

WE ARE  
MACMILLAN  
CANCER SUPPORT

WE COULDN'T DO IT  
WITHOUT YOU

Donate today »

## Ben Nevis Hiking Challenge

28 - 30 June 2013

Welcome to your first Team Macmillan E-newsletter for the Ben Nevis Challenge. We'll be keeping in touch over the coming months with e-newsletters packed with training tips, fundraising ideas and important information about the challenge.

Since you last heard from us we've been busy recruiting for the challenge and we now have a fantastic **33** hikers signed up. We've still got plenty of places up for grabs so if you know anyone that would like to sign up to the challenge please pass on our contact details.



### Checklist

There are a couple of important deadlines to be aware of for this challenge so please take note of the following:

- **28 February 2013** : Send completed **Medical Form** to Discover Adventure.
- **28 March 2013** : Send Macmillan first instalment of **sponsorship** (£195).

Please find a copy of the medical form attached for your reference.

### Training

The challenge may still seem a long way off but we strongly recommend that you start your training as soon as possible. Past experience has shown that those who put in more training find the trek less taxing and more enjoyable than those who do little or none.

**Training Tip #1:** If you haven't already bought your new hiking boots, don't delay any longer! You'll then have 6 months to wear them during training so they'll be well broken in and comfortable by June.

Don't forget you're eligible for a 15% discount at Cotswold Outdoors. Simply quote the discount code AF-MACCS-NC online or in store.

## Get in touch

Having someone to train with, bounce fundraising ideas off or discuss any other aspect of the challenge can be a big help. We've therefore attached a list of everyone on the challenge, with the details they have agreed to share, so that you can get in touch with the rest of the group.

You can also keep in touch on our Facebook page [Hiking@Macmillan](#) or follow us on Twitter [@TeamMacmillan](#).

## Fundraising

Thank you to everyone who has already started to send sponsorship to us. If you need some more ideas to keep your fundraising ticking over check out our famous [Little Green Book of Fundraising](#) which is packed with fail safe ideas. And for festive fundraising tips have a look at our fundraising [ideas of the month](#) for December.

If you need any more motivation check out this [inspiring video](#) in which Patsy tells us about her personal cancer journey and Erica, her Macmillan nurse, talks about the various ways Macmillan can offer emotional, practical and financial support.

Finally, thank you so much for signing up to the Ben Nevis Challenge in 2013. With your help we hope to raise over £80,000 to help people affected by cancer. Thank you for your support.

Wishing you a very merry Christmas and a happy New Year,

Sarah and Margaret  
The Hiking Team  
Macmillan Cancer Support

T: 020 7840 7887

E: [hiking@macmillan.org.uk](mailto:hiking@macmillan.org.uk)

[Fundraising »](#)

[Get involved »](#)

[Donate »](#)

You are currently subscribed as [sarahwilliams@macmillan.org.uk](mailto:sarahwilliams@macmillan.org.uk).

Please add us to your safe senders or contacts list to ensure you continue to receive emails from us.

If you would like to leave feedback about this newsletter or the work Macmillan do, [please do so](#).

If you wish to stop receiving emails, please [unsubscribe](#).

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

A company limited by guarantee, registered in England and Wales company number 2400969.

Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ.