

Ben Nevis Weekend Trek



Activity: Trek **Grade:**  **(Demanding)** **Duration: 3 days**

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.

DETAILED ITINERARY

Day 1: Arrive Fort William

Arrive late afternoon in Fort William. After settling into our hotel, we will share an evening meal together and have a full briefing about the weekend's events. Night hotel.

Day 2: Ben Nevis

After a good breakfast, we begin our 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 our hotel for a big celebration meal and well deserved drink! Night hotel.

Trek approx. 6 - 9 hours

Day 3: Depart Fort William

After breakfast we head for home, probably aching but undoubtedly jubilant after an exhilarating and satisfying challenge.

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

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CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Demanding (2)**. Main challenges lie in the varied mountain terrain, continuous up and down, and potential weather conditions.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

