

BEN NEVIS

Essential Information

Registration

Registration will take place at:

**Glen Nevis Visitor Centre car park
Glen Nevis, Fort William PH33 6PF**

We will meet in the **car park of the Visitor Centre** so please be ready to go for 8:15 a.m.

All walkers must meet in the Visitor Centre's car park for the briefing. The walk will then depart from the car park.

Briefing	8:15 a.m.
Depart	8:30 a.m.

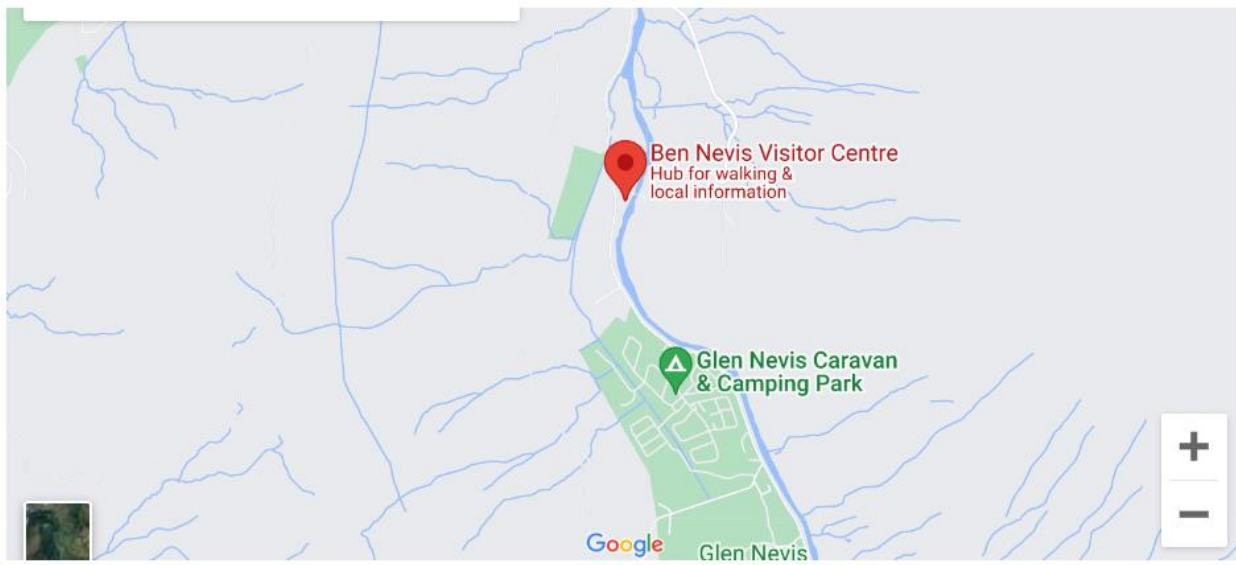
These timings will be strictly adhered to - see the FAQ section below regarding 'late arrival' for more details. We will need to check that we have the correct mobile number for you at registration, so please have the number handy. **Please DO NOT** bring sponsorship monies or forms with you, but please send them in afterwards. (Please see the section on fundraising at the end for more information).

Please note that you will also be required to check back in at the registration point after the challenge - whether you have completed the walk or retired early from the event – so that we can account for all participants. If you do not sign back in with us, it may result in mountain rescue being called out unnecessarily.

BEN NEVIS

Parking

The Glen Nevis Visitor Centre car park is situated 1.5 miles along the Glen Nevis Road from the Nevis bridge mini-roundabout and 2 miles from Fort William town centre.



Ben Nevis Visitor Centre » Visitor Centre

Ben Nevis Visitor Centre
Hub for walking & local information

Glen Nevis Caravan & Camping Park

Google
Glen Nevis

Mon - 08.00 - 16.00
Tue - 08.00 - 16.00
Wed - 08.00 - 16.00
Thur - 08.00 - 16.00
Fri - 08.00 - 16.00
Sat - 08.00 - 16.00
Sun - 08.00 - 16.00

Ben Nevis FORT WILLIAM PH33 6ST

01349 781401

Email Us

The image shows a Google Maps interface. On the left, a map displays the Ben Nevis Visitor Centre (marked with a red pin) and the Glen Nevis Caravan & Camping Park (marked with a green pin). The map includes a street view thumbnail in the bottom left, a Google logo, and zoom controls in the bottom right. On the right side of the map, there is a sidebar with contact information: opening hours for each day of the week (08.00 - 16.00), the address (Ben Nevis FORT WILLIAM PH33 6ST), a phone number (01349 781401), and an 'Email Us' link.

