

Ben Nevis By Night



Duration: 2 days

Ben Nevis (Gaelic translation 'Mountain of Heaven') is the highest point in Scotland and the British Isles, standing at the lofty height of 1343m (roughly 40,00ft). Reaching the summit of this mountain is a long, arduous uphill trek. Undertaking it at night is an unforgettable and arduous challenge, with our way lit only by the moon and our torches. We set off just after sunset and should be at the summit to experience the sunrise. As we descend, we can see the spectacular landscapes open up before us as the day grows lighter. We celebrate our huge achievement with a slap-up breakfast!

DETAILED ITINERARY

Day 1: Arrive Scotland

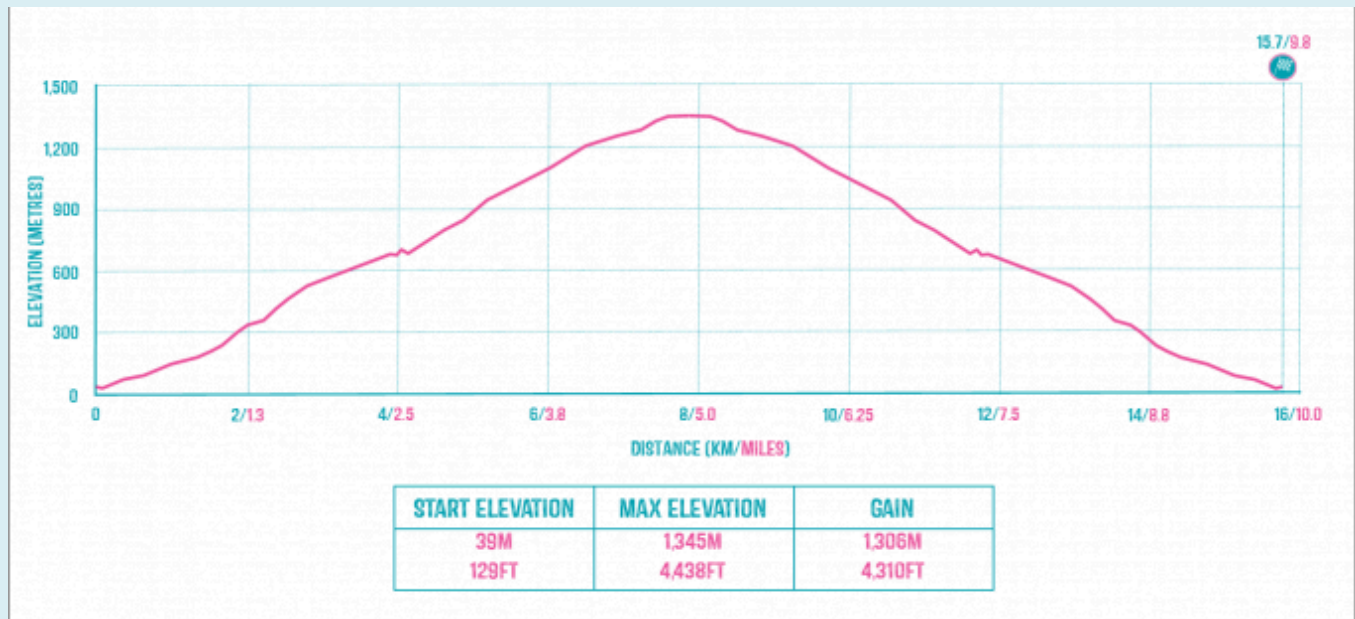
There will be transport provided from Glasgow Central train station, departing there at 5pm for the 3-hour drive to Fort William. We gather at our trek start point and have a good meal to boost our energy for the night ahead.

Day 1: Depart Sunset

After a thorough briefing, we set off after sunset at approx 10.30pm on our exciting night challenge! Equipped with head torches, our path up the mountain will show up quite easily most of the way. Our ascent kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to Lochan Meall an t-Suidhe, then will be able to see the terrain on either side of our path change from green vegetation to stony, barren slopes. Trekking up at night is a very different experience than during the day; our senses grow used to the darkness and we can enjoy the silence and the remoteness of this mountain, and the views of the night sky. We now tackle the famous 'zig-zags' – a well-maintained section that criss-crosses its way gradually up the otherwise-steep gradient. As we get higher up it will get colder and we will be getting tired; the path is also less clear at points, so we take it steadily and carefully. The sky will be lightening as dawn approaches, and as we cross the rocky boulder field that marks

the approach to the summit, we may be able to make out the cairn that marks the summit – we’ve made it! At the moment, we are the highest people in Britain!

ROUTE PROFILE



Day 2: Summit Sunrise

If the weather’s clear, there is no better reward for our efforts than to see the sun rise from the summit. In good visibility we can enjoy wonderful views over Glen Nevis, Loch Linnhe and Loch Eil, as well as the ruins of the observatory at the top of the mountain. The summit is notorious for its cloud cover, however, though at sunrise we may have more luck than later in the day. Expect to get chilly at the top – the summit is on average 9°C colder than the base. We return the same way, and marvel at the views on the descent as the sun rises higher – it’s amazing to be able to see what we climbed up in the dark! The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our base for a big celebration breakfast!

Ascent approx 5-6 hours; descent approx 2-4 hrs

Day 2: Depart Fort William

We depart Fort William and transfer back to Glasgow where the trip ends.

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Where lunch is included, it may be a buffet-style lunch-stop, or a packed lunch. Dinners and breakfasts are generally eaten at our accommodation. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

Challenge FAQs

Mountain environments must always be respected as weather conditions can change rapidly during a short space of time. This can make a big difference to your safety, particularly if you are ill-equipped.

The summit is considerably cooler than at the base, more likely to get rain, and can be exposed to high winds. In bad weather, keep close together as a group and watch the weather! Walking in the dark can confuse your sense of direction, and mist, rain or wind will make it worse. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy. Keep a regular check on your location.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel insurance for UK weekends and one-day events is not compulsory but you might like to consider taking out cover in case of cancellation or loss of belongings.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate. Please note: This document was downloaded on 8 May 2024, and the challenge is subject to change.