



pennyappeal

# BEN NEVIS TREK

For love Palestine

SIGN UP TODAY

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# WHO ARE PENNY APPEAL?

**Penny Appeal** launched in 2009 to make charitable giving affordable and rewardable. We work in over 30 crisis-hit countries worldwide, providing humanitarian aid to some of the world's poorest and most needy people. Our aim is to alleviate poverty in ways that cost just a few pennies each day.

Our transformational projects include providing food, emergency aid, sustainable water solutions and charity gifts that give long-term benefit. We also set up schools and mosques, care for orphans and the elderly, restore sight and much more.

That's a lot of work, but we use every penny wisely, ensuring each bit of small change makes a big difference.





## INTRODUCING BEN NEVIS

Ben Nevis is the highest mountain in the British Isles, located in Scotland. Standing at 1,345 metres above sea level, it is located at the Western end of the Grampian Mountains in the Loachaber area of the Scottish Highlands, close to Fort William.

Ben Nevis attracts an estimated total of 125,000 visitors a year, with 100,000 partial attempts to climb to the mountain's peak. The mountain track that climbs to the summit begins in Glen Nevis.

The summit, which is the collapsed dome of an ancient volcano, features the ruins of an observatory, which was continuously staffed between 1883 and 1904. The meteorological data collected during this period are still important for understanding Scottish mountain weather.

Please note that Ben Nevis can be exposed to harsh weather conditions so make sure to plan your trip carefully and wear appropriate clothing.

This is a stunning mountain set in the most incredible part of the British Isles. The views from its summit on a clear day are awesome. Descending looking west out over Loch Linnhe towards the western isles as the sun goes down is something you never forget.

# GET YOUR PLACE IN THE TEAM

## BOOKING FEE

To secure your place you'll need to pay a registration fee immediately. Once this is paid your place is reserved and you are committed to raising the total amount.

The registration fee is £85 which includes overnight accommodation, transport, dinner and breakfast at the hostel, or £35 for Sunday only.

## PLEASE NOTE

**We strongly advise you stay overnight unless you live close by and are confident you can reach the meeting point by 7am.**

Places will be allocated on a first-come and spaces are limited. The **ONLY** way to secure your place is to pay the deposit.

## MINIMUM FUNDRAISING £300

By raising just £300, you will be supporting our Love Palestine appeal, which supports the distribution of nutritious food parcels in Palestinians refugee camps, supports Palestinian farmers so they can cultivate and expand their olive farms, helps to create rooftop gardens that become a sustainable source of income for women and provides essential services, like medical care and clean water distribution, for the people affected by the Gaza Emergency.

# ITINERARY

Climbing Ben Nevis can be a difficult challenge, taking an average of 6-10 hours to get up and down depending on the group size.

We have arranged coach transport from major cities across the UK only. Departure will be early morning Saturday 29th and return is on Sunday 30th, but we expect to arrive into the early hours of Monday morning. . Times will vary depending on city, we will contact you via email with more details. We also have transport available leaving from Glasgow early on Sunday morning.

If you are arranging your own transport, you will need to meet the group at Glen Nevis Visitor Centre (Fort William, PH33 6PF) no later than 7am on Sunday. **Please note, we strongly advise you stay overnight unless you live close by and are confident you can reach the meeting point in time.**

Below is the general itinerary for the day. However, closer to the time we will send you a more in-depth itinerary via email, so please look out for this. For any further information please contact the challenges team on 07739 363894.

Lastly, good luck to all our participants! Insh'Allah it'll be a pleasant climb for all.

## SATURDAY

**TBC** Meet at agreed location (London, Manchester, Bradford)  
**17:00** Arrive at hostel (accommodation provided), Fort William, Scotland. Have dinner (meal provided), rest

## SUNDAY

**06.00** Meet for breakfast (provided)  
**07:00** Brief from Mountain guides at Glen Nevis  
**07:30** Begin ascent of mountain  
**12:30** Rest for food (bring packed lunch). Please note there will be plenty of breaks to be had along the way and the lunch break maybe sooner or later than this depending on the weather  
**16.30** End climb - Freshen up and prayer  
**17:00** Begin return journey

The itinerary is subject to potential change and that we will always communicate final instructions via email closer to the time.