Train: The closest train station is Fort William. If travelling by train, you will need to arrange further transport to the Ben Nevis Visitor Centre.

BEN NEVIS

Litter

You must not leave rubbish anywhere along the walk. Please carry a rubbish bag with you in your rucksack and take your personal rubbish home with you after the event.

Dogs

We ask participants not to bring their dogs. This is due to the presence of local livestock on all routes.

Fitness

This is a challenging event and it's important that you're prepared physically for the walk. We encourage you to do regular weekly exercise. People with heart disease, high blood pressure, chest problems, pregnant women etc should not attempt this walk.

For those relatively new to mountain walking, it's certainly worth organising a practice walk to assess if there are any specific weaknesses, which could commonly be:

- aching calves when walking up hill
- back ache possibly caused by a backpack
- weak thighs when walking up hill

Any specific muscle issues that may show themselves can be addressed by gradually increasing the level of physical activity, either by organising regular practice walks, or as a quicker method, targeted and planned weight training.

Try not to train on aching muscles - at this point in the muscle's development, they should be left to recover and repair. This process makes the muscles stronger and will allow you to push them harder and further than you could before.

BEN NEVIS

In training you should wear the gear that you plan to wear on the challenge itself. Provided all equipment is fitted correctly, there should be no rubbing or painful areas.

Due to the demanding nature of this challenge, we recommend that you eat lots of foods rich in carbohydrates, such as rice, pasta and potatoes, in the days prior to the event. You should also get a full night's rest before the event.

In registering for this event, you have declared you are prepared physically for the walk. If you are in any doubt about your health or fitness following registration you should contact your GP for advice.

Personal safety

You are expected to be equipped with the items listed below, some of which are essential. On the day of the event a mountain leader will check your kit and in extreme cases reserves the right to disallow participants if 'essential kit' is inadequate.

Essential Kit

PLEASE NOTE: We will NOT let you take part if you are missing essential kit when you arrive on the day.

- * **Footwear** - a fairly flexible pair of walking boots with good lateral stiffness and well-kept strong soles, adequate for hill walking. They should have a high ankle support and should not be smooth-soled. **Trainers are not acceptable.** To avoid blisters it's best to wear a good quality pair of walking socks and make sure your boots are broken in. If you don't have a pair of walking socks, then wearing two pairs of socks (one thick, one thin) will be better than one pair of non-walking socks. If you are prone to blisters, please pre-plaster the points which suffer most.
- * **Clothing** – Layer up! We advise a base layer (dryflo wicking top), a mid-layer (microfleece), and a good quality outer layer (fleece). Stretchy tracksuit trousers are perfectly adequate, as are shorts and walking trousers (not jeans!). If you are prone to feeling the cold thermal leggings may also be useful. Please also bring additional layers of clothing suitable for both warm and cold weather conditions.
- * **Waterproofs** - Fully waterproof jacket and over-trousers. Good quality (e.g. gore-tex) is essential.
- * **Rucksack** – 25-30 litre capacity (large enough to carry spare clothing, food, water bottle, camera / mobile phone).

BEN NEVIS

- * **Warm weather kit** – sunglasses, sun cream and sun hat.
- * **Cold weather kit** – woolly hat, gloves and scarf.
- * **Food and drink** – Water (2 litres), flask and packed lunch – it is important that you carry water to ensure you don't become dehydrated. Also carry enough food/snacks to keep you going for the duration of the walk.
- * **Mobile phone** – everyone must take a mobile phone with them on the walk. If you do not have a mobile phone, make sure you walk and stay with a fellow walker who has a phone. These numbers must be provided to the Events Team before departure.

Suggested Kit

- * **Walking or ski poles** - these are recommended for support, especially in descent, for tired legs and for boosting you uphill.
- * **High calorie snacks** - chocolate and nuts are good sources of energy.
- * **Equipment** - compass/torch and spare batteries.
- * **Survival bag and whistle** – person-sized plastic survival bag available in outdoor shops.
- * **Personal first aid kit**, including rehydration tablets, plasters, blister plasters, sterile gauze dressings, crepe rolled bandages, safety pins, tweezers, scissors, alcohol-free cleansing wipes, painkillers such as paracetamol, aspirin or ibuprofen (as appropriate to yourself), sticky tape, cream to relieve insect bites and stings
- * **Map** – Ordnance Survey map of the area.

Mobile phone

Please ensure you bring a **charged** mobile phone with you or have a least one in your walking party, enclosed in a waterproof bag. If you have not already provided the number for this phone on your entry form, you will be asked to do so at registration. Please ensure that you are ready to give us the correct number to avoid delays in registering and that your phone is fully charged.

