

TAKE ON BEN NEVIS

Swot up on essential mountain survival skills before climbing the UK's highest mountain



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ITINERARY

Day 1 · Plan, prepare and get ready

Your Scottish winter adventure begins. Meet your guide in Fort William and grab any kit you need for the next few days on the hill. Once you're done, it's off to your accommodation. All that's left to do now is settle in, meet your fellow adventurers, grab some dinner and get ready for the challenging days ahead.

Day 2 · Winter skills training · 6hrs · 12km · 700m up · 700m down

Over the course of the day your expert mountain guide will teach you how to survive in winter conditions and move safely over some of the UK's most challenging terrain using an ice axe and crampons. It's a great chance to learn new skills in a truly awesome setting. You'll spend about six hours refining your abilities, and then it's back down the mountain for a hearty dinner and the chance to prepare your kit for the big one - Ben Nevis.

Day 3 · Ascend Ben Nevis · 8hrs · 20km · 1345m up · 1345m down

Approach Ben Nevis early doors and get a tantalizing first glimpse of the challenge ahead. Boot up and begin the 1,345-metre ascent. It's a tough climb but you'll take regular breaks to catch your breath and enjoy the view. The route taken will depend on weather conditions and the group ability. There are various options up, including the knife-edge CMD arête, the final decision regarding which route will be taken by your guide. After a celebratory summit photo, it's time to head back down for a well-earned dram, before making your way home.

INCLUDED

- Local, certified and friendly mountain guides
- Proper breakfasts to fuel you up the mountain
- 2 nights at Fort William's Alexandra Hotel
- All the technical equipment to make a successful ascent including crampon-friendly boots

NOT INCLUDED

- Travel to and from the start point
- Lunches and evening meals
- Travel insurance
- Some equipment
- Personal expenses



COSTS

£150 Registration cost
£800 Fundraising target

WHAT'S THE ACCOMMODATION LIKE?

You'll be staying at The Alexandra Hotel in the centre of Fort William, an iconic feature of the town for the past 125 years.

KITLIST: WHAT TO BRING

- Rucksack (we recommend 40 litres) with liner
- "B" rated crampon compatible walking boots (optional - they can also be provided by your host)
- Thermal base layer
- Fleece top – not cotton
- Polyester, fleece or woollen trouser and tops (no jeans)
- Heavy-duty waterproof jacket and trousers
- Hat
- Thick waterproof ski gloves and warm liners/2 pairs of good gloves
- Scarf or neck gaiter/buff plus spares
- Ski goggles
- Head torch
- Walking poles
- Flask or water bottle
- Energy snacks
- Whistle
- Sunglasses and sun cream
- Towel
- Emergency survival bag (6' by 3' orange poly bag available from any outdoor store)

WHAT'S THE FOOD LIKE?

For breakfast expect a typical Scottish buffet. For lunches there are three supermarkets and two delis locally: there is plenty of time to do this on the first evening. The hotel also offers a packed lunch on request but we recommend buying some extra snacks. For dinner you'll be in the town where the group can find a good cosy pub. Most dietary requirements can be accommodated, including vegetarian and vegan diets.



GETTING THERE

STARTS 17:00 on Day 1
ENDS 17:30 on Day 3

Your host will pick you up from the Ellis Brigham Store in Fort William on arrival, and will drop you off either at the station, your accommodation or the main car park in Fort William at the end.

