

The challenge of a lifetime...  
...for the charity of your choice

# Ben Nevis

# Trek



**Trek to the top of Britain and summit the highest peak!**

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**GLOBAL  
ADVENTURE  
CHALLENGES**  
**UK SERIES**

# A challenging trek in the heart of Scotland's Western Highlands to the highest point in the British Isles - 1,343

## Your trekking challenge...

This exciting challenge will see us conquering Ben Nevis, the highest mountain in Scotland, Wales, England and Northern Ireland. We begin our adventure in the heart of the breathtaking Western Highlands of Scotland at Fort William.

The mountain attracts many trekkers, climbers and mountaineers, as the 700 metre high cliffs of the north face are among the highest in the United Kingdom and are one of the principal locations for ice climbing.

Our trail to the summit is not technically difficult, but trekking will be strenuous - 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 this epic weekend adventure.

Don your boots and let's get trekking!

To trek to the top of Britain and summit the highest peak, simply visit our website at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) and register online or complete the enclosed registration form and send it back to us along with your registration fee at the following address:

Global Adventure Challenges,  
Red Hill House, Hope Street, Saltney, Chester, Cheshire, CH4 8BU.



3m!

## Your itinerary...

### Day 1

We meet at Glasgow Central Train Station / Glasgow International Airport at approximately 3pm for our 3 hour transfer to Fort William - the base of all Ben Nevis ascents located on the shores of Loch Linnhe.

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 (1,343m)

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.

**Distance trekked – approx. 10 miles**

### Day 3

Following breakfast, we transfer from Fort William to 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)*



# Your questions answered...

## Is this trip for me?

**ABSOLUTELY!** This trekking challenge is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

## How fit do I need to be?

This trek is challenging, but 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.

## Where will we stay?

We will stay in local 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.

## 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 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 all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed.

## What's included?

All accommodation on day 1 and 2 of the challenge, all meals from evening dinner on day 1 through to breakfast on day 3, qualified Global Adventure Challenges leaders, vehicles for back up and support, medical support, transfer to and from Glasgow Central/International Airport.

## What's not included?

Alcoholic drinks and tips, own personal kit (trekking boots, poles etc), private travel insurance.

## What sort of back-up is there?

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.

## 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?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to us along with the registration fee, or register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, we will write to you with further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

**Trek to the top of Britain and summit the highest peak!**

**Register online today!**

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