



Ben Nevis Challenge Walk Individual Event

Overview

Eight Point Two provides a service for both teams and individuals who want to undertake the challenge of completing the climb up to the summit of Ben Nevis.

We offer a fully supported event and a high level of safety and service both prior to the event and during it. Eight Point Two has a great deal of knowledge in providing this kind of service with many of its key staff holding senior mountaineering and walking qualifications such as the Mountain Instructor Certificate – the highest instructional qualification in the UK.

Our Ben Nevis Walk event is an opportunity for teams to take part in a fully supported attempt on the challenge with the knowledge that they have an exceptional level of support. Teams must be comprised of between 2 and 6 people.

What we offer

Pre Event

- Easy to use and efficient booking system
- Fully risk assessed event
- Copies of our 'Top Tips'
- Training information pack

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- Participants equipment lists

Event

- Qualified instructors
- Fully marshaled mountains
- Booking in system for each stage
- Quick response team for each mountain
- High quality communications systems
- Event day briefing
- Equipment check
- Team timings
- Copies of maps and safety instructions for each peak

Post Event

- Event Certificates

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1. Event Day Timings

1. Participants should meet in the main visitor centre car park in Glen Nevis at 9.00am on the morning of your event. A short briefing will then be followed by a question and answer session, equipment check and then a brief period to prepare yourself.
2. Challenge start: 9.30am. All teams will depart and follow the same route on the mountain.
3. The challenge will be finished when the team returns to the start point.

Walkers will follow the classic route up to the summit following the zig zag's then following the track to the summit.

2. Being Responsible

Eight Point Two recognises that Ben Nevis is a challenging walk which can easily become a very serious undertaking. As we are aware of this we implement certain controls to ensure that the walk is run as safely and responsibly as possible.

3. Environmental Considerations

The popularity of walking up Ben Nevis can create an increased environmental stress on the beautiful national park that is home to the mountain. Eight Point Two follows the institute of fundraising's code of practice and has its own principles on best practice.

Operating in small teams reduces the impact of large events. Initially the teams are walking together, however the teams soon spread out, limiting impact along the challenge.

All of our teams follow the same route and these are always over well paved footpaths, preventing any further footpath erosion. Our instructors are all mountain leaders with a love for the mountain environment. They need no encouragement to supervise their team to a high standard, including the removal of all litter, controlling impact in sensitive areas and sharing this knowledge and passion with their teams.

4. Driving

Eight Point Two promotes safe and responsible driving amongst its staff and we always try and car share when travelling to and from the event.



5. Safety

Eight Point Two ensures that the safety cover for each event is paramount – the Ben Nevis walk enters some serious mountain terrain and the weather and conditions in these places can be 'extreme'. To maintain these standards we ensure that every participant is well briefed and equipped. We will not let people begin if we believe that they are not prepared so suitable clothing etc is essential. We also ensure that each event has good communications and that a quick response team is on hand to deal with emergencies.

6. Fitness Considerations

Walking up Ben Nevis is not easy, however with the right preparation, support and a heap load of determination the challenge is achievable by most. The fact that the walk pushes people makes it an excellent challenge.

Participants should plan some form of pre-event training which should include walking, swimming or cycling. Teams should be made aware that they will be doing a significant amount of cardio vascular exercise.

Eight Point Two recommends that people with very little experience of training should seek expert advice to develop a suitable programme. Participants will find the challenge much more enjoyable if they arrive having done some form of preparation.

Training advice/schedule available on request

7. Medical Considerations

Participants must declare any medical conditions which may affect their safety and ability during the challenge. Participants will be asked to seek their doctors' approval where medical conditions exist.

Some participants may think it prudent to speak with a doctor prior to starting any fitness training in preparation.

Each team will have a qualified mountain leader, who will be a current and experienced first aider who will be able to deal with the common medical difficulties experienced during the challenge.



8. Equipment Considerations

There isn't any great requirement for participants to spend a great deal of money on equipment for the challenge. Participants should look to borrow certain items. Especially if they feel that their involvement with future walking events will be limited.

However a few items are very important to ensure that participants are able to complete the challenge safely and in comfort:

Note: Participants who arrive without these vital items may be prevented from going on the mountains in certain conditions.

Boots – if there is any one item which is essential it is a well fitting pair of walking boots. They should be in reasonable condition, with a good tread and provide ankle support. If participants buy or borrow boots, then please spend some time walking in the boots to ensure that they do not rub, causing the classic problem of blisters.

Rucksack – Participants do not require large and expensive rucksacks (An average size is 25/35 litres). The equipment required for the event should easily fit into a rucksack of this size.

Ideally rucksacks should provide ample shoulder padding with a padded waist belt. Please also protect your equipment from becoming wet, by using a rucksack liner or tough plastic bag.

Waterproof layers – Participants should be aware that the weather even in the better months can be wet and windy in the mountain environment. A windproof and waterproof jacket and trousers should be carried.

Warm layers – Eight Point Two recommend that all participants follow the principle of layering. A number of clothing layers is preferable to one substantial fleece or equivalent. Participants should carry, as a minimum, one layer of trousers/thermal shirt, with two additional layers for the upper body. This should include at least one light weight fleece. A warm hat and gloves are also essential kit in the rucksack.

Further equipment in rucksack–

Food.

Head torch (with new batteries) **Essential item – during Spring and Autumn.**

Whistle

Water containers (minimum 2 litres capacity)

Sun glasses

Sun block

Sun hat (weather dependent)



Flask (optional)
Spare clothing

Notes:

Participants should bring enough food and be prepared to eat whilst walking. This food should be in the form of light weight, easy to prepare/consume and of high calorific value. For example sandwiches, bananas, nuts, flapjack, pre-made pasta dishes, chocolate etc.

9. Dates:

Sat 7th August

10. Cost:

Cost £75.00

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The event will be photographed by:

