

BEN NEVIS CHALLENGE

FAQs



The Ben Nevis Challenge 2016

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Q: On my arrival into Glasgow Central Train Station, where and how will I identify my transport?

A: Your transport will be located outside the main entrance to Glasgow Central Train Station on Gordon Street, the coaches from Allander coaches will have a "Breast Cancer Care" logo displayed in the front windows.

Q: There are two Glasgow Airports. What one should I fly to?

A: We strongly recommend that you choose to fly to Glasgow International Airport as this is the only airport pick up is. The alternative Glasgow airport is described as 'Glasgow Prestwick' (Although nowhere near Glasgow) is a further 1 hour of travelling after you arrive, which means you will have to make your own way to Glasgow International Airport or Glasgow Central train station to meet your pick up. Only Ryanair use this airport so be aware of this when you book your flight, Easyjet and BMI etc all use Glasgow International.

Q: What happens if I am flying into Glasgow International Airport?

A: We pick you up outside the main terminal building at the coach parking area - this can be found by turning right when you exit the main terminal building and walking approx 300m - your pick up will be around 2.30pm on the Friday afternoon of your event. If you decide to take a taxi into Glasgow city centre, if say your flight is early, please notify Ptarmigan Events at least the day before your arrival, your pick up will then be from outside Glasgow Central train station as described above. **Q:** Will there be someone there to meet us?

A: Yes, there will be a representative from Ptarmigan Events and/or Breast Cancer Care to welcome you on the start of your weekend.

Q: At Glasgow Central Train Station - What time should we arrive at the coach and when will it leave?

A: We would advise you are at the coach for no later than 1.45pm, the transport leaves at 2.00pm.

Q: What if I am going to be late?

A: If you think you are going to be late you must let us know as soon as possible, you can do this by ringing one of the contact numbers enclosed in your info pack, be sure to have these numbers with you at all times.

Q: How long will it take us to travel from Glasgow to Fort William by coach?

A: It takes between 2.5 to 3.5 hrs, depending on the traffic in and around Glasgow. There will be a 20min loo stop at the Green Welly services at Tyndrum on route.

Q: What if I'm making my own way there?

A: If you are making your own way there please refer to your travel details for directions, if you arrive early you may check in after 2:30pm and settle in, you also have the leisure facilities to make use of until the main arrives or you can explore Fort William. When the group arrives you will have to attend the compulsory safety presentation held in the hotel ballroom explained below. Please be aware you will be required to take the coach to and from the start on the day of the walk with the rest of the group, regardless if you have a car or someone to give you a lift.

Q: What happens when we arrive in Fort William?

A: When you reach Fort William, you will be taken directly to the Ben Nevis Hotel & Leisure Club where you will be allocated your room.

Q: Will there be anything that we have to attend on the Friday night, or can we go out into Fort William if we want?

A: Yes, there will be a compulsory safety presentation by Ptarmigan Events; this is when you will be introduced to some of the guides who will be looking after you next day on the mountain. You will also be issued your participant ID armband, packed lunch and purchase any last minute water for the climb. In addition you will also have a chance to ask any last minute questions that you might have. And yes, you are welcome to wander into Fort William if you want.

Q: Can I have a drink on Friday Night?

A: Yes, but not of the alcohol type. We advise that you drink plenty of water the night before the event, this will ensure that you are well hydrated prior to going onto the mountain. The best way to test yourself is by the colour of your urine, the clearer it is indicates how well hydrated you are, with darker being the opposite. Get an early night!

Q: Where will our hotel be located in Fort William?

A: The Ben Nevis Hotel is located on the northern edge of Fort William on North Road which is approximately a 20 minute walk from the town centre. We recommend a taxi should you wish to visit the town, taxi's can be booked through hotel reception.

Q: When do we start the climb on Saturday?

A: After breakfast you will be taken by coach which will be waiting for you outside the Hotel after breakfast. The charity representatives will check you onto the coach ensuring you are wearing your ID armband. From here it is a 5 to 10 minute drive to our start point in Glen Nevis. Please be aware if you turn up at the coach without your ID band you will be sent back to your room to get it as you're not allowed on the mountain without it!

Q: What happens when we reach the start?

