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MACMILLAN.**  
CANCER SUPPORT



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**DEFEAT THE PEAK: BEN NEVIS BY  
DAY  
UK**

Sat 13 Jul - Sat 13 Jul 2024







## In aid of Macmillan Cancer Support

13 Jul - 13 Jul 2024



### 1 DAYS | UK | CHALLENGING

Challenge yourself to reach the summit of the UK's highest mountain, Ben Nevis!

Set in the majestic surroundings of the Scottish Highlands you will be rewarded with incredible views of the surrounding mountains and out across stunning sea lochans that stretch into the distance. The trekking route starts from sea level, so you will need every ounce of energy to reach the summit 1,344m above you. Throughout the challenge you will be fully supported by our qualified mountain leaders.

You can also support Macmillan on their other Defeat the Peak challenges - take on [Ben Nevis at Night](#), [Snowdon at Night](#) or [Scafell Pike at Night](#)!

- Summit Ben Nevis, the UK's highest mountain!
- Enjoy the spectacular scenery of the Scottish Highlands
- Incredible trekking challenge
- Raise money and make a difference

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 13 Jul

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#### The summit day!

After registration and a full safety briefing from your challenge leaders you will begin the trek. Our route takes us up and down the Mountain Track, a distance of 16km and 1,330m of ascent. We'll tackle the famous 'zig-zags' before heading out across the plateaux to the summit. You will be supported every step of the way by our fully qualified mountain leaders. Reaching the summit is sure to be a special moment, and hopefully the weather will provide us with spectacular views of the surrounding Scottish highlands. After celebrating at the summit we will descend back down to Glen Nevis where it will be time to depart.

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

**We will aim to complete this challenge by 6pm. However, delays can happen, so please make sure you have flexible onward travel plans.**

**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.**

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## 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 £115.00  
(5 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 £250.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- 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.
- Template press release
- Fitness training notes
- Sponsorship forms (online and hard copy)
- A-Z of fundraising ideas
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA

### On your challenge

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- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies

## 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
- Clothing and equipment listed on your Kit List

### On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

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 7 weeks before departure (by 25/05/2024), and the remaining 20% within 4 weeks of completing the challenge (by 10/08/2024). 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 100 - 300 participants
Optional extras	Travel insurance (*subject to availability)
<div><div>+44 (0)20 8346 0500</div><div>info@charitychallenge.com</div><div>www.charitychallenge.com</div></div> <div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div><div><div>facebook.com/charitychallenge</div><div>twitter.com/charitychall</div></div><div><div>CH&gt;RITY</div><div>CH&gt;LLENGE</div></div></div>	

### Why book with Charity Challenge

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- 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.
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish
- The highest quality Ben Nevis charity challenge experience on the market!

### Level of difficulty

The Ben Nevis Challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but who perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Ben Nevis Challenge you will be:

- Trekking for around 8 hours in a single day.
- Covering 16km of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascend 1,330m in a single day.
- Summitting the UK's highest mountain.

### Training

This challenge is a great adventure that will have you trekking up and down the highest mountain in the UK over one day. It requires a good level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

This challenge involves steep, mountainous terrain, so make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 8 hour challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

### Group size

You will be joining a group of approximately 100-200 likeminded challenge participants. There will be one challenge leader for approximately every 10-15 participants.

### Group Management

This is a leader-led challenge and you will be accompanied by our challenge 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 challenges throughout the UK. 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.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

Partway into the challenge you will have begun to spread-out into your natural walking speeds. For larger groups, once you reach the first 'checkpoint' you may be allocated into a small group and designated a walking leader. These leaders will then be responsible for your safety. If you have any problems or need to join a faster or slower moving

group, then please speak to your leader.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together and reach the checkpoint at the same time so that we can ensure you all get allocated together.

Your leaders will be aware of several important cut-off times at locations that we need people to reach by a certain time so the group can complete the challenge. This gives everyone plenty of time to reach the summit. Your leaders will manage the group pace and keep you informed about these and your options if they think you might be struggling to achieve these times. In certain situations you may be asked to turn around and descend. We ask everyone to respect the leaders decisions. They are made with the group's safety in mind.

Please note that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity, supporting each other throughout the challenge.

### Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast [here](#). You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Ben Nevis). You can also check the [Mountain Weather Information Service](#) forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.



