

# BEN. *nevis*

summer ascent



# Ben Nevis Summer Ascent

## Introduction

Ben Nevis is the highest mountain in Britain and stands 1344m high, rising from sea level at Loch Linnhe and towering over the town of Fort William. Going from the bottom to the top of the mountain you pass through 4 different vegetation zones. There is snow on the summit for much of the year; indeed it is not uncommon to find 8 feet of snow on the top during April. Every year we run summer ascents of Ben Nevis, led by qualified mountain leaders.

Our ascent from the visitor centre avoids the foreboding cliffs seen in the photographs, and follows a walking route that will take approximately 6-8hrs at a steady pace (the key to progress on a mountain is steady pacing and not speed and pause). If you are lucky with the weather then the views from the summit, and even from half way up, are quite stunning. On a good day you can see all the way to the majestic rock spires of The Isle of Skye and looking the other way, down Loch Linnhe to the Irish Sea.

The trip is fully guided by an experienced mountain leader with lots of experience on Ben Nevis!

## Typical Itinerary

### Day 1

Make your way to Fort William and your accommodation. Evening briefing, route planning and equipment check with your guide.

### Day 2

Breakfast and then depart for Ben Nevis. Climb Ben Nevis following a route from the Glen Nevis Visitor Centre. Return to accommodation for a relaxing evening.

### Day 3

Depart after a hearty breakfast to make your way home.

We normally run this trip over a weekend, Friday to Sunday, however if you would like to do this at any other time then please contact us.



*Please note: This itinerary is a guide only. It can be subject to change dependent upon viability, course members' fitness, weather conditions or for any other reason the organisers think necessary. Best efforts will be made to adhere to the original itinerary.*



## Facts at a Glance

Distance	18 Kilometres
Ascent	1,329 Metres
Time	8 - 10 Hours
Summit	1,344 Metres

## Requirements

To do this trip you need to have a reasonable level of fitness. No previous mountaineering experience is required for this trip, however, the fitter you are the more you will enjoy your day. The ascent (and descent!) takes 6-8hrs. You will be carrying a daysack and you may encounter inclement weather conditions. We recommend that you follow a fitness plan in preparation for your challenge, an example of one will be sent to you when you have confirmed your booking.

Although the fitness plan we will send to you has been devised by a fitness professional, this is only provided as a guide and you should seek professional advice before starting your own fitness regime.

## Logistics

Please aim to arrive at your accommodation the Friday afternoon/evening in time for the evening briefing at 8 pm, and to be ready for the start of the hike the next day.

## Guides

Guiding will be by qualified mountain leaders at a ratio of 1 guide to 8 participants. Many of our leaders have many years experience of leading across the harshest terrain in the UK and they should add substantially to your experience.

## What's Included

- Professional event organisation
- Qualified mountain leaders
- Evening briefing, route planning and equipment check
- Two nights twin room accommodation with breakfast *(Single rooms are available at a supplement)*
- Group first aid kit with qualified first aiders
- Transfers between hotel and Ben Nevis
- *Glasgow International Airport arrival and departure transfers are available at a supplement*

## What's Not

- Travel to or from your accommodation
- Evening meals/Packed Lunches/Beverages
- Personal insurance *(for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)*

This dossier is intended as a rough guide and for use with a Maximum Adventure trip only. It should not be used as a guide book. This trip involves travel to mountain areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit the particular participants, inclement weather or for any other reason deemed necessary.



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