

# BEN NEVIS & THE GREAT GLEN WAY MULTI ACTIVITY ADVENTURE



## Highlights

- Bike it. Paddle it. Hike it. 100km of adventure!
- Experience the incredible Scottish Highlands on this 2-day multi activity journey from the sea at Inverness to the summit of the mighty Ben Nevis
- Immerse yourself in the wild nature and rugged scenery in the heart of Scotland
- Cycle through the stunning Great Glen, paddle the historic Caledonian Canal and summit the highest mountain in the UK, Ben Nevis at 1345m
- Look out for the elusive Nessie as you pedal along the shores of Loch Ness
- One night's accommodation, bike & kayak hire are all included
- Private trips available for groups over 10 people
- For more info please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 07747 346 588.



# WELCOME

## Overview

Experience the incredible Scottish Highlands as you journey from the sea at Inverness to the summit of the mighty Ben Nevis. An epic 100km+ multi activity adventure.

Explore the wild nature and majestic scenery in the heart of Scotland as you cycle through the stunning Great Glen, paddle the historic Caledonian Canal before summiting the highest mountain in the UK, Ben Nevis at 1345 metres. Take on this fantastic 2-day adventure amid the Scottish wilderness and enjoy the chance to celebrate with a wee dram of whisky at the finish – the true taste of Scotland.

You don't have to be a pro at biking or canoeing, just have a great sense of adventure and some gritty determination to tackle this journey across Scotland. The sense of achievement is amazing with conquering this impressive Scottish challenge.

If the dates listed do not suit you and you have a group of over 10 people, please get in touch as we'd be happy to set up a new date between June – September. Or if you have any questions about our new operations and continued level of care for your safety and wellbeing, simply email: [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.

We look forward to welcoming you to the scenic Scottish Highlands.





