



# The Ben Nevis Challenge

*At 4406 feet (1343 metres) the Ben is Britain's highest peak, and rises from sea level two and a half miles south-east of Fort William. The popular method of ascent is by the so-called "Tourist's Path" which is a misnomer because it belies the extremely strenuous nature of the climb, which is technically easy but tiring.*

Ben Nevis, forms a horse-shoe shape ridge with Carn Mor Dearg, the massive Nevis dwarfing the latter (9th highest). These two mountains are connected by a narrow ridge with a rocky crest, the Carn Mor Dearg arete. The path can be reached from Achintee or Glen Nevis Youth Hostel, and the ascent is likely to take at least 5 hours. The weather on the summit plateau, even in midsummer, can in exceptional cases be quite Arctic.

On good days, however, the views from the summit are awe-inspiring, the most immediate being to the east, over Aonach Mor and Aonach Beag beyond. To the south beyond Glen Nevis lies the rocky ridge of the Mamores, and still further the mystical mountains of Glencoe. The experience of standing on the roof of Britain will provide the memory of a lifetime.



## The Walk (approx 5 hrs)



## Accommodation

Walkers will be accommodated in 2/3 star accommodation. The accommodation is of a good standard and every effort will be made to obtain en suite rooms, although this cannot be guaranteed. It should be noted that single rooms are a rarity, and walkers should be prepared to share a twin-bedded or (more unusually) a three-bedded room. Anyone who specifically objects to this should say so on their booking form, in which event efforts will be made to obtain single accommodation for them. This will almost certainly result in a single room supplement which will be notified to the participant in advance of the climb.

## Deposits and Costs

**A non-refundable deposit of £75 is required at the time of booking. The overall cost includes:**

- 2 night B & B (Friday/Saturday)
- Packed lunch for the climb
- Transport from Glasgow Central Station and Glasgow International Airport to Fort William and return (if required)
- Transport from your accommodation in Fort William to Ben Nevis and return
- Services of fully qualified guides throughout the duration of the event

The full cost less the deposit of £75.00 must be paid no later than six weeks before the start of the walk. Please note that in the event that you have to cancel after this payment, no refunds can be made.

## Transport

Transport is available to/from Fort William as detailed below. Participants requiring transport should indicate this on the booking form.

Pick up times:

- From Glasgow Central Train Station - **1.45pm**
- From Glasgow International Airport - **2.30pm**

We depart from Fort William on the Sunday morning at approximately 10.30am with drop offs at:

- Glasgow International Airport - **1.30pm**
- Glasgow Central Train Station - **2.00pm**

Please do not book any return flights/train departures before **4.30pm** without prior discussion with Charitytrek. Timings are only approximate and may be subject to change.

## Contact

Final instructions on meeting for the start of the walk will be issued eight weeks before the walk, including advice on equipment.

For all other enquiries please either contact SCoD: Linda Ogston or Alison Coyle on: Tel: 0141 248 2474, Text: 0141 248 2477, Fax: 0141 248 2479, Email: [admin@scod.org.uk](mailto:admin@scod.org.uk).

Alternatively, contact Charitytrek directly: Ian Glassey or Alice Watson on: Tel/Fax: 0141 570 1859, Mobile/SMS: 07860 175538, Email: [iglassey@ntlworld.com](mailto:iglassey@ntlworld.com).

# Booking Form (Part I)

## Ben Nevis

Event Date

I pledge to raise a minimum of £375 in sponsorship in order to participate

### Personal Details

Title  Surname  Forename

Address

Postcode

Daytime Tel No  Evening Tel No

Email address  Age

### Special Dietary Requirements

Do you have any special dietary requirements? Yes  No

If yes, please specify

### Mode of Transport

I require transport from Glasgow Central Train Station to Fort William and return

I require transport from Glasgow International Airport to Fort William and return

I will make my own way to/from Fort William

[Continued >](#)

**You may wish to take out personal accident insurance, as neither the charity nor the organisers of the walk can be held liable for personal injuries to participants.**

# Booking Form (Part 1 continued)

## Ben Nevis

### Medical Details

All Charitytrek itineraries will be physically demanding and therefore it is important that participants are fit and in good health. If you have any medical condition which we should be made aware, please indicate below. All information given will be treated in the strictest confidence.

