



Ben Nevis Huddle 2018

Ben Nevis Visitor Centre, Glen Nevis, Fort William, PH33 6PF

Tel: (01397) 705922

The Visitor Centre was first opened in 1993 and was comprehensively refurbished in 2017. Today the centre attracts thousands of people from all over the world throughout the year.

It is situated 1.5 miles along the Glen Nevis Road from the Nevis bridge mini-roundabout and 2 miles from Fort William town centre.

The car park provides space for 80 cars and 4 coaches, operating on cash pay and display policy with two options: 1 hour for £1 or all day parking for £4.

Toilets are provided, they operate on timers from 0700-1900.

FAQ's

How difficult is the challenge?

Every challenge is graded from easy to very hard, with moderate and hard in between. This challenge is graded as moderate.

How fit do I need to be?

This is not just a walk, this is a demanding climb so you do need to train and be fit. Remember the fitter you are, the more you will enjoy the challenge.

What's the terrain like?

The path up Ben Nevis, commonly referred to as the 'Tourist Route' or the 'Tourist Path', is in fact the old access route to the now ruined Observatory and was designed as a rough bridle path for ponies. It is now known as the [Mountain Track](#)

It was properly designated as the 'Mountain Track' around 2004 in order to move away from what was considered the misleading title of 'Tourist Route'. It was felt that the latter persuaded the unwary that the route to the top of the mountain (with arguably the fiercest mountain weather conditions in the Scotland) is a relatively simple walk, suitable for a spur of the moment ascent by unprepared visitors.

There's a path - surely it is safe?

The [path to the top of Ben Nevis](#), whilst well built and easy to follow in clear conditions on a summer's day, peters out near the top as a result of the rocky terrain. The route to the [summit](#) marker also passes within a few feet of the precipitous cliffs and 2,500 foot drop of the North Face. Even in mid-summer, snow is often corniced (overhanging) the clefts of the cliffs, meaning

that the unwary could find themselves standing on nothing more than unstable snow hanging over nothing but air.

SAFETY FIRST!

Stupidity on Ben Nevis – IMPORTANT!

<http://ben-nevis.com/safety/stupidity.php>

Make no mistake - bad choices on Ben Nevis can cost you your life!

The weather on Ben Nevis is arguably the most ferocious to be found anywhere in the UK. From hurricane-force winds of 100 mph+ to whiteout blizzard conditions, it has them all, often at the same time. The weather can also change from clear and sunny to heavy rain and driving winds with almost zero visibility within minutes and almost without warning. Even the most experienced climbers and walkers have been caught out.

Include the precipitous cliffs that Ben Nevis is famed for, the large stony tundra of the summit and it is little wonder then, that Ben Nevis also has a reputation as a killer.

If I get into trouble surely I can phone Mountain Rescue?

Yes, of course. If you are in real difficulty you can telephone the Emergency Services, however, there is no guarantee they will be able to reach you in time. Helicopters, for example, cannot fly rescue operations in low cloud or high winds. Ground-based Mountain Rescue will do their utmost to get to you but again, even they have their limits and cannot attempt a rescue if conditions are too dangerous for them to operate. Even in ideal conditions it can take several hours for a ground-based MRT to get to your location. Often, precious time is spent pinpointing a casualty's location.

Will there be professional mountain guides?

As part of your registration fee, professional mountain guides (Abacus Mountain Guides) will be on hand to provide advice and support at designated points on the route.

I don't have a map or compass - will it be okay to climb Ben Nevis?

The short answer is 'no.' [Navigation on Ben Nevis](#) is notoriously difficult, even for experienced walkers and climbers. On the best of summer days hill fog can roll in at any time to shroud the mountain and is extremely disorientating, often resulting in people walking in the wrong direction. There have, unfortunately, been deaths caused by disorientated people mistakenly following the wrong route in the fog.

Avalanche information

<http://www.sais.gov.uk/>

Flares and Pyrotechnics

The above items are strictly prohibited. Please refer to our **terms and conditions**.

