THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

BEN NEVIS

TREK

EXPLORE THE BEAUTY OF THE
SCOTTISH HIGHLANDS

01244 676 454

GLOBALADVENTURECHALLENGES.COM
The Challenge

Our trail to the summit is technically easy, but trekking Ben Nevis is a challenge – stamina and determination are a must! The stunning views of the highlands will be with us all the way and provide a fantastic backdrop to one of the most sought after charity challenges in the UK!

Most have not experienced the beauty of the Scottish Highlands so we invite you to join us on this special journey – don’t underestimate the fun and camaraderie on this UK weekend challenge! Return transport is provided from Glasgow enabling you to just enjoy the experience.

Key Info

<table>
<thead>
<tr>
<th>Duration:</th>
<th>3 days</th>
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<tbody>
<tr>
<td>Distance:</td>
<td>9 miles approx.</td>
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<tr>
<td>Challenge Grade:</td>
<td>Challenging 1</td>
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<td>Location:</td>
<td>Scotland</td>
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Challenge Highlights

- Witness breathtaking views of the Scottish Highlands
- Trek to the UK’s highest point
- Complete our achievement with a celebratory dinner and a drink at our accommodation in Fort William
- Perfect weekend trek for those with limited time

Day 1

We meet at Glasgow Central Train Station / Glasgow International Airport at approximately 2pm for our 3 hour transfer to Fort William - the base of all Ben Nevis ascents located on the shores of Loch Linne. Upon arrival at our accommodation we will have an evening meal as a group and a briefing about the weekend challenge ahead.

Day 2

**Ben Nevis (1,344m)**

After a hearty breakfast, we set off on our challenge! The trek to the summit zig zags its way through tough terrain and the landscape becomes ever more remote as we trek higher and higher, leaving the lowlands behind us. Our ascent should take approximately 4 hours, and upon reaching the summit, we will be able to enjoy our packed lunch and take in the stunning views surrounding us. After a group photo, we begin our descent which should take approximately 3 hours. This evening we mark our accomplishment with a celebratory dinner and drinks.

**Trekking distance – approx. 9 miles/14km**

Day 3

Following breakfast, we transfer from Fort William to Glasgow International Airport / Glasgow Central Train Station where the challenge ends. We aim to arrive in Glasgow for about 2pm in order for trekkers to continue with their onward journeys.

(Please note, this is a complex itinerary and subject to change)
DID YOU KNOW...?

**BEN NEVIS STANDS AT 1,344M ABOVE SEA LEVEL**

**150,000 PEOPLE CLimb TO THE SUMMIT EVERY YEAR**

**BY CONQUERING BEN NEVIS YOU ARE CLIMBING THE REMAINS OF AN ANCIENT VOLCANO THAT COLLAPSED ON ITSELF 350 MILLION YEARS AGO**

**AT THE SUMMIT, THE REMAINS OF AN OBSERVATORY FROM 1883 CAN BE SEEN, ALONG WITH A WORLD WAR 2 MEMORIAL**

**IN 1911 THE SUMMIT WAS REACHED BY A FORD MODEL T**
Do I have to carry my own luggage?
No – all you will need is a small day pack while trekking to carry items such as your phone, camera, sun-screen, energy snacks and your packed lunch etc.

Food Matters...
All meals will be provided from evening dinner on day 1 through to breakfast on day 3. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

What’s included?
• Accommodation on day 1 and day 2
• All meals from evening dinner on day 1 through to breakfast on day 3
• Qualified Global Adventure Challenges leaders
• Vehicle for back up and support
• Transfer to and from Glasgow Central Train Station/International Airport

What’s not included?
• Travel insurance
• Tips and gratuities
• Alcoholic drinks
• Personal trekking kit (trekking boots, poles, etc)

What support is there on the challenge?
There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken. A support vehicle will be located at the foot of the mountain providing extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

Is this trip for me?
ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?
This trek has been graded as Challenging (1) on our challenge grading scheme and is designed to be achievable by anyone as long as you fitness train beforehand. Remember, you are trekking to summit the highest mountain in the UK! So, the fitter you are, the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to put you in the right direction.

What is the challenge grading scheme?
All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?
We will stay in local hostels or bunkhouses - remember this is a challenge! All accommodation has washing facilities available.

Do I need specialist kit?
We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and maybe some trekking poles you do not need any specialist kit.

What happens if I get tired?
There will be regular rest stops for drinks and snacks - there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?
Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I’m interested... what do I do now?
You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.