

BEN NEVIS AT NIGHT TREK

KEY INFO

Duration	2 days
Distance	12 miles / 18km approx.
Challenge Grade	Tough (2)
Location	Scotland

CHALLENGE HIGHLIGHTS

- Trek and summit the UK's highest mountain at 1,345m
- Witness a stunning sunrise from the top of Ben Nevis
- Experience the breathtaking views of the Scottish Highlands
- A fantastic challenge – perfect for those with little time away from home and work



Join us as we trek to the highest point in the UK – guided by torches and the stunning night sky! Our Ben Nevis Midnight Trek sees us conquer the tallest mountain in the UK, but with a difference. We'll be setting off at night-time and our trek will follow the route as it zig-zags its way to the summit in time to witness a breathtaking sunrise across the Scottish Highlands on our descent. The trek will be challenging; however, we'll be accompanied by experienced mountain leaders supporting us every step of the way and we will return with memories to last a lifetime.

CHALLENGE ITINERARY

We meet in Fort William for a safety briefing. Around 10pm / 11pm we then start our trek! 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 4-5 hours, and upon reaching the summit, we will be able to (hopefully!) enjoy a beautiful sunrise and take in the stunning views surrounding us. We begin our descent which should take approximately 3-4 hours and upon reaching the finish we are rewarded with a breakfast bap. We are then free to go on our onward journeys.

Trekking distance - approx. 12 miles / 18km

Please note, this is a complex itinerary - times, distance and logistics are strictly subject to change.

CHALLENGE INCLUSIONS

What's Included?

- Breakfast in Fort William
- Complimentary snacks
- Full support from our experienced crew
- Vehicle for back up and support

What's Not Included?

- Travel to and from Glasgow or Edinburgh
- Tips and gratuities
- Any meals not specified
- Personal trekking kit

For your convenience, we are offering a private direct return transfer service from Glasgow to Fort William. Let us take the stress out of your journey so you can focus on the challenge ahead and enjoy a well-earned rest after your trek!

FREQUENTLY ASKED QUESTIONS

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This trek has been graded as Tough (2) on our challenge grading scheme, meaning it is designed to push your boundaries - however it is achievable by most people as long as you fitness train beforehand. Remember, you are trekking to the summit of the UK's highest mountain - the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together before the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

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, waterproofs and a head torch 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 a camera, energy snacks, waterproofs, warm clothing, etc.

Food Matters...

Your breakfast in Fort William is included on this challenge, plus snacks during the trek. We cater for most dietary requirements as long as we know in advance – just fill out the appropriate section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. A full, comprehensive first aid kit will be taken. A support vehicle will be located at the foot of the mountain providing extra support if needed. Mobile phones and VHF radios will be used to ensure our safety and security at all times.

What happens if I get tired?

You can stop for drinks and snacks as and when you need to. 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 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?

You can register online at globaladventurechallenges.com - payment of the registration fee is due at the time of booking. Once your registration is received, we will get in touch with further information on what to expect! Your charity will also be in contact to discuss your fundraising.