BEN NEVIS

FAQs

Q. What time do I register on the day?

A. **8:15 a.m.** Once registered a kit inspection will be carried out to ensure you have adequate clothing for the weather and terrain.

Q. Will I still be able to take part if I am late arriving at registration?

A. No. Because of the length and severity of this walk, and in order to manage it efficiently and safely, the registration window is very strict.

Please be aware of the above and make extra provision to register on time to avoid this problem.

Q. How long does it take to complete the walk?

A. This varies enormously depending on the weather and your fitness level. As a guide, walking at quite a standard pace with photo breaks and a stop for a cup of tea at the summit, the trek will take about 7 hours. Please note that if you haven't reached the summit by 15:00, we will need to escort you down. Please remember that we do not operate our event as a time trial or race. We ask that participants treat this walk accordingly and do not push themselves past their capabilities in order to achieve a 'good' time. Completing this walk at all is an achievement in itself!

Q. Will I need to walk in a group?

A. Yes, you will begin the walk in groups of 10. However, once on the mountain, and if the weather allows it, we find it much more enjoyable for people to be able to walk at their own pace, in the group size they wish. You will be able to walk with qualified mountain instructors who will be on the mountain with you.

Q. Do I really need to train for this event?

A. This is a physically demanding event, climbing Ben Nevis is no easy task so any training you have done before the event will certainly help. This requires a certain level of fitness and stamina best acquired through training. See the 'Fitness' section for more details.

Q. Do I need to bring water / food with me or is it provided?

A. You must carry as much water / foods as possible to ensure you have an adequate amount for the duration of the walk. Please note; there will not be an opportunity to acquire additional water etc. along the walk.

BEN NEVIS

Q. Do I need to bring all the different clothing that you recommend on the list?

A. The weather is notoriously changeable and can be severe in this area regardless of season therefore we strongly recommend that you come prepared for all eventualities.

Q. Do I have to adhere to the essential items kit list?

A. Yes. The essential items on the kit list are there for your safety. **8.2** (our guide company), will not let you take part if you are missing essential equipment.

Q. What happens if I am injured or ill and need to retire from the event?

A. We have full radio communications alongside our marshals / guides that will be with the group, along with mobile first aid cover. In the event of a problem, please alert your marshal / guide and arrangements will be organised for your care or transport back to the registration point.

Q. If I am a parent / guardian accompanying a 14-17 year old and have to retire from the event, what will happen to them?

A. It is strict policy for this event that 14-17 year olds must be accompanied at all times by the parent / guardian responsible for them, therefore the young person/s would also have to retire from the event unless another adult known to them was present in the group, was an experienced walker and willing to assume full responsibility for them from that point onward.

Q. What will happen if the weather has been very severe leading up to the event – will the event still take place?

A. Our mountain guide company regularly monitors the weather along the route in advance of a trek, and they will advise us of any safety concerns before the event goes ahead. Any decision to cancel the event would be based on their expert advice. Should we be advised to cancel the event, all participants would be contacted by telephone immediately.

Q. What will happen if the weather becomes severe on the day?

A. As above, the specialists assisting us on the day will regularly patrol the route and assess the weather and terrain at all times. Any decision to cancel or curtail the event will come from them and will only be taken if they consider the health and safety of the participants to be at risk should the event continue.

Q. Are there toilets on the route?

BEN NEVIS

A. No. There are no toilet facilities on route to the summit of Ben Nevis.

Q. Can I bring my dog/s with me on the walk?

A. We ask participants not to bring their dogs on their Mountain Challenge. This is due to the presence of local livestock on all routes.

Q. What happens upon completion of the event – do I need to sign back in?

A. Every participant **must** check back in at the registration point whether you have completed the walk or retired early from the event. If you do not sign back in with us, it may result in mountain rescue being called out unnecessarily.

Q: Will I need to know how to use the compass and map?

A: No, the whole route is way marked and marshalled.

Q: How steep are the hills?

A: The ascent to the summit is a steady climb on a mixture of rough and well-kept pathways.

Q: Are the pathways clearly marked?

A: Yes, the National Parks Authority has carried out a great deal of work on all the paths. However there are some points where there is more than one path – here we have put checkpoints at the junctions to ensure you keep to the correct one.

Q: Where can I get more information on the routes?

A: There are many widely available walking books on Snowdonia. However for general information about climbing Snowdon we would recommend you visit a few websites:

www.hightrek.co.uk & www.walkingbritain.co.uk

Suitable maps include – Ordnance Survey Landranger 1:50,000 sheet 15 Ordnance Survey Outdoor Leisure 1:25,000 sheet 1