



BIG STEPS FOR SMALL FEET

UK • TREK • YELLOW 3

ABOUT THE CHALLENGE

BEN NEVIS OVERNIGHT ASCENT

Join us in raising funds for one of the collaboration of charities promoting this challenge to highlight the work needed to support families suffering from the loss of a child. All fundraising, no matter how small or large, will go 100% to your chosen charity.

'Big Steps for Small Feet' is a chance for our charities to unite as one, in togetherness and hope, raising awareness for a cause that is close to each and every one of us. It's an opportunity to show the world that collectively we can make a difference.

This June we're taking on Ben Nevis at night, taking Big Steps for Small Feet. We hope to give those who need it the chance to walk and talk together, scaling new heights to unite and raise money for charities working to support bereaved families every day.

When your child dies, your whole world is shattered. You can feel alone and as if no one understands your pain. Bereaved parents, and those who have been affected by child loss, tell us they feel like they've lost a part of themselves and are unsure who to talk to or where to channel their feelings.

By taking on Ben Nevis by night, you can change this. Take Big Steps for Small Feet and together we can make a difference by raising awareness and funds for the following 10 charities:

Anam Casa Fasgadh, Bliss, Child Bereavement UK, The Lullaby Trust, Sands, Sands Lothians, STAR for Harris, Twins Trust, Together for Short Lives, Tommys

BIG STEPS FOR SMALL FEET • 2 DAYS

Day 1: Arrive Scotland

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.

Day 1: 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 that marks the summit – we've made it! At the moment, we are the highest people in Britain!

Day 2: Summit Sunrise

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

Day 2: Depart Fort William

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

The Tour cost shown above is the maximum you will need to pay. This may be less subject to the final numbers of participants. You will be advised of the final amount due 10 weeks prior to the departure date.

THE TOUR COST INCLUDES:

- A transfer to and from Glasgow Central Station,
- Dinner and breakfast
- 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.



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 4 Nov 2019, and the challenge is subject to change.