# TRIP SUMMARY



**Activity:** Bike, hike, paddle

**Duration:** 2 days & 1 night

**Active days:** 2 days



**Distance:** Approx 78 miles

**Ascent:** Ben Nevis 1345m



**Cost:** Deposit: £95 per person  
Remaining balance: £440 per person

**Group size:** 10 – 30 people

**Level of difficulty:** ■■■■■

**Tough**

**Dates:** Available from May through to September

**Total cost:** £535 per person

# ROUTE MAP

Get ready for an adventure

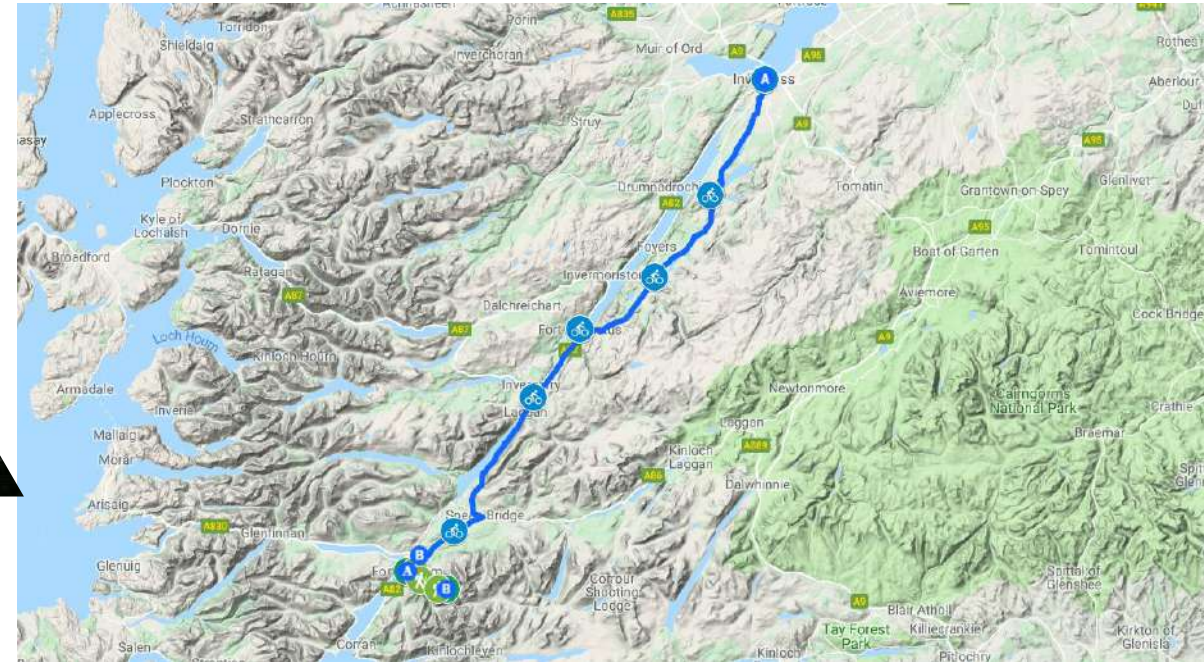


**FIRST LEG: Bike 45 miles**  
On quiet roads and cycle paths

**SECOND LEG: Canoe 2 miles**  
Section of the Caledonian Canal

**THIRD LEG: Bike 22 miles**  
On roads and cycle paths

**FINAL LEG: Ben Nevis 8.5 miles**  
Trek to the summit of Ben Nevis at 1345m



# ITINERARY

## Bike it. Hike it. Paddle it.

### THE CHALLENGE – 78 miles across the Scottish Highlands in just 2 days

A multi activity journey across Scotland from the coast at Inverness to the highest peak in the UK, Ben Nevis.

You will complete the adventure in teams of no more than 10 people per team and will be accompanied by a certified Bike, Mountain & Canoe Leader at all times.

#### EVENING PRIOR

Arrive in Inverness the night prior to the start of your trip so you have the chance to meet the team and your fellow adventurers and attend a trip briefing.

#### Included

Accommodation: Guesthouse (share and save basis)

#### DAY 1

##### First leg: Bike approx. 45 miles

Perched on a cliff overlooking the River Ness is Inverness Castle marking an impressive start to your adventure from the east coast of Scotland. Following a briefing and in your team accompanied by your Adventurous Ewe Leader, your bike journey begins following the River Ness. Passing along the southern shores Loch Ness keep an eye out for the mysterious Nessie before your route winds its way and through the picturesque landscape of the Great Glen. You will arrive in Fort Augustus for lunch enjoying the backdrop of the Scottish Highlands.

Your afternoon continues with short 9-mile ride on a mixture of cycle paths and road continuing through the Great Glen. Ben Nevis will be looming in the distance before you arrive in Loch Lochy where you'll change your bikes for boats.

##### Second leg: Canoe approx. 2 miles

You will be kitted out with a double Canadian canoe, buoyancy aid and paddle and receive a full briefing prior to your canoe down the beautiful Laggan Corridor. This is a stunning sheltered section of the Caledonian Canal of which you will be accompanied by canoe guides. Following a full day of adventure you'll overnight near the banks of the canal in a friendly Scottish Highland hostel.

#### Included

Meals: Breakfast, lunch, checkpoint snacks and dinner  
Accommodation: Hostel (dorm room basis)

#### DAY 2

##### Third leg: Bike approx. 22 miles

Following breakfast at the hostel from the self-catering kitchen, ensure you place your day-pack ready with your trekking kit and hiking boots in the support vehicle which will meet you at the finish of your cycling leg. It's then time to jump back in the saddle of your bike and pedal 22 miles to reach the base of Ben Nevis.

##### Fourth and final leg: Trek Ben Nevis approx. 8.5 miles

Swapping your bikes for boots, your ascent begins of the highest mountain in the UK, the mighty Ben Nevis, at 1,345 metres. Accompanied by your Mountain Leader the trek begins from Glen Nevis and follows The Mountain Track which is in fact the old access route to the now ruined Observatory and was designed as a rough bridle path for ponies. The track climbs steeply via several small zig-zags to the saddle by Lochan Meall an t-Suidhe (known as the halfway lochan) at 570m, then ascends the remaining 700 metres up the stony west flank of Ben Nevis in a series of larger, but less steep, zig-zags that criss-cross the face of the mountain's western side leading to the rocky summit plateau. The trek to the summit takes approximately 4 hours and involves 1,370m of ascent. Whilst standing on the highest point in the UK, the sense of achievement is huge as you take in the awe-inspiring views of the Scottish Highlands. There's time for a photo snap of your epic achievement before the descent taking approximately 2.5 hours. All being well your challenge should be completed by 6pm. Please allow extra time if you are planning onward travel after the adventure.