# HOW TO TREK SAFELY

## BOOTS

Footwear is the most essential piece of kit when it comes to mountain climbing. It is very easy to sprain or twist an ankle if appropriate footwear is not worn. Feet can also get very sore in the wrong shoes, making for a very long and uncomfortable trek. Trainers/pumps/smart shoes are NOT appropriate as they simply do not offer the correct support. Walking shoes or boots are a MUST to ensure your safety and comfort.

Walking socks are preferable, and you should bring plasters and a change of footwear for the journey home!

## WATERPROOF JACKET AND TROUSERS

Waterproof jacket and trousers are essential for all UK outdoor activities, no matter what the time of year! A separate pair of waterproof over-trousers and a waterproof jacket MUST BE CARRIED. Very few normal trousers and jackets are waterproof, so the extra layer is ESSENTIAL.

If you are not sure of the effectiveness of your outer shell gear, try standing under a cold shower for five minutes!

## LAYERS

Even if it is sunny and warm when we set off it can still be very cold and misty at the top of the mountain!

Wearing lots of layers is the best way to maintain a comfortable temperature while walking.

Don't forget gloves, a hat and a scarf – they can make a big difference!

## FOOD - PACKED LUNCH/SNACKS

You must bring your own food for the whole day. Sandwiches and pasta are ideal high-energy foods to give you enough carbs for the physical challenge. Sugary snacks are great for when you need an extra boost.

## WATER

It is vital to stay hydrated before, during and after the trek. Try to avoid lots of sugary, energy drinks though – only have them occasionally if you are used to drinking them.

## RUCKSACK

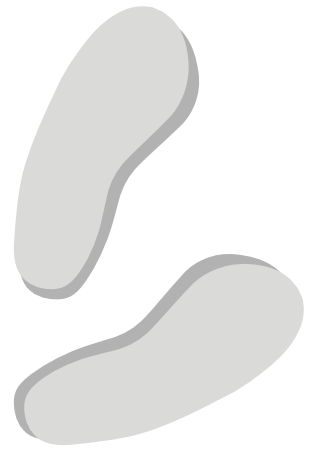
All of the above must fit into a rucksack you can carry comfortably on the trek. Any extra things you need for the day, such as toiletries, and change of clothes, can be left in another bag on the coach.

## MOUNTAIN GUIDE

To make sure our challenge is as safe as it is enjoyable, we will be hiring an experienced mountain guide. Under no circumstances should we ignore our guide's advice.

Please note: It is the responsibility of each trekker to ensure he/she has all the appropriate clothing and enough food and water. Penny Appeal will not provide any of these items. The British weather is very unpredictable so please come prepared for all conditions. If you do not have appropriate kit you may not be allowed to take part.

# FUNDRAISING IDEAS



## ONLINE DONATIONS:

The quickest and easiest way to collect donations and sponsorships is to set up an online giving page. You can create your own Justgiving page by simply clicking 'start fundraising' on our campaign page to get started <https://www.justgiving.com/campaign/bennevis> and we will see how you are getting on.

## SPONSORSHIP FORMS:

Print out the Penny Appeal [sponsorship form](#) and ask your friends, family, neighbours and colleagues to sponsor you for taking on the challenge.

## SOCIAL NETWORKING:

Make the most of your online networks like Facebook, Twitter, YouTube, Instagram etc. A thought-provoking, informative or funny update could go a long way and bring in extra donations.

Be sure to join us on our social media networks too (Search for @pennyappeal and teamorangepa) and we'll spread the word and keep you updated.

## EVENTS AND ACTIVITIES:

If you need an extra boost to your sponsorships and donations why not host an event or activity. A cake sale at work, non-uniform day at school or a masjid collection could help you reach your fundraising target.

