

BEN NEVIS NIGHT HIKE 2021

INFORMATION PACK

Ben Nevis, Britain's highest mountain, rises from sea-level on the shores of Loch Linnhe, to loom ominously 4,411ft (1,345m) above the town of Fort William. In fact, the summit of 'The Ben' lies only a few hundred feet below the permanent snow line! Many climb The Ben each year, but very few will climb it in the dark! This fantastic challenge will take you to the highest point in the British Isles under the watchful eye of a professional guide.



WHO CAN TAKE PART?

Anyone over the age of 18 can take part. Children aged 12-17 can participate as long as their own parent/guardian is participating (It cannot be another child's parent or responsible adult). Anyone over 69 years of age will need a GP's letter agreeing to their participation. Should you have any injuries or pre-existing medical conditions you must inform us on the attached medical form. Any condition which may affect your ability to complete the challenge may require a letter from your GP.

WHEN AND WHERE DOES IT START?

We will meet at 9:30 pm in the car park of the Glen Nevis Visitor Centre, Fort William, PH33 6PF. Please note that we'll be in a marquee (away from the Visitor Centre itself), where we'll conduct a safety briefing and kit check before getting you into your teams ready for the start which will be at around 10 pm.

DIRECTIONS & PARKING

The start is situated in the Glen Nevis Visitor Centre car park, where there is plenty of space. If you are travelling by public transport, please contact us via admin@mountainandglen.com for advice on the best methods of travel.

TRAINING

The Ben Nevis Night Hike is a strenuous undertaking, and you'll need adequate preparation. Knowing that you are physically fit and have the right equipment will help you to maximise your enjoyment of the event. Please see the attached advice sheet.

THE ENVIRONMENT

We work closely with the relevant authorities to manage the impact of our events. It's important that you play your part in this by keeping noise to a minimum, sticking to footpaths and by not dropping litter.

MOUNTAIN SAFETY

Your safety is paramount, throughout the event. You will be guided by a qualified Mountain Leader (ML) who has vast experience of leading groups on Ben Nevis. All MLs have appropriate mountain first aid qualifications.

WHAT SHOULD I WEAR?

A kit list is provided for your comfort and safety. Whilst the list is not exhaustive, it contains all the items you must carry in order to have a successful, safe event. Please feel free to bring any additional items you wish to carry with you.

ITINERARY

We assemble at the Glen Nevis Visitor Centre car park at 9:30 pm for registration and a safety brief and kit check before commencing the walk at around 10 pm.

As we start up the rocky Ben Nevis path the climb begins as we cross footbridges and rocky sections to reach the Red Burn, after which the path climbs in a series of long winding zig-zags before reaching the summit plateau. On the plateau the route takes us through a mass of stones and boulders.

The final part of our climb takes us to the summit proper, marked by an Ordnance Survey trig point, cairns, an emergency shelter and the ruins of an observatory.

If the weather permits, we take a short break on the summit before retracing our steps back to the Visitor Centre below.

Sunrise is just after 6 am so we hope to be greeted with a spectacular daybreak on the descent!

All timings are approximate and may vary.



Questions and Answers:

Will I be required to rock climb?

No, but you'll be walking on very rocky paths and some steps all the way up and down Ben Nevis.

What happens at the start?

After the brief you'll set off en-masse so you can walk with your friends/colleagues. Mountain Leaders will embed themselves in the group, from the front to the back and will all be in radio contact with each other.

Where are the toilets?

There are toilets at the Glen Nevis Visitor Centre but no other toilets will be available. Your Mountain Leader will advise you on toilet usage whilst on the mountain.

Is there water available?

You need to bring a full 2ltr camel back or 2 x 1ltr water bottles with you to provide sufficient water for your walk. There may be an opportunity to refill your water supply from a natural spring half-way up the mountain.

Do I need to navigate?

No. All navigation will be undertaken by an experienced Mountain Leader, who will be with you at all times on the mountain.

How long does it take?

We expect the Night Hike to take around 8 hours to complete.

Is it safe?

Your safety is our primary concern and we want everyone to have an enjoyable and safe Night Hike. Each group will consist of a maximum of 6 participants and will be led by a professional Mountain Leader (ML).

This walk takes place in a mountainous environment. Such activities carry with them an inherent risk. A proportion of this risk must be accepted by you. All our staff are trained for the activities which they lead and have specific first aid qualifications. In the interests of safety you are expected to abide by the instructions, decisions and judgements of the event staff. If you decide to ignore advice or instructions given by our staff you will be considered to be outwith our responsibilities and have assumed personal responsibility for your subsequent actions.

What if I can't finish the walk?

Please be adequately prepared for your Ben Nevis Night Hike as this is a harder challenge than many people might realise. Please follow the training guide and kit list. If you follow the advice given you shouldn't have any major problems. However, should you become injured or unable to complete the walk we will be able to bring you off the mountain safely.

Can I take part if I am pregnant?

Unfortunately pregnancy would exclude someone from participating.

Where is the finish?

Back at the Glen Nevis Visitor Centre car park, where you started from.

What happens at the finish?

We'll have bacon rolls and hot drinks waiting for you. We'll present you with a certificate to recognize your achievements.