High Blood Pressure	<input type="checkbox"/>	Please tick if applicable	Digestive or Bowel Disorder	<input type="checkbox"/>
Heart or Circulatory Disease	<input type="checkbox"/>		Joint or Back Injuries ( particularly knee, ankle or lower back)	<input type="checkbox"/>
Chest or Lung Disease	<input type="checkbox"/>		Surgical operations	<input type="checkbox"/>
Asthma or Hay Fever	<input type="checkbox"/>		Epilepsy or Diabetes	<input type="checkbox"/>
Allergies to Drugs, Chemicals or Food	<input type="checkbox"/>		Mental or Emotional Instability	<input type="checkbox"/>
Other	<input type="checkbox"/>			

Please give further information if you have ticked any of the above boxes.

If you are over 65 years of age, or have a pre-existing medical condition, please ask your doctor to sign below confirming that you are fit to undertake the trek

Doctor's Name (please print)  Date

Signature  Practice Name/Address

I wish to participate in the Ben Nevis Walk. I enclose a non-refundable deposit of £75, made payable to SCoD. I have agreed to the terms and conditions set out in Part 2 of the Booking Form, which forms part of this agreement.

Signature  Date

Please return your completed form and non-refundable deposit payable to SCoD to:  
Linda Ogston, Scottish Council on Deafness,  
Central Chambers Suite 62, 93 Hope Street, Glasgow G2 6LD

# Booking Form (Part 2)

## Terms and Conditions

1. The participant (being defined as the individual completing Part I of this Booking Form) hereby undertakes to provide all relevant medical information relating to their health through Scottish Council on Deafness (SCoD), charity number SC016957, to G.B.Walks Ltd a company with company number SC244177 and trading as 'Charitytrek', and with a registered office at 64 Milverton Avenue, Glasgow (hereinafter referred to as 'Charitytrek'). Charitytrek is entitled to recover any reasonable losses incurred as a result of failure of the participant so to do.
2. Charitytrek reserve the right to refuse a participant the right to commence the Event (being the Great Glen Way) or require a participant to cease participation in the Event should they or any of their representatives reasonably believe this to be necessary on medical grounds.
3. Charitytrek reserve the right to cancel part or all of an Event at any time. i) Should cancellation be due to factors wholly outwith their control (for example in respect of weather, or any participant failing to adhere to these conditions) then they will refund all monies other than (a) one half of the reservation fee and (b) monies for any accommodation, food, travel etc already used. ii) Should cancellation be due to factors partially or wholly within Charitytrek's control then they will refund all monies other than monies for any accommodation, food, travel etc already used.
4. Charitytrek reserve the right to materially alter or change the itinerary, accommodation, transport or food at any time for the Event provided same is of equal or greater quality to that previously stated.
5. In no event shall Charitytrek or SCoD be liable for recompense, restitution, damages, or any other liability to either the participant or any charity or other body for whom they are raising monies or any other party, other than for personal injury caused by Charitytrek's negligence. Without prejudice to the foregoing generality Charitytrek shall not be liable for (I) any loss of earnings, (II) any loss or damage to any personal property, (III) any loss suffered due to delays in transport.
6. The participants are responsible for (I) ensuring that they have proper and adequate clothing and shoes for the Event, (II) obtaining any personal insurance for injury or belongings they may require.
7. The participant must report in writing any accident or loss to Charitytrek through SCoD within 7 days of suffering same. Any claim against Charitytrek must be intimated within 21 days of the end of the Event.
8. Both parties hereby agree that this agreement and all matters pertaining hereto shall be governed by and construed in accordance with the law of Scotland and the parties submit to the non-exclusive jurisdiction of the Sheriff Court at Falkirk.