

WE COULDN'T DO IT WITHOUT YOU

Ben Nevis Hiking Challenge

28 - 30 June 2013

Welcome to your final Team Macmillan E-newsletter before we head off to the spectacular West Grampians and begin our climb of Ben Nevis. We hope you're all fit and ready to face the challenge.

In this issue:

- Coach transfer
- Hotel details
- Getting there by car
- Keeping in touch
- Luggage & kit
- Fundraising



Coach Transfer

Our coaches will be leaving Glasgow Central Rail Station, Gordon Street, Glasgow G1 3SL at 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 coaches will pick us up from our hotels after breakfast. It's approximately a three hour drive to Glasgow so we are expecting to be back at Central Station by 1pm.

Hotel Details

We're a big team of over 100 hikers which means that we'll be staying at 2 hotels in Fort William in order to accommodate us all. Don't worry though, we'll all be meeting up to have the briefing together and to eat and celebrate. We will be staying at the Ben Nevis and Alexandra Hotels and you will be allocated your hotel on the coach.

Ben Nevis Hotel
North Road
Fort William
PH33 6TG
Telephone: 01397 702 331

Alexandra Hotel
The Parade
Fort William
PH33 6AZ
Telephone: 01397 702 241

Getting there by car

For those making their own way, follow the A82 out of Glasgow and keep going all the way to Fort William. We'll be meeting at the Ben Nevis Hotel which is on the A82 (North Road) at about 6pm. The hotel is situated about a kilometre beyond crossing the River Nevis in Fort William. Put the postcode in your Satnav and you can't go wrong.

You will be met at the hotel by Sue Blunt, your Macmillan Rep along with the team of Discover Adventure leaders. Once everyone has arrived, there will be a full briefing about the day's hike before our evening meal. We'll also give everyone a snazzy name badge to help us get to know one another!

Keeping in touch

Your mobile phones should work while we are trekking. However, if anyone needs to contact you urgently while we are hiking and has trouble getting through, please ask them to contact Discover Adventure's emergency number on 07813 318 814.

If anyone is running late or needs to get in touch on the Friday, Sue Blunt, your Macmillan Rep can be contacted on 07909 118 402.

Luggage & Kit

On the day, you will need a day-pack to carry spare equipment, wet-weather gear, drinks, packed lunch etc (see [kit list](#) for details). Your main belongings will be safe in your hotel while we trek. It is essential that you bring warm and wet-weather clothes. The weather can change rapidly and there's nothing worse than being wet, cold, and unprepared. We also recommend you take some spare clothes to change into on Saturday evening.

Water

Please also make sure you are able to carry at least two litres of water with you (2 x water bottles or a camelback water carrier are perfect) as there won't be an opportunity to refill during the day.

Fundraising

As a group you've already raised an amazing **£47,603.49** – enough to operate our phone service for a week. In this time, our cancer support specialists could answer 1,646 calls and emails from people who want questions answered, need practical or financial support, or just want to chat.

Hema Chouhan is still our top fundraiser but Hannah Hodges and Duncan Thatcher are close on her tail. Lets see who'll reign supreme by the time you all stand on the summit of Ben Nevis in three and a half weeks time.

Finally, all that's left for us to say is, well done for all your hard work and we hope you have a fantastic time. On behalf of Macmillan and the people we support.....

....thank you – we couldn't do it without you.

Best wishes

Sarah, Sarah and Margaret
The Hiking Team
Macmillan Cancer Support

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