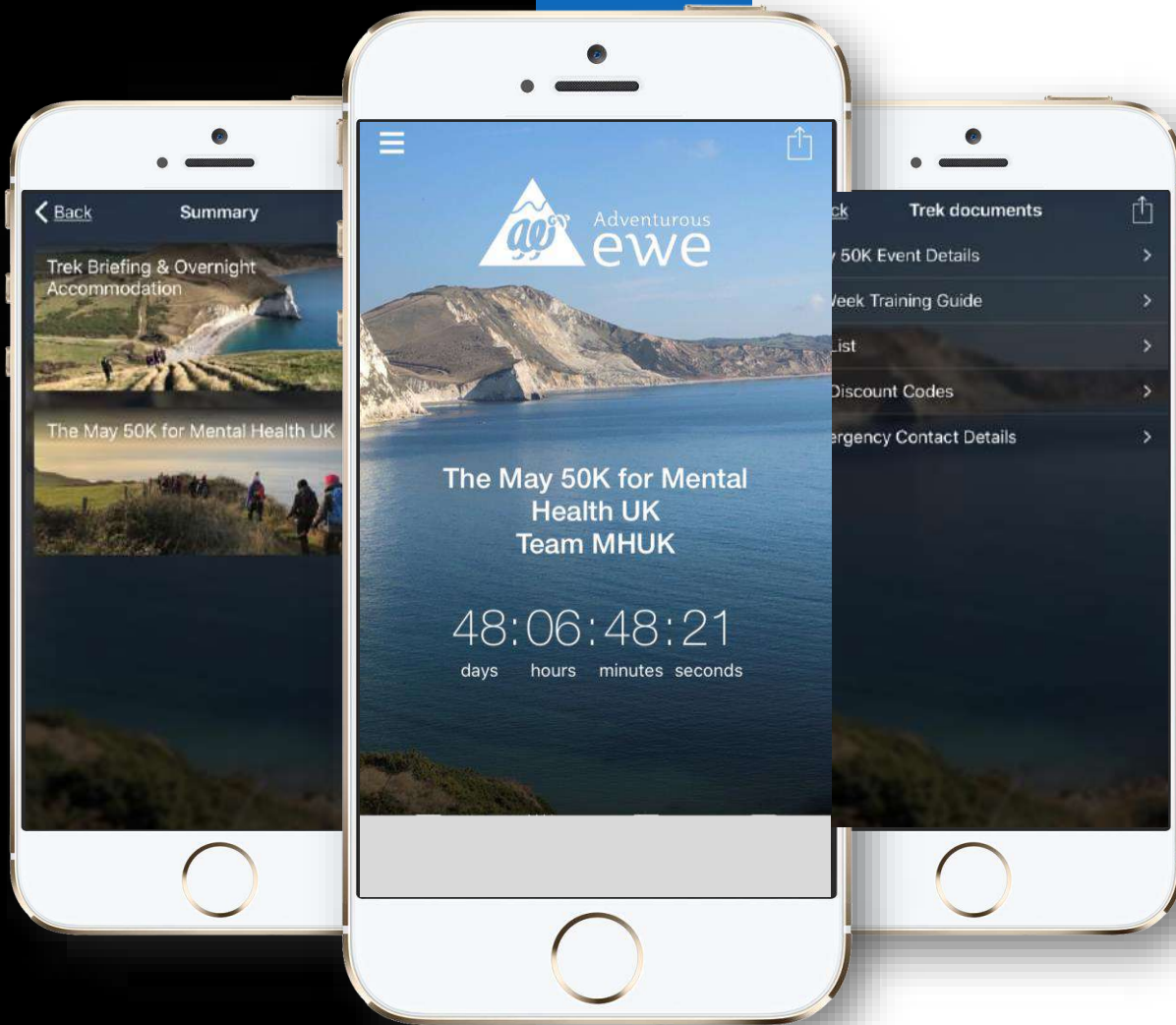
Following your celebrations, you can either return home directly from Fort William, opt to stay overnight in this town or take a return transfer from Fort William to Inverness at an additional cost.

#### Included

Meals: Breakfast, lunch and checkpoint snacks

# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Quick overview of your trip



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, etc.



## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO



01

## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Ben Nevis & The Great Glen Way Multi Activity Adventure will require preparation as the event is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe. 7

## Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for each activity together with a support crew. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication with the support vehicle throughout your adventure.



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## Level of difficulty

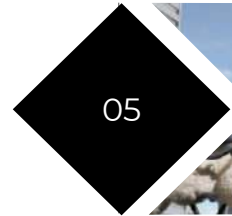
The Ben Nevis & The Greta Glen Way Triple Challenge is graded as **'Tough'** due to the two full days of activities and summiting the highest mountain in the UK, Ben Nevis at 1345m.

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each of the activities. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the adventure ahead.

Please note, previous canoeing experience is not required for this challenge as full instruction and support will be provided.



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## Group size

We pride ourselves in small group events to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trip to run is **10 people** and the maximum group size is **30 people**. You will be taking part in teams of no more than 10 people per team.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

**Our motto is: Train hard, smile harder and enjoy the journey!**



## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop..**

Bikes, helmets, Canadian canoes, paddles & buoyancy aids are provided. Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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## Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism

## Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

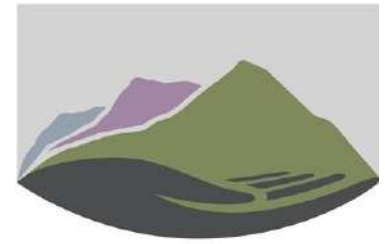
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## **Snowdonia National Park Ambassador**

