

Ataxia UK Clement Wragge Ben Nevis Challenge

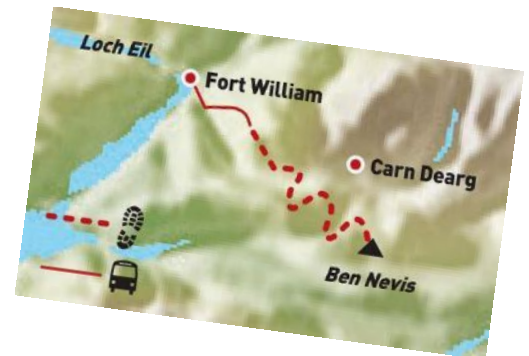


Activity: **Trek** Grade: Duration: **3 days**

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.



What's Included

All accommodation is included in 3-4* hotels on twin share basis with en-suite and a return transfer from Glasgow. As well as this you will also have experienced Discover Adventure leaders and back-up support.

All meals are included from Friday evening to Sunday breakfast. The food is good and there is plenty of it. Please let us know about any dietary requirements in advance.

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.

Detailed Itinerary

Day 1: Arrive Fort William

There will be transport provided from Glasgow Central train station, departing there at 3:00 pm for the 3 hour drive to 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.





Detailed Itinerary (cont)

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.

Trekking Information

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 – ie pure uphill, followed by pure downhill.

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.

Weather

The summit is cloud-free only 30 days in a year and average rainfall at the top is more than twice as much as that at the base. Weather conditions can change rapidly during the course of a day. This can make a big difference to your safety, particularly if you are ill-equipped.

Crew & Trip Support.

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

The number of crew looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's leading the trek or making your lunch! At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Vaccinations.

We insist that you have had a tetanus injection in the last 10 years.



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!

