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MACMILLAN.**  
CANCER SUPPORT



TRIP NOTES

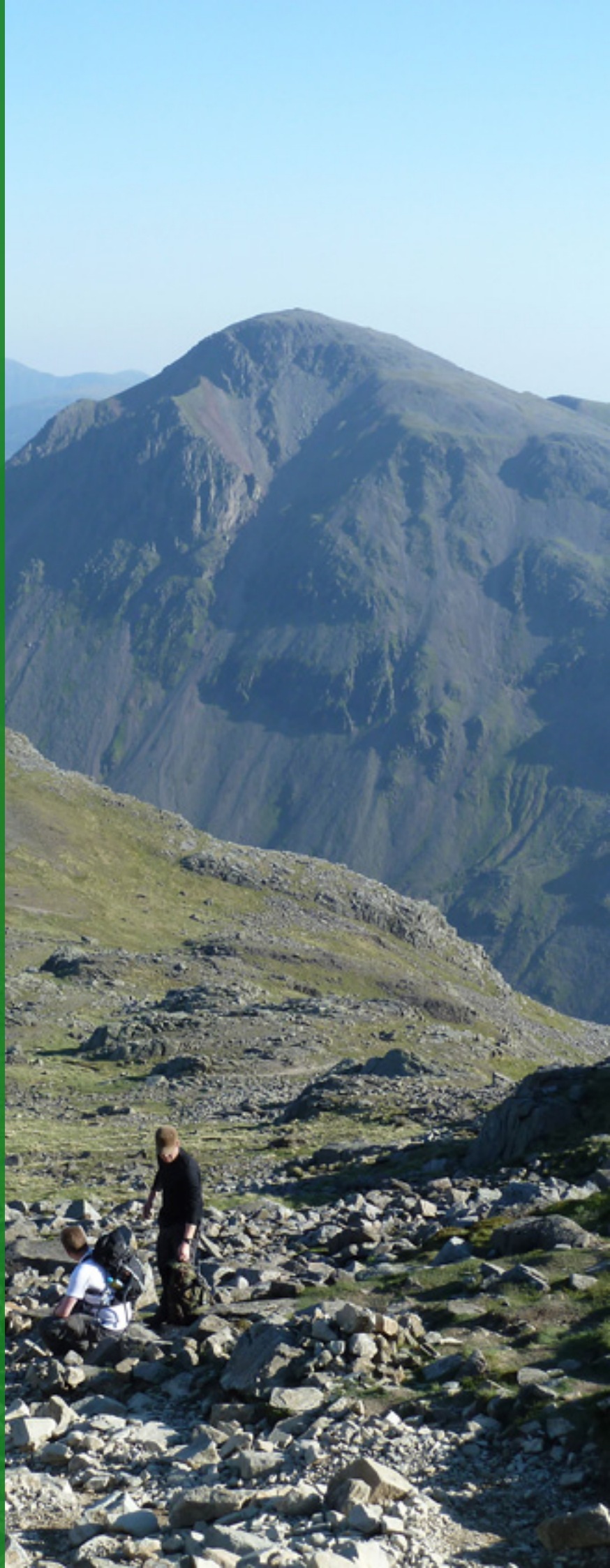
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# BELIEVE ACHIEVE INSPIRE

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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 lochs 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
- View the Scottish Highlands!

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 13 Jul

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#### The summit day!

Ahead of us is 14km of tough walking as we ascend up the Pony Track, along the famous 'zig-zags' before heading out across the plateaux to the summit.

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 4-5pm. 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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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- 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 Travel Stores

### 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
- Accommodation during the challenge (usually in twin share)

## 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.

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### Typical group size

The typical group size is 100 - 300 participants

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### Optional extras

Travel insurance  
(\*subject to availability)

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## 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 the planned time frame.

## Why book with Charity Challenge

- The very best mountain leaders to support you throughout.
- One nights' accommodation in the heart of the Scottish Highlands.
- The very highest quality Ben Nevis Challenge on the market!

## Food and drink

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

- Breakfast at the accommodation before the challenge.
- A packed lunch to take with you on the trek

We would advise that everyone also bring some of their own snacks to keep them going during the day.

## How is the group managed

All Charity Challenge events are led by fully qualified mountain leaders and operated as a team challenge. We encourage all participants to work together to complete the challenge. We believe that your experience is always enhanced by taking time to talk to your fellow challenger's and learn about their inspiring stories. Our challenges are not designed as a race.

## What route do we use

You will be ascending and descending via the Pony 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.

## Clothing and equipment

Good quality and durable equipment could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, 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. Trainers are not suitable. 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 emphasise that jeans should not be worn on this challenge. As you will be trekking to the highest point in the UK we would recommend hats and gloves as the weather is frequently cold on the summit and it is not uncommon for there to be patches of snow lying throughout the year.

A full kit list for this challenge can be found on the website.

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

### Training

This challenge is a great adventure that will have you trekking up and down the highest mountain in the UK over one day, therefore requiring a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking. However, if you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. 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 hills so try, if possible, to get out on a weekend and train in an area with steep hills. 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. Also see your Charity Challenge Fitness Training notes.

### 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.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 7-8 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

### 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.

### Toilets

There will be no toilets when out on the hill. All toilet opportunities will be in the great outdoors!

### Group size

You will be joining a group of between 100 and 300 likeminded challenge participants.

### Getting to and from the challenge

The accommodation for this challenge is likely to be in the SYHA Glen Nevis (this will be confirmed one month prior to the challenge). This hostel is located 5 minutes from Fort William and can be reached by public bus or taxi.

Parking at the hostel is limited.

Fort William is well served by trains from Glasgow.

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.**

### Leadership

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 our challenges 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 run UK challenges between April and October, and although the summer months 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. Please check the weather forecasts up to ensure that you bring clothing suitable for all weathers, including warm and sunny temperatures as well as wind and sudden downpours.

It is important to remember that the weather on the mountain is likely to be very different to that down at the bottom. Therefore, please always ensure that you carry all of the kit listed as essential on your kit list.

### Terrain

This challenge takes place on a well maintained footpath. However, the path is rocky in places and can be slippery if wet. Certain sections of the path are steeper than others but there are no sections that require you to use your hands to scramble.



### 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.

In the UK we would encourage all participants to consider booking an additional night's accommodation in the area they are visiting so that they can fully enjoy their challenge experience. Many of our challenges are set in beautiful areas of the UK so why not turn your challenge into a weekend away and go out for a celebration meal in a local pub or restaurant.

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

### Challenge timings

Precise timings and a meeting location will be sent in your Final Details document 1 month before the challenge.

**N.B. Although this is the planned time for finishing delays can happen. We highly recommend that you try not to travel until you have given yourself time to recover and rest after the challenge. Please consider staying an extra night in the area.**

### Accommodation

Accommodation is not included on this challenge.

### 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 and who wish to push themselves in one of the UK's most iconic landscapes. You can tell your supporters that on your Ben Nevis Challenge you will be:

- Trekking for around 7-8 hours in a single day.
- Covering 15km of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascend 1,350m in a single day.
- Summiting the UK's highest mountain.

### 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 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.

### 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.

### 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).
- 29-35 days before departure (you will lose 40% of total challenge cost).
- 22-28 days before departure (you will lose 60% of total challenge cost).
- 14-21 days before departure (you will lose 80% of total challenge cost).
- 14 or fewer days 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

[info@charitychallenge.com](mailto:info@charitychallenge.com)

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