A: The Ptarmigan Events staff will again check everyone is wearing their ID armband before setting off. This must be worn at all times during the event as the armband allow us to identify you more easily, the guides will be carrying identical rucksacks to one another to allow you to identify them. We also conduct a short stretch and warm up that we ask everyone to participate in this can help prevent any unnecessary aches & strains you may encounter during your walk. The guides will also carry out a radio check, before we set off up the mountain and give you an update on the summit weather via the summit team (dependant on group size).

Q: What sort of pace will we walk at?

A: Whatever pace you feel comfortable at. There is no rush or pressure on you to keep up with

anyone. The guides will be situated throughout the group, with one guide leading, and one bringing up the rear. We must stress that no one will pass the lead, nor fall behind the last guide. Any instructions given by the guides must be followed at all times for safety reasons.

Q: What if I can't keep up with the group?

A: No problem, the last guide will maintain the pace of the slowest walker. Our aim is to ensure that you enjoy your experience and that everyone makes it to the summit. There is a cut off time for the rear part of the group in place – if they fall over 30mins behind the main body of group by the ¾ mark they will be turned back in the interests of safety and escorted off by one of the guides.

Q: How long is the path, and is it steep?

A: The path is approx 5 miles long, and is a fairly gradual climb, with some short steeper sections which can be found around an hour after setting off.

Q: What is the terrain like?

A: On the lower slopes the path is like a series of rocky steps and good maintained paths, and as you gain height the path becomes more loose and bouldery. This is when extra care is required, especially on the descent.

Q: How will I feel throughout the day?

A: This depends on you! If you eat, drink and snack regularly you will feel fine provided you are reasonably fit. We stop frequently throughout the day to allow you to have a bite, but if you wish to stop yourself you are welcome to do so. Try to keep your water and snacks somewhere that they can be accessed easily, pockets etc to allow you to snack and drink on the move, we also recommend hydration packs such as Camelbak or Platypus.

Q: Where will I get water, and what if I run out?

A: Ptarmigan Events provide litre bottles of mineral water which can be purchased the evening before or at the start point, all your bottles should be full before you set off and we recommend you have a minimum of 3 litres regardless of the weather.

Q: What if I have any medical problems on the mountain?

A: If you have any medical problems i.e. blisters, aches or pains, you **MUST** notify one of the guides who will treat you as necessary, **DO NOT** try to ignore a possible blister or try to treat it yourself. The guides are experts in blister prevention and care and will sort you out. For anything more serious we have a paramedic who walks with us as part of the guiding team and also a member of the local Mountain Rescue. All of the guides are qualified First Aiders.

Q: What happens when we reach the summit?

A: On reaching the summit it is very important that you are counted in by the summit team by having your ID armband on display, we normally ask the group get into pairs or single file to make the head count easier and more accurate for summit team. You must never wander off at any point and if you wish to look at something then just ask one of the guides to escort you. Hopefully if the weather permits, we will have some lunch before heading back off. Not forgetting the group summit photo with your charity's banner!

Q: How long will it take to reach the summit?

A: The average time is about four to 5 hours going up, and 2 to 3 back down.

Q: What happens when we leave the summit?

A: You must be counted off by going through the summit team, and stay within the front and rear guides as you did on the way up. Again there will be regular stops on the way down although a little less frequent.

Q: What next?

A: Once everyone is safely off the mountain, you must pass your ID armband to the base team, from here the coaches will be there for your arrival, and will depart for the hotel once full.

Q: What happens back at the Hotel?

A: When you get back to the Hotel, you are in your own time to relax and look forward to your evening meal. Remember your swimwear as there's a pool and Jacuzzi to relax in or if you have the energy, a gym!

Q: What entertainment will there be?

A: There will be a celebratory party held within the hotel ballroom from 9:00pm until 12:30am this will begin with the certificate presentation then the evening is yours to enjoy.

Q: What happens on Sunday?

A: On Sunday morning we begin with Breakfast if you can face it before boarding the coaches back to your drop off points in Glasgow, these will be where you were picked up unless you stated otherwise for your return journey. For everyone that made their own way, you may depart whenever you wish bearing in mind that you need vacate your room by 10am.