

Ben Nevis Midnight Challenge Itinerary

Ascent approx. 5 - 6 hours Decent approx. 2 - 4 hours

Our trek takes us into the heart of the Nevis Range in the breathtaking Western Highlands. Our challenge is to reach the summit of Ben Nevis (Gaelic translation 'Mountain of Heaven') which stands at the lofty height of 1,343m (4,409 feet) above sea level.

The path we take zig zags up through tough terrain which, although technically easy, is a strenuous challenge requiring stamina and determination. Trekking at night will also add to the challenge.



On the way down You will be rewarded with spectacular views of the Scottish Highlands and you will get an overwhelming sense of the remoteness and the unspoilt environment.

Day 1:

Transport will be provided from Glasgow Central train station, departing from there at 5pm for the three hour drive to Fort William. We gather at our trek start point and have a good meal to boost our energy for the night ahead.

After a thorough briefing, we set off after sunset at approximately 10.30pm on our exciting night-time challenge. Equipped with head torches, our path up the mountain will show up quite easily most of the way. Our ascent kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to Lochan Heall an t-Suidhe, then will be able to see the terrain on either side of our path change from green vegetation to stony barren slopes.

Trekking at night is a very different experience than during the day; our senses grow used to the darkness and we can enjoy the silence and remoteness of this mountain, and the views of the night

sky.

We now tackle the famous 'zig zags' - a well maintained section that criss-crosses its way gradually up the otherwise steep gradient. As we get higher up it will get colder and we will be getting tired. The path is also less clear at points so care should be taken. The sky will be lightening as dawn approaches, and as we cross the boulder field that marks the approach to the summit, we may be able to make out the cairn that marks the summit. Once at the top you will be at the highest point in the UK!

Day 2:

Weather permitting, there is no better reward for our efforts than to see the sun rise from the summit. The summit is notorious for its cloud cover, however, at sunrise we may have more luck than later in the day. Expect to get chilly at the top which is an average of 9 degrees centigrade colder than at the base. We return the same way and marvel at the views on the descent as the sun rises higher. It is amazing to see what we have climbed up in the dark. The descent will be much quicker and less arduous but still tiring and hard on the knees. We return to the base for a big celebration breakfast.

We depart Fort William at 10 am and transfer back to Glasgow where the trip ends.

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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