

# **Ben Nevis trek itinerary and kit list**

Glen Nevis, Fort William

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# Ben Nevis Trek in aid of Cats Protection

Take on the UK's highest peak which summits at 1,344 metres above sea level. Led by experienced guide James Lamont from Lamont Mountain Adventures, we will take on the challenge of conquering Ben Nevis.

Registration fee - £25

Minimum sponsorship pledge - £150

Your registration fee includes:

- Experienced and qualified guide for the trek

It does not include:

- Travel to Fort William / foot of Ben Nevis {our meeting point at Glen Nevis Visitor Centre, Glen Nevis, Fort William PH33 6PF}
- Accommodation if needed before and after the trek
- Drinks and food
- Any other kit (recommended kit list is supplied)
- Insurance

## Your Itinerary

On the date of your challenge, meet at Glen Nevis Visitor Centre car park, by the toilet blocks at 7:45am SHARP, and set off trekking at 8:00am.

You will need to pay for the car park, it is £4 per day so please bring cash for this (correct at time of writing).

The Glen Nevis Visitor Centre car park is located approx. 1.5 miles from the roundabout in Fort William located next to the River Nevis. Follow the road (Belford Road) signposted for Glen Nevis. The car park and Visitor Centre are on the left-hand side of the road as you approach from Fort William. There is parking for approx. 80 cars. The postcode for the Glen Nevis Visitor Centre is: PH33 6PF, however, this will leave you approx 1 mile short of the Visitor Centre itself. The next postcode along that road is PH33 6ST which will take you a little way past the Visitor Centre so keep an eye out for the car park on the left.

After summiting Ben Nevis and making our way down, we will warm up with a celebratory drink back at the Glen Nevis Visitor Centre.

The route will take between 5 to 7 hours to ascend and roughly 3 hours to descend. The route includes some very low level scrambling on the ascent, with larger uneven rocks and steps for the majority of the climb.

The temperature changes as you ascend and does get colder the higher you go. It is physically demanding, so you will need to have a reasonable level of fitness and be suitably equipped.

## Recommended Accommodation

You are responsible for getting to and from the trip. However, if you need to book accommodation before and after the trek, we recommend the Ossians Hostel. Cats Protection staff have stayed here in the past; it is basic accommodation but competitively priced:

### [Ossians Hostel](#)

High Street, Fort William, Scotland, PH33 6DH

Tel: 01397 700857

Email: [ossiansfw@aol.com](mailto:ossiansfw@aol.com)

They do not require you to pay for your booking until the day of the trip, please note they do not provide breakfast, just a bowl of cereal and tea/coffee in the lounge from 8am.

If you are looking for a hearty breakfast before the trek we recommend the [Lochaber Cafe](#) at Fort William train station (Belford Rd, Fort William PH33 6AN). They open from 7am and serve a hot cooked breakfast.

# Kit list

## To Wear

- Thermal wicking base layer and fleece top – not cotton
- Polyester, fleece or woollen trousers and tops – no jeans
- Walking boots (three season) – we highly recommend you DON'T use this trek to 'break in' your new walking boots. If your boots are new, ensure you have already done at least 2-3 continuous hours walking in them first.

Layer up your clothing, you will start cool, warm right up, then on each stop you will cool down again. The top of the mountain can see temperatures drop dramatically so we recommend gloves, ear muffs / hats etc. and extra clothing.

This is a very useful health and safety document plus kit list on page 2 <http://ben-nevis.com/visitor-center/BenNevisSafety.pdf> {you will NOT need a survival bag, map or compass as they will be carried by your guide} Please also become familiar with Scotland's countryside code [here](#).

## Personal Items – these can be carried in your back pack

- A good quality trekking backpack (20ltrs+) it will need to fit spare clothing, food, water and any other personal items.

- Hat and gloves (for the top of the mountain even if you think you don't need them)
- Spare fleece or woollen top
- Waterproof and windproof jacket
- Waterproof and windproof trousers
- Flask or water bottle (we will fill this up at the natural waterfall half way up)
- A packed lunch, plus energy food, even some sweets help morale at the top of the mountain and serve as a celebration
- Whistle
- Torch
- Sunglasses and sun-cream
- Walking poles are recommended but non-essential
- Camera / Camera phone
- Blister plasters / tape (a first aid kit is carried by your guide)
- Toilet tissue and biodegradable bags

Please note insurance is not included in the trip costs but you can insure your own items if you wish to, otherwise items left are at your own risk.

No alcohol is permitted; if you have alcohol on you, it will be confiscated and given back to you after the trek.

If you are driving to the challenge, please make sure you plan plenty of time to get there with lots of rest stops, we want you to be fresh and ready to take on the trek.

## FAQs

### **What is the minimum age I can take part?**

Minimum age to take part is 14+.

### **What if the weather is poor?**

We cannot guarantee good weather but there is more likelihood of settled weather in June.

### **Is accommodation included?**

No, accommodation is not covered, you will need to ensure you can arrive at Glen Nevis Visitor Centre car park by 7.45am sharp on the date of your challenge

### **Are there toilets?**

Yes, there are toilets at the car park before we set off, but from there on out you need to be prepared to go out in the wild. The toilets at the visitor centre are often closed and therefore we'd recommend using the toilet before arriving for the trek. There is also a campsite around 200m up the road from the visitor centre which also has a toilet block on site and can be used (correct at time of writing). Please do bring biodegradable bags to put any toilet paper into.

### **How many miles up is Ben Nevis?**

The walk is just over 4 miles each way - a total of 8 1/2 miles.

**Where can I fill up my bottle of water?**

It is a good idea to bring a full one-litre bottle of water with you. You will have the opportunity to fill this up at a fresh water stream a third of the way up, and fill it up again in the same place on the way down.

**Do I need to bring food and how much?**

Please bring a packed lunch, snacks, energy bars and sweets to keep you going. Please also make sure you eat a decent sized breakfast to fuel you well for the day.

# Contact

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