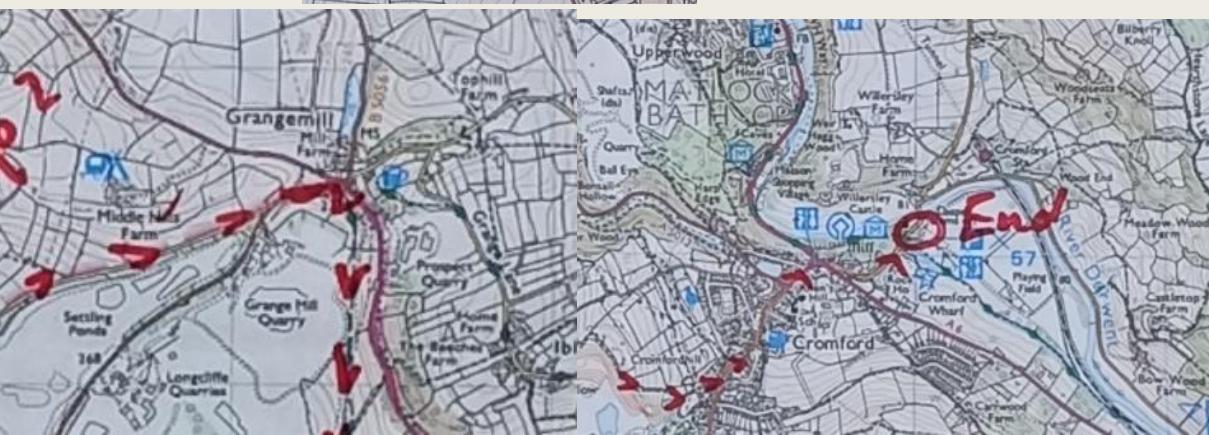


DAY 4 traffic road near to CP1 (Winster)

Grangemill(where we rest between CP2 and 3)



Cromford(next to end point)



# Environmental impact



Literately  
rubbish  
bin nearby





Tissue paper





## Human activities







## Food Packaging



# How rubbish affect nature?

The peak district is a biodiversity national park. It is also a habitat of lots of wild animal and insect. The smell and colour of litter will attract them to consume. This may cause health problem to wild animals as plastic can't digest inside them.

Thank you for Jason, who pick up the rubbish he saw even though it is someone else



THE END