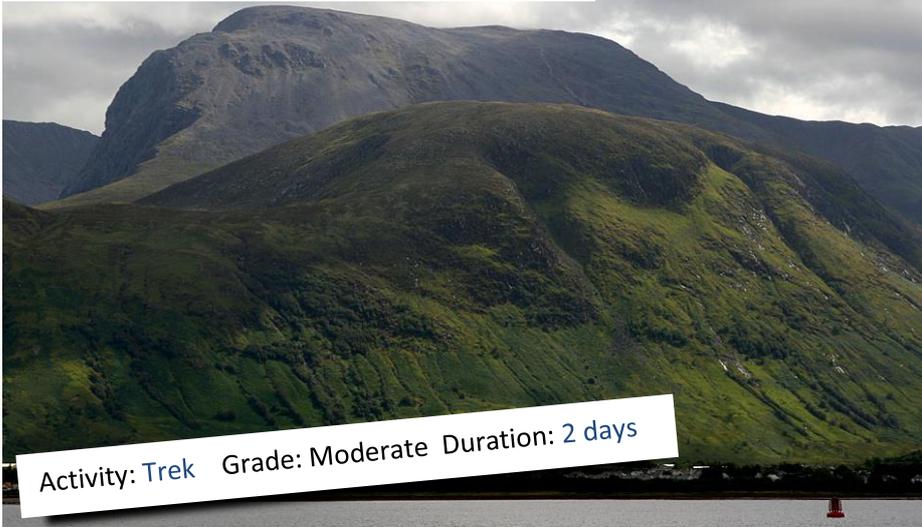




## Ben Nevis Night Trek



Activity: **Trek** Grade: Moderate Duration: **2 days**



**Ben Nevis (Gaelic translation 'Mountain of Heaven') is the highest point in Scotland and the British Isles, standing at the lofty height of 1343m (roughly 40,00ft).**

**Reaching the summit of this mountain is a long, arduous uphill trek. Undertaking it at night is an unforgettable and arduous challenge, with our way lit only by the moon and our torches. We set off just after sunset and should be at the summit to experience the sunrise.**

**As we descend, we can see the spectacular landscapes open up before us as the day grows lighter. We celebrate our huge achievement with a slap-up breakfast!**

#### What's Included

The tour cost includes all transfers, meals and experienced Discover Adventure leaders and back-up support.

It does not include personal travel insurance (optional), extra food, drinks, souvenirs or personal items, or entrance to any tourist sites you may wish to visit. We strongly recommend you carry a credit card in case of personal emergency.

A meal is provided before the ascent of Ben Nevis, and a big breakfast at the end. Snacks to carry with you will also be provided. The food is good and there is plenty of it!

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please feel free to ask us for advice.

#### Detailed Itinerary

##### Arrive Scotland (Day 1)

There will be transport provided from Glasgow Central train station, departing there at 5pm for the 3-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.

##### Depart Sunset

After a thorough briefing, we set off after sunset at approx 10.30pm on our exciting night 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 Meall 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 up 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 the 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 we take it steadily and carefully. The sky will be lightening as dawn approaches, and as we cross the rocky boulder field that marks the approach to the summit, we may be able to make out the cairn



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### Trekking Information

You will trek approximately 11 miles on Ben Nevis, though it would be a mistake to base your training on this! It's vital when training to think about the hours you need to walk for and the terrain you are walking on – ie purely uphill, followed by purely downhill.

The paths we use are generally well-maintained and vary from steps, steep inclines or gradual slopes, to scree and rocky ground. In wet weather it can be slippery in places, and in some areas it can be easy to lose the path. It is not uncommon to be walking on snow as you approach the summit, even in the summer months. In the dark it's easier to lose your footing or become disoriented, so we take it easy.

### DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

### Detailed Itinerary (cont)

that marks the summit – we've made it! At the moment, we are the highest people in Britain!

**Summit Sunrise (Day 2)** If the weather's clear, there is no better reward for our efforts than to see the sun rise from the summit. In good visibility 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, though at sunrise we may have more luck than later in the day. Expect to get chilly at the top – the summit is on average 9°C colder than the base. We return the same way, and marvel at the views on the descent as the sun rises higher – it's amazing to be able to see what we climbed up in the dark! The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our base for a big celebration breakfast!

**Ascent approx 5-6 hours; descent approx 2-4 hrs**

### Depart Fort William

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

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



### Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

### Weather

Mountain environments must always be respected as weather conditions can change rapidly during a short space of time. This can make a big difference to your safety, particularly if you are ill-equipped.

The summit is considerably cooler than at the base, more likely to get rain, and can be exposed to high winds. In bad weather, keep close together as a group and watch the weather! Walking in the dark can confuse your sense of direction, and mist, rain or wind will make it worse. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy. Keep a regular check on your location.

