



Ben Nevis Weekend Trek



Activity: **Trek** Grade: Duration: **3 days**

The Scottish Highlands are full of enchantment and ancient history. You will be overwhelmed by the increasing sense of remoteness and the unspoilt environment as we leave the lowlands en route to our start point.

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 the nearest town. Reaching the summit of Ben Nevis is our challenge – it involves a long, arduous uphill trek which will provide you with a wonderful sense of achievement.



Dates & Prices

2016

10 – 12 June 12 – 14 Aug

Fundraising Option

Registration Fee £75
PLUS Fundraising Target £550

Self Payment Option

Registration Fee £75
PLUS Trip Cost £275

2017

9 - 11 June 11 - 13 Aug

Fundraising Option

Registration Fee £75
PLUS Fundraising Target £550

Self Payment Option

Registration Fee £75
PLUS Trip Cost £275

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





Trekking Information

Our treks are graded from 1 (Moderate) to 5 (Extreme). This trek is Grade 2. The paths we use are generally well-maintained and vary from steps, steep inclines or gradual slopes, to scree and rocky ground. In wet weather it can be slippery in places, and in some areas it can be easy to lose the path in limited visibility. It is not uncommon to be walking on snow as you approach the summit, even in the summer months.

Ben Nevis is very popular with walkers and this environment needs the respect of all its users to be preserved. Please walk on the path surface rather than on the vegetation growing beside it, don't remove stones from the paths and don't take short-cuts. Please follow the Countryside Code.

You will trek approximately 11 miles on Ben Nevis, though it would be a mistake to base your training on this! It's vital when training to think about the hours you need to walk for and the terrain you are walking on – i.e. pure uphill, followed by pure downhill.



Detailed Itinerary (cont)

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.

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

What's Included

The tour cost includes all transfers, accommodation, meals, and experienced Discover Adventure leaders and back-up support. Optional pick-ups or drop-offs from Fort William railway station are also included.

It does not include personal travel insurance (optional), extra food, drinks, souvenirs or personal items, or entrance to any tourist sites you may wish to visit.

We strongly recommend you carry a credit card in case of personal emergency.

Food & Accommodation

Accommodation is usually in a 2-3* hotel with en suite facilities; rooms are twin-share.

All meals are included from Dinner on Day 1 to Breakfast on Day 3. The food is good and will give you plenty of energy! Please let us know any dietary requirements in advance.

Weather

The mountains that make up the Ben Nevis Range are stunning and beautiful on a good day but this can lead to a false sense of security; mountain environments must always be respected. Weather conditions can change rapidly during the course of a day, which can have an impact on safety if you are not prepared; you will need good quality footwear and clothing to cope with the weather conditions.

DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!



01722 718444

www.discoveradventure.com

info@discoveradventure.com

