

IPA Diamond Anniversary – Four Peak walk on Sunday 12th September 2010

Ben Nevis Walk - Information sheet

The Ben Nevis Hillwalk

As part of the IPA Diamond celebrations IPA members and guests will climb Ben Nevis on Sunday 12th September 2010. The rendezvous point for the start of the climb will be the River Nevis footbridge which is down stream from the visitor centre where there is parking available. The start time will be 9.00-9.15am. The ascent will be via the well trodden mountain track to the summit. The time scale to the summit will most likely be 5 hours. Descent time will probably be around 2 hours. So taking in rest periods and breaks the day will be in excess of 8 hours. However, the mountain track is generally a straight forward but strenuous walk.

There are alternative routes to the summit via the CIC hut in Corrie Leis, on to the Carn Mor Dearg arête and then to the summit. This is a far more scenic route and will be considered on the day subject to numbers, weather and the experience of those taking part. Both routes are highlighted on the attached map images.

You can also view the route on this link:

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

General Information

Standing at 1,344 metres high (or 4,408 feet) Ben Nevis is the highest mountain in the British Isles, and as such can be a major challenge for hillwalkers.

The mountain summit is only clear on one day out of 10 on average. The old observatory records show 261 full gales per year, and 4,350mm of rainfall, compared with less than half that amount in Fort William, the town at the foot of the Ben. The wettest month of the year is December. Only in April, May and June is the monthly rainfall less than 25cm.

The average temperature at the summit is one degree below freezing.

Every year around 100,000 visitors find their way to the summit. Following the path on a summer's day is a fairly safe way to the top. Straying off the path can be hazardous unless you are experienced or with an experienced walker. However, most averagely fit walkers will reach the top and descend safely.

The normal time taken to climb to the summit by the tourist path is three and a half to five hours depending on fitness. Descending is much quicker and is between one and a half to two and a half hours.

The Tourist or now re-branded, Mountain Path, is the main route of ascent for most walkers but other routes to the summit via Corrie Leis and the Carn Mor Dearg arête are worthy of consideration subject to the weather and the experience of the party.

Clothing/Equipment

Normal hillwalking clothing should be worn for climbing the 'Ben' in September. Good walking boots, fleeces and windproof/waterproof jackets. Although it is September, I personally have been caught in a snow blizzard on the Ben summit at this time of year so I would also pack gloves and a hat. These occasions are few and far between but better to be safe etc. Dry clothing for changing into after the walk should be available.

Accommodation

This will be left to each individual. A check on Laterooms.com for Fort William area on 11th September shows a nights accommodation available at the Chase the Wild Goose Hostel at £21.50, the Cruachan Hotel at £35 and the Stewart Hotel at £40. There is also the campsite for tents and caravans or an early start and drive to Glen Nevis on the 12th is also an option. If transport to Glen Nevis is a problem please get in touch with the co-ordinator.

Contact details

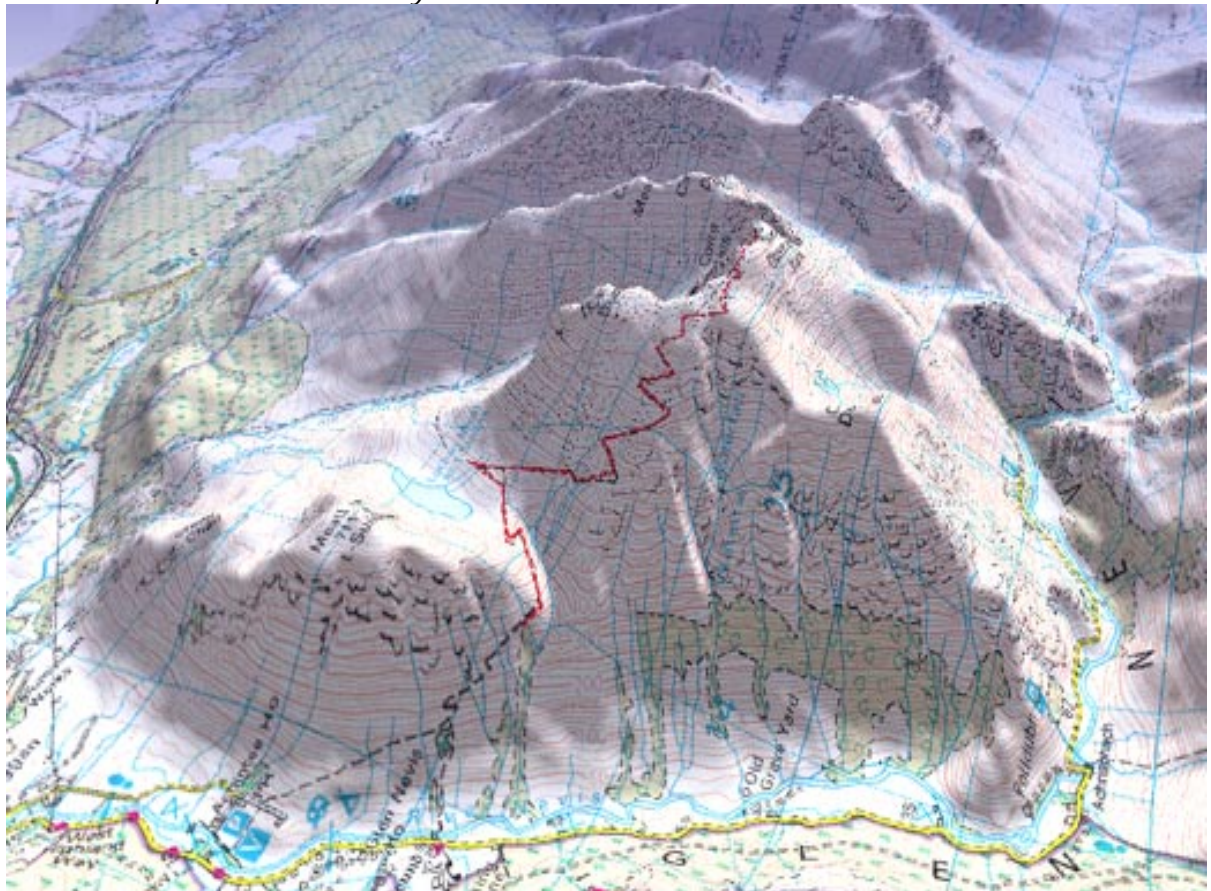
Contact details for the Hillwalk co-ordinator, Alan Maich, are:

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Below - Map with route of Pony or Tourist track from Glen Nevis to the summit





Above – Descending the tourist track

Below – The summit of Ben Nevis





Above – The Carn Mor Dearg Arête. The Arête rises in the distance towards the summit

Below - Map showing Pony or Tourist Track and Carn Mor Dearg Arête route