# SIGN ME UP!

As soon as you're ready to sign up for our Ben Nevis trek, please register your details on our sign-up form [here](#). You can also call the challenges team on 07739 363894 and they will guide you through the process.

Please note, your deposit must be paid separately, and your place will not be confirmed until this has been received.

## PAYING YOUR DEPOSIT

The best way to pay your registration fee is through our website. Visit the Ben Nevis page at <https://pennyappeal.org/event/bennevis>

## PAYING YOUR SPONSORSHIP MONEY

All participants are asked to raise at least £300 on top of the registration fee. The total fundraising amount must be raised a month before your challenge.

### DEBIT/CREDIT CARD

Give us a call on 03000 11 11 11 and we can take the deposit payment by credit or debit card. Be sure to tell our donor relations team what you are paying for so they can get all your details correct on our system.

### ONLINE GIVING

If you're collecting money through our online fundraising page, sit back and relax! The money will be sent to Penny Appeal automatically. Setting up your page is very easy, simply click 'register' on our [campaign page](#) to get started and we will see how you are getting on.

### BANK TRANSFER

Contact us on 07739363894 or [taksima.ferdous@pennyappeal.org](mailto:taksima.ferdous@pennyappeal.org) and we will give you Penny Appeal's bank details and what reference to put.

## GET IN TOUCH!

If you have any other questions about the challenge, or if we can help in any other way, please do let us know. Email [challenges@pennyappeal.org](mailto:challenges@pennyappeal.org) or contact us on 07739 363894



# FAQS

## HOW LONG WILL IT TAKE TO CLIMB?

It can usually be done between 6-10 hours depending on the group size.

## HOW MUCH FOOD SHOULD I BRING?

Enough for the whole climb! You will have a long coach journey on Saturday, a challenging climb and a long coach journey home. Plan what you want to eat and pack enough for all this and then bring a bit more!

## WHAT KIND OF FOODS SHOULD I BRING?

Foods high in carbohydrates, such as sandwiches and pasta, should provide the main energy to keep you going. On top of that you will want a bit of a sugar rush and quick energy boost – this means sweets and chocolate!

## WHAT SHOULD I DRINK?

You will need to be well hydrated – water is vital. Fizzy or energy drinks are not recommended and you should only have a small amount of sports drinks if you are used to them.

## DO I HAVE TO TRAIN?

You do not have to be super-fit, but you must be prepared for many hours on your feet. As long as you are active on a regular basis and have no difficulties walking you should be fine. You may want to do some power walking or even jogging a couple of times a week before the challenge to get some practice in! If you are unsure whether to take part please consult your GP.

## I HAVE AN INJURY BUT I WANT TO TAKE PART, WHAT SHOULD I DO?

We appreciate and admire your passion and dedication, but if you are injured you should not take part – we do not want you to risk further harm. There will be many more challenges and we would prefer you to wait until you are back to full health.

## WHAT IF I DON'T RAISE THE £ 300 BY THE DAY OF THE TREK?

We're sure you will raise the full amount, and we'll give you loads of support to make the target. If you're struggling please speak to us as soon as possible – we have tons of tips and ideas to help you out. If you miss the target you may not be allowed to participate, so please do get in touch if you are finding it difficult – we really want you on our team so we can build a range of water systems across Asia and Africa

## WHAT IS YOUR DONATION POLICY?

All donations made to Penny Appeal go on to support our programmes. Naturally, there are essential and inseparable overheads required in delivering our projects and these are absorbed in the programme cost.

Like every charity, we have basic operating costs, but we recover these through Gift Aid, which is a tax relief from the UK Government and comes at absolutely no extra cost to our donors.

That's why it's important that if you are eligible for Gift Aid, you allow us to claim this, so we can continue to use donations in the most beneficial and effective way possible.

## CAN I COLLECT ZAKAT DONATIONS FOR SPONSORSHIP?

Yes, our water solutions projects are built in remote villages where all inhabitants are zakat eligible. Penny Appeal will ensure that 100% of your funds will be spent in line with its 100% zakat donation policy.