In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we would advise you to carry a minimum of 3 litres of water. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

### Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes tough ascents and descents. The route is predominantly on a well-maintained path but is rocky in places so can be slippery if wet. In particular, the famous 'zig-zags' contain several sections of loose scree that can be difficult when wet. Certain sections of the path are steeper than others but there are no sections that require you to use your hands to scramble.

### Challenge timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

You will need to be at the registration point at 8.30am on the morning of the challenge. The trek will begin at approx. 9am. The total time to complete this challenge should be between 7-8 hours. We will aim to have everyone finished by 6pm.

**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.**

### 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 or close to 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.**

**We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge. We reserve the right to use alternative registration points and finishing points when necessary.**

Inverness is the closest airport. It is 1.5 hours from Inverness to Fort William.

**Please note: We will send you precise instructions about how to get to the accommodation, and the timings of the event, one month prior to the challenge. We reserve the right to use alternative accommodation when necessary.**

### 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

The following meals are included in the cost of this challenge:

- A packed lunch to take with you on the trek

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process,

we will endeavour to ensure appropriate meals are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

### Clothing and equipment

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

### Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for several hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

### Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on

how to set them up for your height and the best way to use them.

### Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain can vary significantly from that in a valley. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

### Toilets

Please note that during the challenge, toilet facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

### 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 few 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.
- The weather at the summit can be very different to down in the valley. 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 day and keep yourself hydrated by drinking lots of fluids.

### Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones 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 keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. We have a high ratio of leaders so if anyone is struggling and needs to descend they will be accompanied by one of our leaders. Emergencies will be coordinated with the local Mountain Rescue service.

### 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-existing 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 or doctor.



### 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

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this [here](#).
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click [here](#).

### What route do we use

You will be ascending and descending via the Mountain Track that starts and finishes in Glen Nevis. You will be accompanied by our fully qualified mountain leaders at all times. These leaders will navigate the route so you can

conserve all of your energy for completing the challenge. Whilst the footpath is very easy to follow lower down the mountain it is important to realise that the summit plateaux is a notoriously tricky area to navigate, and the path becomes far less obvious, especially in bad weather. It is therefore very important that you remain with your leaders throughout.

## Altering your Booking

### Cancellation

Any request to cancel from a challenge must be confirmed to us in writing to [info@charitychallenge.com](mailto:info@charitychallenge.com). Cancellations are only effective from the day that they are received by us. Your insurance policy (if you have one) may refund much of your costs if cancellation is due to certain specified factors. Cancellations will incur the following charges:

- Cancellations made 36 days or more before departure (you will lose the registration Fee).
- 36 days or more before departure (you will lose your registration fee).
- 22-35 days before departure (you will lose 50% of total challenge cost).
- 21 days or fewer before departure (you will lose the total challenge cost).

### Changing your payment method

If you wish to change your payment option once you have booked you should request this in to [info@charitychallenge.com](mailto:info@charitychallenge.com). There will be an administration charge of £30 (payable by you) to process your request and this should be paid within seven days. Your payment option will only be changed once the £30 charge has been paid, and Macmillan have confirmed they're happy for you to make the change.

### Transferring your booking to another person

Transferring your Booking to another person becomes increasingly difficult closer to the date of departure. You may transfer your place to someone else, subject to the following conditions:

- a. that person is introduced by you and satisfies all the conditions applicable to the challenge;
- b. we are notified not less than 7 days before departure;
- c. any outstanding balance payments are paid in full, as well as any additional fees, charges or other costs arising from the transfer; and
- d. the transferee agrees to these booking conditions and all other terms of the contract between us.

If you are unable to find a replacement, cancellation charges will apply. Any request to transfer your booking should be put in writing to [info@charitychallenge.com](mailto:info@charitychallenge.com).

Please note that any transfer of booking made must be to the identical challenge and departure date as the original booking. You should supply us with the replacement's name and valid email address. We will then send a confirmation email to the designated replacement who should book and pay the challenge registration fee ASAP. Once the replacement has been authorised by Macmillan we will refund 50% of your original registration fee.

**Transferring to a later date/another challenge**

If you choose to postpone your participation on a challenge and wish to join another challenge, you should put your request in writing to [info@charitychallenge.com](mailto:info@charitychallenge.com). You will be charged a £30 administration fee to move challenges, plus any other costs that may be incurred by the transfer, including any difference in costs between your original challenge and the new one. This will be confirmed to you before you transfer. Please note any requests after 5 weeks will be treated as a cancellation, and cancellation terms will apply.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

+ 44 (0)20 8346 0500

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