



## Climb Ben Nevis

Ben Nevis, or Beinn Nibheis in Scottish Gaelic ('head in the clouds'), rises dramatically above the town of Fort William in the West Highlands of Scotland. It is 1344m/4411ft high and it's not unusual to walk through old winter snows on the higher parts of the mountain in May or even June!

You will need to cope with steep, rocky paths and a long ascent and descent to enjoy the walk up AND down Ben Nevis.

A lot of people say the walk down is surprisingly harder! With the difference in height from sea level in Fort William, it's a big climb!

Worthy of a fantastic day on this highest peak. We start our Climb Ben Nevis walks from the Ben Nevis Visitor Centre at Glen Nevis, which is about 11 miles in total via the historic 'Pony Track' and can usually take up to 8 hours.

## Your itinerary

We recommend you journey to Fort William the day before so you are rested and ready to start walking after breakfast.

You will need to access Ben Nevis Visitor Centre (car park) by bus, taxi or car from Fort William.

### Climb Ben Nevis Day

**08:30** - Meet your Mountain Leader at the Ben Nevis Visitor Centre, Glen Nevis, PH33 6PF  
What3words: ///whistling.learns.balancing

**08:45** Group safety briefing and kit check

**09:00** Latest start on the Pony Track from Glen Nevis

**13:15** Earliest arrival at Ben Nevis summit

**13:45** Earliest departure from summit area

**17:45** Expected arrival time back in Glen Nevis, catch a drink in the cosy Ben Nevis Inn to reward yourselves!



## Food

Breakfast should be provided by your accommodation (please check). You need to carry **at least 2 litres** of water, plus juice drinks. Please bring your own lunch and always pack a variety of foods – both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours.

## Transport & Accommodation

Transport and accommodation are to be organised by yourselves. There are a number of excellent accommodation options in Fort William to suit all budgets. Parking is limited at the start point, so either arrive extra early or make use of local buses or taxis.

## Health & Fitness

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least **3 times a week** to fully enjoy this mountain walk. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – Ben Nevis is not flat! Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed.

## Weather & Safety

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. Please ensure you have all the required equipment as specified in the Kit List – this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well-experienced and qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

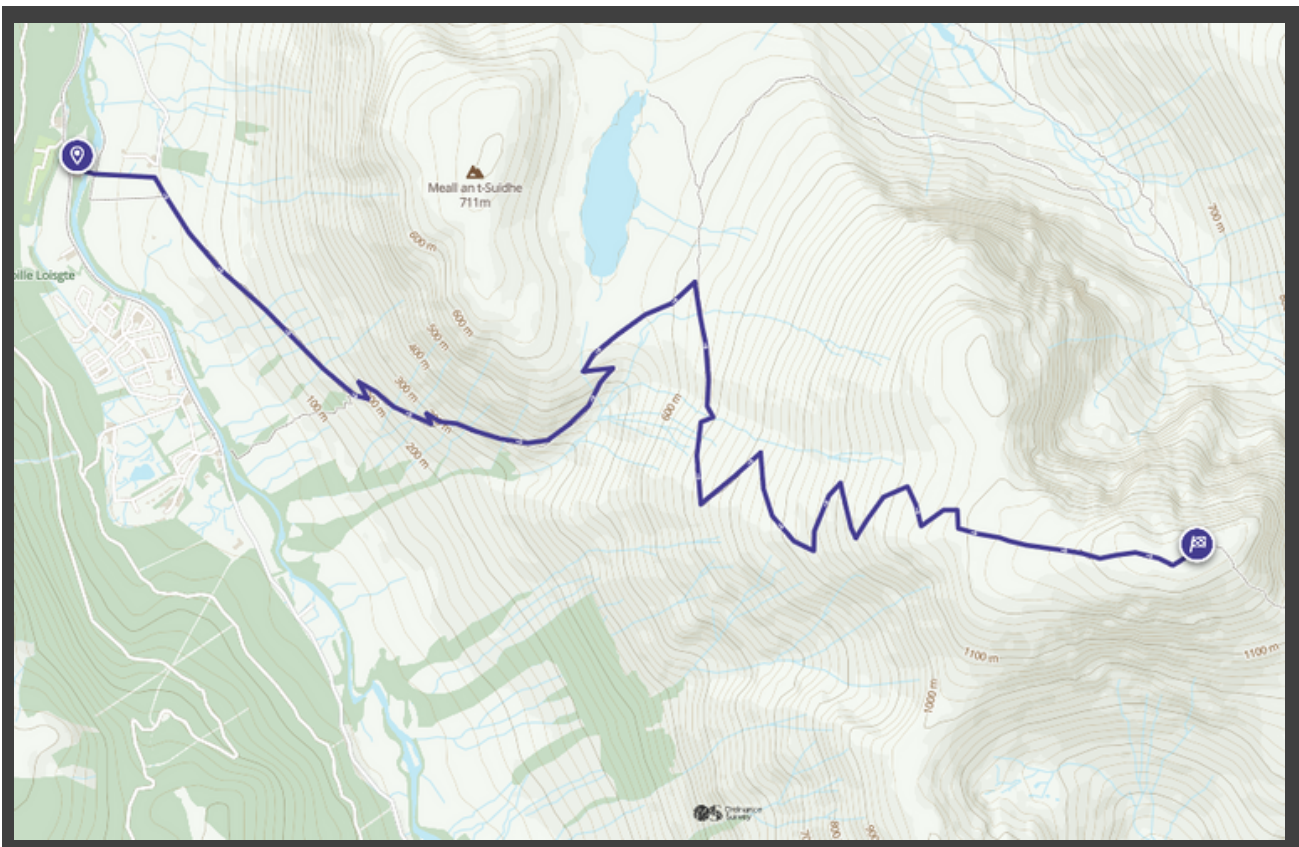
## Climb Ben Nevis Route

Starting and finishing at the Ben Nevis Visitor Centre, this epic route first crosses the River Nevis and ascends easily on a well-paved path, slanting upwards across the hillside. The route steepens as it rounds a shoulder towards Lochan Meall an t-Suidhe ('half-way lochan'). Above the lochan, you'll begin the consistent climb following the infamous 'zig-zags', which take out some of the steepness of Ben Nevis' enormous mountain slopes. Beyond the zig zags, lays the rocky, summit plateau, with a brief respite from the steep climbing, to gain the final summit cairn. The remains of winter snows can lie on this summit area well into the summer. Returning down the same route, remember to admire the surrounding Scottish fells and the lochs below you.

**Linear:** Starting/ending at the Ben Nevis Visitor Centre

**Distance:** 17km/11 miles round trip

**Total Ascent:** 1331 metres/4367 feet



Distance and times are approximate as these will change depending on the pace of your group. Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leader who will always make choices with the safety of the group as a top priority.

# Kit list

## Summer Conditions

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

## Equipment

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection/Compeed, ibuprofen/painkillers, plasters		
Head torch and spare batteries		

## Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

## Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

## Footwear

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		

