CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

BEN NEVIS AT NIGHT
UK

Sat 14 Oct - Sun 15 Oct 2023

In aid of your choice of charity

14 Oct - 15 Oct 2023

2 DAYS | UK | TOUGH

Beginning in the beautiful Glen Nevis, right in the heart of the Scottish highlands, this spectacular challenge will see you and fellow fundraisers trekking to the top of Ben Nevis....at night!

You will be fully supported all the way by our experienced Mountain Leaders and then celebrate at the finish line with a celebration breakfast.

This night time challenge will test your physical and mental limits but your efforts will be rewarded by knowing that all your hard work is going towards raising money to help your chosen cause.

- Night time trek to the summit of Ben Nevis
- Celebration breakfast after completing the challenge
- Raise money and make a difference
- Hike under the moonlit sky
- Summit the highest mountain in the UK

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 14 Oct*

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Arrival and begin your challenge!

The event venue for this challenge is situated at the Glen Nevis visitors centre, just 5 minutes from Fort William and right in the heart of the spectacular Scottish highlands.

After registration and a full safety briefing from your challenge leaders you will strap on your head torches and begin the trek. During the trek you be supported every step of the way by our fully qualified Mountain Leaders.

DAY 2 *Sun 15 Oct*

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Completion of your challenge!

You should reach the summit just as the sun begins to rise over the rest of the surrounding highlands. After the elation of reaching the top you must summon up the energy to return to the start where it will be time to relax and celebrate with a celebration breakfast.

After this you are free to depart, reliving your achievements on your way home.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

As this is a night challenge it is important that you make suitable plans for travelling home after the challenge to avoid driving when tired.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £40.00 when you book
Then a balance of £169.00
(9 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £40.00 when you book
Raise a minimum of £345.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Fundraising advice
- A-Z of fundraising ideas
- Access to your own password protected account including support materials and training schedules
- Fitness training notes

On your challenge

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- All challenge management before, during and post event
- Charity Challenge buff, medal and certificate
- Hot breakfast at the end of your challenge

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point

On your challenge

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- Accommodation during the challenge
- Dinner on the night of arrival

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 29/07/2023), and the remaining 20% within 4 weeks of completing the challenge (by 12/11/2023). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Typical group size	The typical group size is 20 - 100 participants
Optional extras	Travel insurance (*subject to availability)

Why book with Charity Challenge

- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Celebration breakfast when you complete the challenge.
- The highest quality night-time charity challenge experience on the market!

Level of difficulty

The Ben Nevis at Night challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and have taken on a previous trekking challenge and are now looking to push themselves further. You can tell your supporters that on your Ben Nevis at Night challenge you will be:

- Trekking for approx 8 hours continuously.
- Covering over 15km of undulating terrain, with the added challenge of walking through the night!
- Ascending a total of approx 1300m in a single night.
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Training

The Ben Nevis at Night Challenge is an endurance trekking event taking place through the night, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge.

There is no substitute for walking in the outdoors, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! If it is possible for you to practice walking at night with your headtorch then this is also useful. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the challenge, the more you will get out of it. The hardest part of this challenge to train for is the fact that you will need to walk at night. Whilst it is not expected that you will have practiced this, we would recommend that you be comfortable with walking with reduced visibility and using your headtorch. Also see your Charity Challenge Fitness Training notes.

Group size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

As this challenge takes place at night, and for your own safety, it is extremely important that you keep with your mountain leader throughout the challenge.

Group Management

This is a leader-led challenge and you will accompanied by our challenge mountain leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will run UK challenges between March and November, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. As this challenge takes place at night the temperature can often reach freezing point, even in the height of summer. Please check the weather forecasts to ensure that you bring clothing suitable for the likely conditions.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it requires you to trek through the night, with tough ascents and descents, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

The famous 'zig-zags' contain several sections of loose scree that can be difficult when wet.

Challenge timings

Precise timings and locations will be supplied to you 1 month prior to the challenge.

Your challenge begins late in the evening (approx 10:45pm) when you will register and then meet the leaders, as well as the rest of your challenge team. You will then have your evening safety briefing. It is vital that everyone attend this safety briefing. Please note that dinner on the night before the challenge is not included.

After the safety briefing, we will begin walking and we estimate that it should take you approximately 8 hours to complete this challenge.

At the finish a celebration breakfast will be available, after which you are free to depart. We anticipate everyone to have completed this challenge by 7-8am.

As this is a night time challenge we would highly advise that you build in some time to rest and sleep before driving home.

Getting to and from the Challenge

Precise timings and locations will be supplied to you 1 month prior to the challenge.

The registration point will be situated in Glen Nevis. This spectacular glen is a short 5 minute drive from the town of Fort William. Fort William is well served by a variety of public transport options, including the train from Glasgow.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

Accommodation

No accommodation is provided for this challenge.

There are plenty of accommodation options in and around Fort William. Please check the Visit Scotland website for a range of different options.

Food and drink

Meals while on the challenge include the celebration breakfast on Sunday morning, after the challenge. We strongly encourage you to bring additional sweets and snacks as snacks during the trek are not provided.

We would advise that you arrive at the start with your water bottles already filled. There will be no additional water available on the mountain.

Please note that dinner on the evening before the challenge is not included. The drinking of alcohol the night before is strongly discouraged for your own health and safety during this tough challenge.

Clothing and equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one.

For this challenge, a good quality headtorch with spare batteries is vital. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy an expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at Outdoor Hire.

