

## Ben Nevis Hiking Challenge

28 - 30 June 2013

Welcome to your 2nd Team Macmillan E-newsletter for the Ben Nevis Challenge. We hope you're all well and are getting stuck into your training and fundraising!

### In this issue:

Your checklist  
Hotel and coach details  
Fundraising tips  
Macmillan's latest campaign



## Checklist

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

- **Today!** : Send completed **Medical Form** to Discover Adventure.
- **28 March 2013** : Send Macmillan first instalment of **sponsorship** (£195).
- **28 April 2013** : Let us know if you **do not** require a seat on the coach (see below).

## Coach transfer

We are organising a coach transfer from Glasgow to Fort William to help make the long journey a little easier. The coach will be leaving Glasgow Central Rail Station, Gordon Street, Glasgow G1 3SL at approximately 3.00pm on Friday 28 June. The coach pick-up point is by the taxi rank on Gordon Street outside the main exit. You will be met here by Sue Blunt from Macmillan and your team of Discover Adventure leaders.

On Sunday 30 June the coach will pick us up from the hotel after breakfast. It's approximately a three hour drive to Glasgow so we are expecting to be back at Central Station by 1pm. Please allow plenty of time to get yourself to the airport and check-in if you have onward flights to book.

We will confirm all these details again nearer the time.

## Accommodation

We will be staying at the Ben Nevis Hotel situated only a mile outside of Fort William, in a prime spot for exploring the area.

Ben Nevis Hotel  
North Road  
Fort William PH33 6TG.  
Telephone: 01397 702331

You can find more information at [www.strathmorehotels.com/Ben+Nevis+Hotel/Contact/](http://www.strathmorehotels.com/Ben+Nevis+Hotel/Contact/)

For those of you that wish to make your own way to the hotel on the Friday please aim to be there for around 6pm.

**NB Please could you also [let us know](#) by 28 April 2013 if you do not require a seat on the coach to/from Glasgow.**

## Justgiving

If you haven't already, we highly recommend setting up a justgiving page to help with your fundraising. Just set up and publicise your page to everyone you know. The money is sent direct to us and will be allocated to your record here. Simple.

Follow this link to set up your own [Ben Nevis online sponsorship page](#) today.

## Fundraising

As a group you've made a great start on your fundraising. You've raised a **£8,280** so far - enough to fund Macmillan nurse for two months, helping people living with cancer and their families receive essential medical, practical and emotional support. To keep things ticking along why not try this month's top tip:

**Tell all your Facebook contacts about your fundraising and tweet the details to let everyone know. Using social media is one of the best ways to spread the word and ensures you are reaching as many people as possible. In fact, last year, 1.8 million donors on Justgiving came directly from Facebook and raised over £34 million.**

**Download the Justgiving Facebook app. This allows people to donate to your page without ever having to leave Facebook. And with people giving an average of 44% more when they donate, you'll hopefully see a little added generosity.**

For more fundraising tips check out our handy [Five Steps to Fundraising Guide](#)

## What's it all for?

If you need any more motivation to keep up your fundraising, check out Macmillan's latest Not Alone campaign at <http://www.macmillan.org.uk/notalone>. Now, more than ever, we need people like you to join our team and get involved. Through your amazing fundraising efforts and continued support, you're making a huge difference to people affected by cancer. No one should face cancer alone. And with your support no one will.

Thank you.

Sarah and Margaret  
The Hiking Team  
Macmillan Cancer Support

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Fundraising »

Get involved »

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