

Planning Your Walk

Please consider your general health before setting out. Many accidents occur coming down the mountain as the descent can be as arduous and tiring as the ascent. Please take this into consideration and plan your trip accordingly. The total return distance is 16km (10miles) and you will be climbing to a height of 1344m (4,406ft).

The start of the path is relatively easy but becomes increasingly rocky, arduous and exposed. Many people are too optimistic about their level of fitness and do not fully appreciate how difficult they may find the walk.

Plan to set off early in the morning. The walk usually takes at least 6-8 hours to complete. Avoid returning in the dark. Leave a route card with either the police, your accommodation provider or in your car. This should contain your start and finish times, your intended route and what to do in the event of you not returning. It would also be useful to leave your mobile phone number.

Check the local mountain weather forecast. This can be obtained by phoning the Met office on 09068 500 441. Weather forecasts are also displayed in local establishments and on information boards at the start of the path. The weather can be very changeable and the summit temperature can be significantly colder than at the base of the mountain. Cloud and hill fog cause poor visibility, you will be dependent on accurate navigation with a compass and map.

Recommended Maps are:

Ordnance Survey
Landranger 1:50,000 Sheet 41 or
Explorer 392 1:25,000
Harvey Ben Nevis Map 1:25,000

Equipment List

Recommended clothing to wear:

- Warm, Comfortable Trousers (Not jeans)
- Thermal Top
- Warm Mid Layer Top
- Warm Fleece Type Jacket
- Thick Socks
- Walking Boots

In your rucksack it is essential you carry:

- Water and wind proof jacket
 - Water and wind proof trousers
 - Spare warm clothing
 - Hat and Gloves
 - First Aid Kit
 - Survival Bag
 - Food
 - Drinks
 - Map
 - Compass
 - Whistle
 - Watch
 - Torch
- Other items you might consider taking:
- Sun Cream
 - Sun Hat
 - Mobile Phone

NOTE

Mobile phone reception should not be relied on due to it being unavailable on some sections of the path.

Accident and Emergency

Minor incidents should be assessed and reasonable effort should be made to resolve the situation before calling the Police.

In the event of a serious accident or illness:

1. **Assess the situation – do not further endanger yourself or any others.**
2. **Speak to the casualty, offer reassurance, even if they are unconscious.**
3. **Call for help in your immediate vicinity.**
4. **Alert the Police.**
5. **Apply first aid as appropriate.**
6. **When the casualty is stable, continue to reassure, monitor and keep warm.**

When calling for help by phone:

- Phone 999 and ask for the **POLICE** - when connected provide:
- Location of the incident
- Number of people in the party
- Any injuries (if there are injuries ask the Police to inform the Ambulance Service)