



ALZHEIMER'S SOCIETY BEN NEVIS DAY

UK • TREK • ORANGE 2

ABOUT THE CHALLENGE

The Scottish Highlands are full of enchantment and ancient history. You will be overwhelmed by the increasing sense of remoteness and the unspoilt environment as we leave the lowlands en route to our start point.

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 the nearest town. Reaching the summit of Ben Nevis is our challenge – it involves a long, arduous uphill trek which will provide you with a wonderful sense of achievement.

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Day 1: Trek Overview

In the morning we meet in Fort William, the gateway to Ben Nevis, and get ready for our trek. While enjoying a fuelling cup of tea or coffee, we'll have a briefing ahead of setting off on our invigorating 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 Fort William and enjoy a meal together with our fellow trekkers, before heading home, tired but very elated and proud of our achievement!

Packed lunch and dinner included.

Ascent approx. 5-7 hours; descent approx. 3-4 hours



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 24 Sep 2019, and the challenge is subject to change.