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

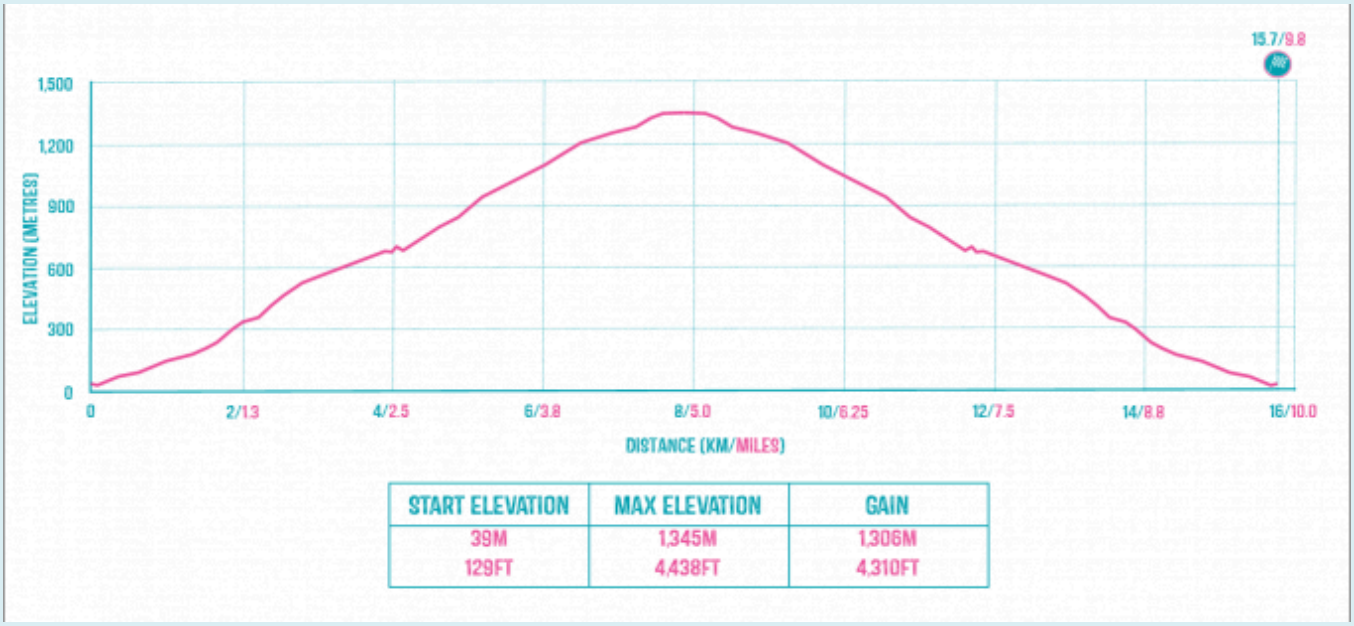
After a good breakfast, we begin our ascent of Ben Nevis. Our route kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to the picturesque Lochan Meall an t-Suidhe, then leave the green landscapes below us as we tackle the famous 'zig-zags' – a well-maintained 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 9ºC 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

ROUTE PROFILE



START ELEVATION	MAX ELEVATION	GAIN
39M 129FT	1,345M 4,438FT	1,306M 4,310FT

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.

WHAT'S INCLUDED

- All food, transfers and hotel accommodation
- Discover Adventure leaders and support crew
- Full vehicle support
- Optional pick-ups or drop-offs from Fort William Railway Station

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Entry to optional sites or activities
- Any applicable surcharges as per Terms and Conditions

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

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 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.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

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.

Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

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. 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. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. 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.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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.

Independent Reviews 96 %

ABTA No.Y6195

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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.