Waterproof and well-worn in boots will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Sports trainers are not suitable. As this is a night time challenge the temperatures will be significantly colder. Enough warm layers are vital, as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality waterproof jacket and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge. A full kit list for this challenge can be found here. Once you book you will have access to kit discounts with our partners Outdoor Hire and Cotswold Outdoor.

Toilets

Please note that the Visitor Centre (including toilets) will not be open at this time of night. The toilets are generally open again at approx 8am the next morning. During the challenge such facilities will be limited to the great outdoors!

Money

During the trek there will no opportunities to purchase other things.

There are numerous shops and cafes in nearby Fort William that will be open in the evening before and the morning after the challenge.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.
- Due to extra risks posed by trekking at night we always use a higher ratio of Mountain Leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone

and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within 7-8hrs. We have a high ratio of leaders so if anyone is struggling and needs to descend they will be accompaniedby one of our leaders.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the Ben Nevis visitors centre to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience.

The visitors centre staff would like everyone to please adhere to the following requests so that this challenge creates as little disturbance to the local area as possible.

- Please do not take any glow-sticks on the trek with you. These are a big cause of a lot of littering that results from these night time challenges.

- Please make sure that you park in official car parks. This minimises disturbance to local residents.

- The registration point is near to a number of accommodation options, so please keep noise to a minimum.

We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area.

For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

What route do you use on this challenge?

On this challenge we ascend and descend from the Ben Nevis visitors centre in Glen Nevis. We follow the Pony Track at all times.

Plan ahead to avoid travelling home tired

We would encourage everyone to plan ahead and think about how you will travel home after the challenge. You will have just completed an energy sapping trek and you will have been awake throughout the night. We would therefore encourage that everyone consider either using public transport to travel home, arrange for a friend or relative to give you a lift, or to book accommodation nearby so that you can get some sleep before travelling home.

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Any more questions?

Contact us:

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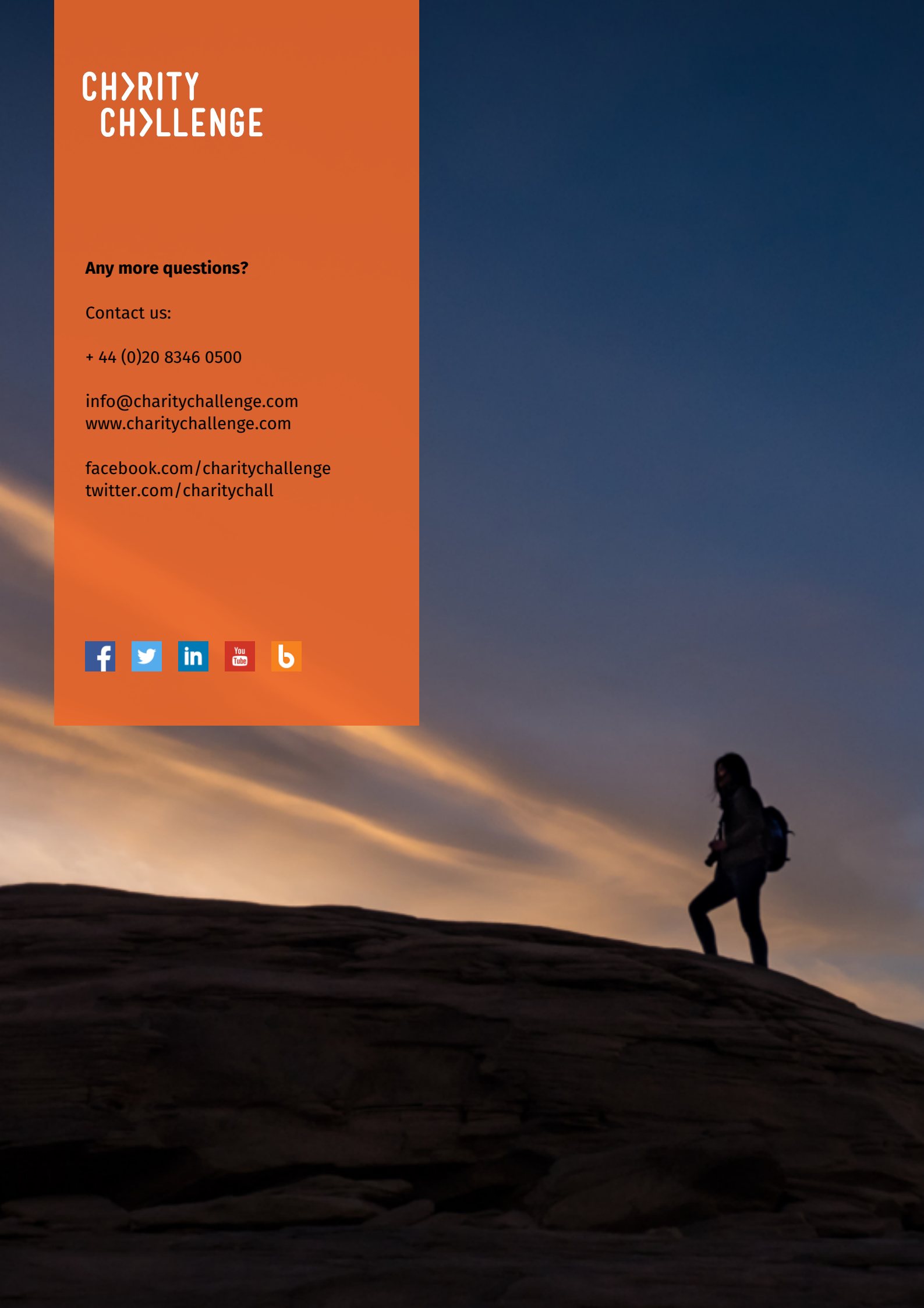
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