



## The Ben Nevis Challenge Itinerary

The following information provides details of the St Andrew's Hospice Ben Nevis event, 20th August 2022.

### Saturday, 20<sup>th</sup> August:

- |             |  |
|-------------|--|
| 5:30am      | Coaches collect participants from designated pick-up points in Lanarkshire and transport them to Alexandra Hotel, Fort William.  |
| 8.00-8.15am | Arrive at Alexandra Hotel, put overnight bag in secure room and join group for breakfast & briefing.   |
| 8.45am      | Board bus for the transfer to the foot of Ben Nevis and check-in at St Andrew's Hospice First Aid Tent, uplift lunch and begin climb   |
| 4 - 5.30pm  | Complete climb, transfer back to hotel, collect bag & check-in to room   |
| 8pm         | Celebration dinner in restaurant of Alexandra Hotel. Those staying in West End Hotel will be transported by bus at 7.20pm to Alexandra Hotel and bus will return participants to West End Hotel at 11pm. |

### Sunday, 21<sup>st</sup> August:

- |               |   |
|---------------|---|
| 9.15 - 9.30am | Breakfast   |
| 10.45am       | Participants to check-out of room by 10.45am          |
| 11am          | Coaches depart for home                               |
| 2 - 2.30pm    | Participants arrive at drop-off points in Lanarkshire |

**Please tie the enclosed label to your overnight bag**