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri  
Snowdonia Society



# TOP TIPS

## Bike it. Paddle it. Hike it.

- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your trekking kit including the wearing of your rucksack with weight inside and in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Have three bags – a daypack for the mountain with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks & any medication), a small bag to leave in the support vehicle with your trekking & canoeing kit (trainers, spare socks, small towel, etc.) and your main luggage/travel bag will be packed away in the support vehicle
- Bring your own facemask and hand sanitiser (essential)
- Pack your kit inside dry bags for the trek
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle and flask that you can refill at the checkpoints and avoid plastic bottles
- Look after your feet – blister prevention
- Wear your waterproof jacket, trousers and trainers for the canoe leg
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**





# COST

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**Deposit:** £95 per person payable on booking

**Balance:** £440 per person payable 5 weeks prior to start of trip

**Total cost:** £535 per person

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## **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

## **Fundraising**

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## Ben Nevis & The Great Glen Way Multi Activity Adventure

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your event from Adventurous Ewe
- Discount on personal kit from Joe Brown, The Climber's Shop both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Travel protection cover
- Risk assessment and emergency management planning.

#### During your trip:

- Cycle & Mountain Leaders and Canoe Instructors
- Hire bikes and helmets included
- Canadian canoes, paddles and buoyancy aids
- Canoe briefing, instruction & support on the canoe journey
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks
- 2 night's accommodation (share & save basis)
- Checkpoint snacks and drink refills
- 2 x breakfast, 2 x lunch and 1 x dinner
- All logistical management and equipment & luggage transfers
- Complimentary celebratory fizz on completion of the challenge
- All trip management and hygienic cleaning procedures of equipment before, during and post trip.

### CAN BE ADDED AT AN ADDITIONAL COST

- Accommodation in either Inverness or Fort William on the night of completing your adventure
- Single room supplement depending on availability
- Return transfer from Ben Nevis, Fort William to Inverness following the completion of your adventure at £65 per person.

### NOT INCLUDED

- Clothing and equipment listed on your Kit List
- Getting to the start and finish of the trip
- Personal spending money
- Any costs incurred with leaving the trip early ie. accommodation, change in travel arrangements ie. train tickets or flights, etc.

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic event and an uncomfortable one. This is a list of recommended kit to take on your Triple Challenge. You will have the opportunity to change in-between each activity and your kit bag will be transferred in the support vehicle.

## CLOTHING

- Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential
- Base layers** – preferably a synthetic wicking layer with a long-sleeved top
- Fleece Jacket** or Wind-stopper
- Trousers** - fleece or synthetic / nylon or polyester. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- Wicking t-shirts** for trekking and cycling
- Shorts** (optional) for trekking and cycling
- Headwear** - warm woolly hat and cap/sunhat
- Helmet** for cycling (this is included with your bike hire though you are welcome to bring your own if you wish)
- Gloves** - a pair of wind stoppers for the mountain and cycling gloves are recommended for your bike ride
- Buff or bandana** – for the cold and sun protection
- Cycling gear** – you are welcome to wear cycling clothing if you wish and high vis kit is recommended. You will have the opportunity to change into other clothing if you wish for the canoe section on day one and between the cycle and trek on day two
- Casual clothes** for the evenings and travel

## FOOTWEAR

- Hiking boots** – well-worn in with ankle support and waterproof for the trek
- Cycling shoes/cleats & pedals** (optional)
- Trainers** – for the cycling and canoeing legs
- Socks** – hiking socks, cycling socks and spare pairs

## BAGS

- Overnight bag** – which you can leave any items of clothing that you do not need during your journey. This will be in the support vehicle but may not be easily accessible
- Kit bag** – preferably a small rucksack. This bag can be left in the support vehicle and will contain your change of clothes for your each activity
- Daypack** – 20 - 25 litre rucksack to carry your kit required on the trek. A rucksack liner/dry bag is recommended

## EQUIPMENT

- Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system
- Thermos** – (optional) if you wish to take a hot drink on the trek
- Head torch** & spare batteries
- Sunglasses** – strong UVA/UVB protection preferable
- Trekking pole(s)** - optional. Please train with these

## ADDITIONAL ITEMS

- Hand sanitiser**
- Face mask**
- Sunscreen and lip block** – SPF40 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the trek if needed) and toiletries for overnight accommodation
- Towel** – small travel towel
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

## NICE TO HAVE

- Favourite snacks**, both sweet and savoury
- Electrolytes**
- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Spare clothes** for casual wear.



# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe Triple Challenge we have teamed up with independent UK outdoor specialists:

**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Exclusive discount codes will be provided when you sign up for this adventure.



For more info please visit:

<https://www.adventurosewe.co.uk/training-kit/>

# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
please feel free to contact us at:



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Online chat on our website at  
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous  
ewe

We look forward to welcoming you to the spectacular Scottish Highlands for a fantastic adventure.

