



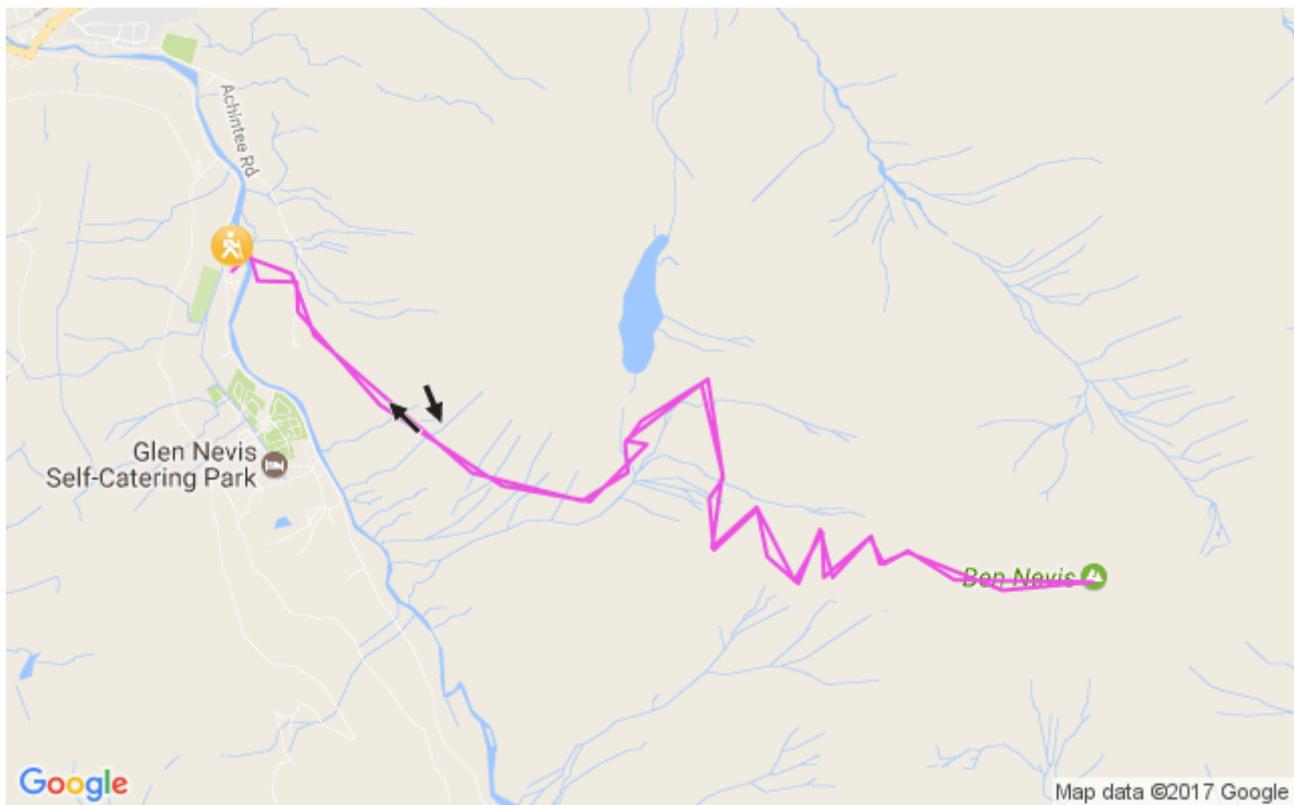
BEN NEVIS WEEKEND TREK

UK • TREK • DEMANDING

ABOUT THE CHALLENGE

Ben Nevis (Gaelic translation 'Mountain of Heaven') itself is the highest point in Scotland and the British Isles, standing at the lofty height of 1343m (roughly 4000ft). Fort William, on the southern edge of the Great Glen and located on a sea loch, is our base for the weekend. This is a long, arduous uphill trek which will provide you with a wonderful sense of achievement when you reflect on what you have done.

BEN NEVIS WEEKEND TREK • 3 DAYS



Day 1: Arrive Fort William

Arrive late afternoon in Fort William. After settling into our hotel, we will share an evening meal together and have a full briefing about the weekend's events. Night hotel.

Day 2: Ben Nevis

After a good breakfast, we begin our ascent of Ben Nevis. Our route kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to the picturesque Lochan Meall an t-Suidhe, then leave the green landscapes below us as we tackle the famous 'zig-zags' – a well-maintained section that criss-crosses its way gradually up the otherwise-steep gradient.

Our surroundings are by now stony and barren. Crossing the rocky boulder field, we look out for the cairn that marks the summit – a welcome sight! In good weather we can enjoy wonderful views over Glen Nevis, Loch Linnhe and Loch Eil, as well as the ruins of the observatory at the top of the mountain. The summit is notorious for its cloud cover, however, so enjoy your views on the ascent in case you don't experience them later!

Expect to get chilly at the top – the summit is on average 9°C colder than the base. We return the same way. The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our hotel for a big celebration meal and well deserved drink! Night hotel.

Trek approx 6 - 9 hrs

Day 3: Depart Fort William

After breakfast, we depart Fort William and head for home, probably aching but undoubtedly jubilant after an exhilarating and satisfying challenge.

WHAT'S INCLUDED

- All food, transfers and hotel accommodation
- Discover Adventure leaders and support crew
- Full vehicle support
- Optional pick-ups or drop-offs from Fort William Railway Station

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Entry to optional sites or activities
- Any applicable surcharges as per Terms and Conditions

TREK TRAINING WEEKEND

£160 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 27 Mar 2017, and the challenge is subject to change.