

Ben Nevis Challenge - Info Pack



About Ben Nevis Challenge

Please note that the minimum age for participants is 12 years.

After our extremely successful Snowdon challenge where 46 supporters trekked up the mountain, and then this year our Scafell Pike challenge where 100 supporters trekked up the mountain. We have decided to set up our next bespoke challenge, Ben Nevis. You will have the choice on whether you would like to join us on the Saturday or the Sunday. This is based around the ['Three Peaks' challenge](#), where we trek up a mountain a year. Join us for a great day out and help us to make a real difference to people living with autism.

Take on the highest mountain in the British Isles, located in Scotland, United Kingdom, Ben Nevis. At a height of 1,345 metres, it is located in the Western end of the Grampian Mountains in the Lochaber area of the Scottish Highlands and provides you with breathtaking views in all directions. Your challenge, should you choose to accept it, is to join us on Saturday or Sunday 11th and 12th August 2018 to hike to the top of Ben Nevis.

Please let us know your preferred date to take part but keep the whole weekend free as we can't guarantee you will be able to walk your preferred date.

Highlights

When you hike up Ben Nevis you can look forward to the following highlights:

- An incredible day's walk with spectacular views
- Autistic friendly challenge walk for everyone to be involved in
- Meeting like-minded supporters and making new friends
- Celebration meal to toast your success of reaching the highest summit in the UK

Event Facts

Event Day:	Saturday 11 and Sunday 12 August 2018
Distance:	10.5 miles and 1352m ascent and descent
Registration Fee:	£30 / £25*
Fundraising Target:	£250

*The £25 option is for those who took part in the Scafell Pike challenge 2017.

How Do I Register?

An easy few steps to confirm your place today:

1. Complete the Ben Nevis Challenge Registration Form and send it into the events team
 - (either scan and email to events@nas.org.uk or post it to 393 City Road, London, EC1V 1NG)
2. Pay your registration fee of £25 / £30
3. Your place is confirmed – time to start your training and fundraising!

What's Included?

When you sign up to the Ben Nevis Challenge in support of the National Autistic Society the following is included:

- Guaranteed Entry into the National Autistic Society's organised Ben Nevis Challenge
- Guided walk from a qualified Mountain Leader Guide
- National Autistic Society Participant T-shirt
- Training and Fundraising support right up to the event
- Certificate of completion

What's Not Included?

When you sign up to the Ben Nevis Challenge the following is not included:

- Hiking Equipment (see kit list)
- Personal Travel Insurance (recommended)
- Accommodation (optional)
- **Travel to and from the mountain**
- Meals not specified (optional)
- Spending Money

Fundraising and Training Support for you

It's quite a commitment to fundraise and train for a UK hike in support of the National Autistic Society. That's why you can expect a bucket load of support from the events team including:

- A free branded t-shirt
- Detailed training guides to help with training plans, nutrition, avoiding injuries and more
- Email and telephone contact with a dedicated member of our events team to help you with advice, fundraising materials, inspiration and guidance to help you reach your target
- Event Briefing the night before the hike
- Organise an optional celebratory meal for supporters if they would like to join after finishing the trek

Kit List – What you will need on the mountain

Hiking to the top of Ben Nevis you can encounter a broad range of weather suddenly. For your safety and those you are walking with it's very important that you have the appropriate equipment for the hike. Below is a suggested equipment list. If you have any questions or you are unsure please don't hesitate to ask.

Equipment	Essential / Recommended
Walking boots with ankle support and deep tread (Waterproof i.e. Goretex)	Essential
Waterproof Jacket	Essential

Waterproof Trousers	Essential
Hat and Gloves	Essential
Walking trousers / Leggings / Loose fitting trousers (not jeans)	Essential
Day Sack (not more than 35 litres)	Essential
Water Bottle / Flask i.e. platypus	Essential
Lots of layers i.e. base layers, t-shirts, pull over fleece, jumpers	Essential
Packed lunch / snacks	Essential
Walking Poles	Recommended

Layers; it is best to have lots of light layering like base layers, micro-fleece so that you can pull on and off the right level of layering to make sure you are the right temperature. This is better than one big thick woolly jumper.

Lunch / Snacks; you will be on the mountain for several hours and it will be important to take a packed lunch and energy snacks with you so that you can keep your energy up. Equally keeping hydrated is important so you should look to take 2 – 3 litres with you for the challenge.

Frequently Asked Questions

How much do I have to commit to raising in return for a guaranteed charity place?

In return for your guaranteed place, support and everything included we would ask you to commit to a minimum sponsorship target of £250.

How do I raise my sponsorship money?

There are loads of ideas to raise your money and once you sign up you will get a bucket load of ideas and support from the events team to help you reach and smash your target! A couple of suggestions:

1. Online fundraising is a great way to ask for sponsorship even if your friend lives on the other side of the world
2. Fundraising event like a pub quiz or charity dinner party – the secret is to give people something in return for their money and then they won't mind parting with some money!
3. Corporate match funding – check with your employer they may offer you a donation or corporate match funding on whatever your raise for us

Do I need to hand in my sponsorship before the challenge?

You will need to raise at least 80% of your fundraising (£200) four weeks before the event with the rest of your funds being sent into the charity no more than four weeks after the challenge. Any money raised through your online sponsorship page will be sent to us directly on a monthly basis.

What will my sponsorship money be used for?

Your sponsorship money is used to fund our key charitable activities which support over 100,000 people each year across the UK. These include our Autism Helpline and our FREE education rights service.

I have an ASD. Can I still take part?

We welcome people with an Autistic Spectrum Disorder and would be pleased to support you as much as possible to achieve your challenge. Please phone the events team on 0808

800 1050 if you have any questions about your personal circumstances and wish to discuss the level of care or support you may require.

What route will be taking?

TBC

What are the closest towns for accommodation?

TBC

What equipment will I need to take part?

Hiking on Ben Nevis can mean you face all kinds of weather and you need to be prepared for your safety. There will be a kit list sent to you upon registering, but key equipment you will need:

- Hiking boots with ankle support and a deep tread
- Waterproof trousers and jacket
- Lots of individual layers to keep you warm
- Day sack and head torch

Are there toilets along the route?

There are no toilets on the route of Ben Nevis, you can access a toilet at the start and finish of the trek.

What do I do about accommodation?

You will need to find your own nearby but we can give you some advice on places to stay.

How long will the challenge take?

Approx 8 hours to complete the trek for the majority of supporters.

I have been fundraising but can my friend walk with me?

Your friend can join you as long as they pay the registration fee and commit to raise the minimum sponsorship amount. As this is a fundraising event we ask that everyone taking part raises the £250.

How fit do I need to be and will I have to train to take part?

This can be a tough challenge and you will need to train and get some hillwalking experience to complete this challenge, but participants should be as fit as they can when taking part in this walk and do as much training as they feel they can to prepare. This way participants get the most out of the day and give themselves the best opportunity to complete the challenge.

The National Autistic Society is the UK's leading charity for people affected by autism.

Over 700,000 people in the UK have autism. Together with their families they make up over 2.8 million people whose lives are touched by autism every single day. Despite this, autism is still relatively unknown and misunderstood, which means of these people get nothing like the level of help, support and understanding they need. **Together, we are going to change this.**