

Ben Nevis Weekend Trek



Duration: 3 days

Ben Nevis (Gaelic translation 'Mountain of Heaven') itself is the highest point in Scotland and the British Isles, standing at the lofty height of 1343m (roughly 4000ft). Fort William, on the southern edge of the Great Glen and located on a sea loch, is our base for the weekend. This is a long, arduous uphill trek which will provide you with a wonderful sense of achievement when you reflect on what you have done.

DETAILED ITINERARY

Day 1: Arrive Fort William

Arrive late afternoon in Fort William. After settling into our hotel, we will share an evening meal together and have a full briefing about the weekend's events. Night hotel.

Day 2: Ben Nevis

After a good breakfast, we begin our ascent of Ben Nevis. Our route kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to the picturesque Lochan Meall an t-Suidhe, then leave the green landscapes below us as we tackle the famous 'zig-zags' – a well-maintained section that criss-crosses its way gradually up the otherwise-steep gradient. Our surroundings are by now stony and barren. Crossing the rocky boulder field, we look out for the cairn that marks the summit – a welcome sight! In good weather 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, so enjoy your views on the ascent in case you don't experience them later!

Expect to get chilly at the top – the summit is on average 9°C colder than the base. We return the same way. The

descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our hotel for a big celebration meal and well deserved drink! Night hotel.

Trek approx 6 - 9 hrs

Day 3: Depart Fort William

After breakfast, we depart Fort William and head for home, probably aching but undoubtedly jubilant after an exhilarating and satisfying challenge.

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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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 29 Mar 2024, and the challenge is subject to change.