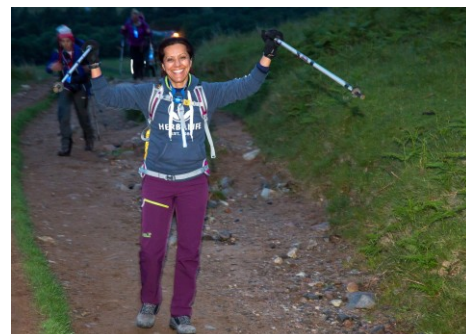




## Big Steps For Small Feet



Duration: 2 days

## BEN NEVIS OVERNIGHT ASCENT

Join us in raising funds for one of the collaboration of charities promoting this challenge to highlight the work needed to support families suffering from the loss of a child. All fundraising, no matter how small or large, will go 100% to your chosen charity.

'Big Steps for Small Feet' is a chance for our charities to unite as one, in togetherness and hope, raising awareness for a cause that is close to each and every one of us. It's an opportunity to show the world that collectively we can make a difference.

This June we're taking on Ben Nevis at night, taking Big Steps for Small Feet. We hope to give those who need it the chance to walk and talk together, scaling new heights to unite and raise money for charities working to support bereaved families every day.

When your child dies, your whole world is shattered. You can feel alone and as if no one understands your pain. Bereaved parents, and those who have been affected by child loss, tell us they feel like they've lost a part of themselves and are unsure who to talk to or where to channel their feelings.

By taking on Ben Nevis by night, you can change this. Take Big Steps for Small Feet and together we can make a difference by raising awareness and funds for the following 10 charities:

Anam Casa Fasgadh, Bliss, Child Bereavement UK, The Lullaby Trust, Sands, Sands Lothians, STAR for Harris, Twins

Trust, Together for Short Lives, Tommys

## DETAILED ITINERARY

### Day 1: Arrive Scotland

There will be transport provided from Glasgow Central train station, departing there at 5pm for the 3-hour drive to Fort William. We gather at our trek start point and have a good meal to boost our energy for the night ahead.

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### Day 1: Depart Sunset

After a thorough briefing, we set off after sunset at approx 10.30pm on our exciting night challenge! Equipped with head torches, our path up the mountain will show up quite easily most of the way. Our ascent kicks off quite steeply, but then settles into a steadier uphill gradient. We climb steadily to Lochan Meall an t-Suidhe, then will be able to see the terrain on either side of our path change from green vegetation to stony, barren slopes. Trekking up at night is a very different experience than during the day; our senses grow used to the darkness and we can enjoy the silence and the remoteness of this mountain, and the views of the night sky. We now tackle the famous 'zig-zags' – a well-maintained section that criss-crosses its way gradually up the otherwise-steep gradient. As we get higher up it will get colder and we will be getting tired; the path is also less clear at points, so we take it steadily and carefully. The sky will be lightening as dawn approaches, and as we cross the rocky boulder field that marks the approach to the summit, we may be able to make out the cairn that marks the summit – we've made it! At the moment, we are the highest people in Britain!

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### Day 2: Summit Sunrise

If the weather's clear, there is no better reward for our efforts than to see the sun rise from the summit. In good visibility we can enjoy wonderful views over Glen Nevis, Loch Linnhe and Loch Eil, as well as the ruins of the observatory at the top of the mountain. The summit is notorious for its cloud cover, however, though at sunrise we may have more luck than later in the day. Expect to get chilly at the top – the summit is on average 9°C colder than the base. We return the same way, and marvel at the views on the descent as the sun rises higher – it's amazing to be able to see what we climbed up in the dark! The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our base for a big celebration breakfast!

**Ascent approx 5-6 hours; descent approx 2-4 hrs**

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### Day 2: Depart Fort William

We depart Fort William and transfer back to Glasgow where the trip ends.

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## THE TOUR COST INCLUDES:

- A transfer to and from Glasgow Central Station,

- Dinner and breakfast
- Experienced Discover Adventure leaders and back-up support.

## IT DOES NOT INCLUDE:

- Personal travel insurance (optional),
- Extra food, drinks, souvenirs or personal items, or entrance to any tourist sites you may wish to visit.
- We strongly recommend you carry a credit card in case of personal emergency.

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

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#### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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#### Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

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## Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of cancellation charges can be found in the Terms and Conditions of booking.

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## PREPARING FOR THE CHALLENGE

### Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

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### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate. Please note: This document was downloaded on 21 Oct 2020, and the challenge is subject to change.