Did you know?

Mobile phone batteries are more likely to fail when it is cold?

Will I be insured?

If you require Personal Accident or Medical Insurance in order to participate in the Event, it is your responsibility to arrange this or any other necessary insurance in connection with the Event. Celtic FC Foundation will not carry any insurance in relation to your participation in the Event. **Please refer to our terms and conditions.**

How long does it take to climb Ben Nevis?

It depends on how fit you are and how many breaks you take. Generally, the time taken to walk to the top of Ben Nevis via the Mountain Track is around 3.5 - 4 hours although it can take longer. Descending Ben Nevis generally takes around 2.5 hours to 3.5 hours.

Do I need to bring my own food and water?

Yes, you will need to carry your own food and water. Please bear in mind that you will need a lot of water and small sugary snacks to keep you going.

Can I bury my apple cores/banana skins/sandwiches?

No! Ben Nevis (or any mountain environment) is a fragile ecosystem that has taken millennia to evolve. It has been estimated that a single banana peel will take over two years to appreciably break down and up to five years to disintegrate entirely. During that time the non-native organisms involved in breaking down the banana peels, apple cores and other food items are having a negative impact. **The golden rule is - if you take it in, take it out.**

Do I need any specialist kit?

There is no specialist kit list, however we do advise all climbers to bring the following:

- A good pair of hiking boots – previously worn!
- Warm/waterproof clothes
 - Warm comfortable trousers (NOT JEANS)
 - Thermal top
 - Mid layer
 - Fleece
 - Thick walking socks
- Rucksack
 - Water and wind proof jacket
 - Water and windproof trousers
 - Hat and gloves
 - Spare thin layers
 - First aid kit
 - Survival bag
 - Food and drink (water, energy drink, sugary snacks etc)
 - Map and compass
 - Whistle
 - Watch
 - Torch
- Mobile Phone
- Sunblock/cream
- Sunglasses

What will the weather be like?

We now have a dedicated daily weather forecast for Ben Nevis - the only dedicated weather forecast for an individual mountain in the UK. The forecast gives details for the current day and the following day and is available at the Visitor Centre 24 hours a day or on the dedicated website: <http://www.bennevisweather.co.uk>

Are there toilets on the mountain?

There are no toilets on the way up. From previous experience, even though you will drink plenty of water on the way up, you'll tend not to need the toilet as all the fluid you drink is used to re-hydrate your body.

Do I need to bring money?

Money will be useful for purchasing food and drink before the climb.

Will there be any Qualified First Aiders travelling with us?

There will be paramedic presence and the Mountain Guides are first aid trained.

How much does it cost?

There is a non-refundable registration fee of £30.00. Participants also need to raise a minimum sponsorship of £130.00. **Please refer to our terms and conditions.**

What sponsorship deadlines are there?

In addition to the entry fee of £30.00 payable upon registration, we ask participants to raise a additional minimum of £130.00 in sponsorship for this event. 50% of the funds raised must be paid at least **TWO WEEKS IN ADVANCE** of the climb. The balance is due **WITHIN TWO WEEKS** of the climb. **Please refer to our terms and conditions.**

Accommodation

Participants must organise their own accommodation, if required.

We understand that accommodation options are very limited at this time of year due to the summer season, therefore we would advise participants to examine all options as early as possible should they require accommodation.

There are a number of hotels in the Fort William and Glen Nevis areas and a sample can be found here - http://www.walkhighlands.co.uk/fortwilliam/hotels_fortwilliam.shtml

Nearby Campsites

<http://www.glen-nevis.co.uk/index.php?id=13>

<http://www.walkhighlands.co.uk/fortwilliam/campsites.shtml>

If you have any additional questions, please email cfcfoundation@celticfc.co.uk

Celtic FC Foundation is a registered Scottish Charitable Incorporated Organisation (number SC024648) with its registered office at Celtic Park, Glasgow, G40 3RE