

Ben Nevis Hiking Challenge

28 June – 30 June 2013

Climbing high

Welcome to Team Macmillan and to your first Ben Nevis newsletter! In the months after the Olympics hosted by Great Britain there's no better time to be inspired and take on one of Britain's best hikes!

From the green lowlands of Glen Nevis we'll be hiking up to 1343m and the summit of Ben Nevis where, hopefully, you'll be rewarded with incredible views over the Grampians! This is a physically challenging hike but the knowledge that you are helping make a difference to the lives of people living with cancer in the UK will only add to your sense of achievement.

We will send you regular updates over the coming months leading up to the challenge. Our aim is to make sure you have all the support you need regarding fitness and fundraising, as well as lots of information on the hike itself.



Left: Ben Nevis in the Spring, snow still clinging to the mountain-sides

The Macmillan team

If you have any questions or concerns about the challenge, or any ideas you wish to discuss with us in the lead up to the hike, we are here to help! Simply get in touch with **Sarah, Kim or Margaret** (the Hiking team) either by emailing us at **hiking@macmillan.org.uk** or by calling us on **020 7840 7887**.

Office hours are Monday to Thursday 9-5 and Friday 9-4.30

The hike

Depending on the weather and individual fitness levels, we will be walking for 6 to 8 hours. This means an early start to allow time to have breakfast and sort our day packs, before heading off.

As well as a lunch-time break, there will be plenty of opportunity to rest, enjoy the view and take photos. Most people will arrive back at the hotel around 5pm, with plenty of time to get ready for a well-deserved celebration meal.

Luggage/equipment: 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 bag can stay at the hotel.

Accommodation: We will be staying in a 3* hotel for 2 nights close to the town of Fort William.

Toilet/washing facilities: While hiking, it's a case of finding a quiet spot. Take wet wipes and anti-bacterial hand-wash in your day-pack.

How fit will I need to be?

This is a strenuous hike and you will need to be fit to take part. The more training you do to build up your stamina and general fitness levels, the more you will enjoy the experience. June may sound a long way off now, but it's never too early to start. To help you plan your training we've enclosed a detailed training guide.

What will the weather be like?

June is a wonderful time of year to climb Ben Nevis. On a clear day the

views are extraordinary, but the weather can change so you do need to be prepared for wet and chilly conditions. It is important to bring warm layers and proper waterproofs.

Discover Adventure

This event is organised on our behalf by tour operator Discover Adventure (DA). Since 1997 they have delivered safe, enjoyable tailor-made trips for us. DA will be responsible for the ground arrangements (accommodation, food, crew etc), and will provide our tour leaders and doctor for the trek. If you'd like to speak with a Discover Adventure representative at any stage please contact 01722718444 or info@discoveradventure.com

Kit

Everything you need while on the trek is included on the enclosed kit list, which has been drawn up in conjunction with Discover Adventure.

If you need to buy or hire kit, Macmillan challenge participants are entitled to discounts at:

Cotswold Outdoors: 15% off all non-sale purchases. Whether buying in-store or online, quote the discount code AF-MACCS-NC.

Trek Hire UK: 15% discount on all hire purchases over £70.

We have enclosed a Macmillan T-shirts for you to wear whilst training, fundraising and on the Challenge itself.



Top Tip: If you need to buy new boots, get them well in advance and make sure they are well worn in. Wear them round the house, to work - not just when out training. This way they will be comfortable by the time you set off for Ben Nevis

Medical details

The enclosed medical questionnaire must be completed and countersigned by your GP before **28 February 2013**. Please note this is a requirement of the challenge and failure to mention an existing condition may invalidate your insurance.

All of the relevant forms are included in this fundraising pack so please keep them safe. If you need a replacement simply get in touch at hiking@macmillan.org.uk.

Discover Adventure

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Social media

A great way to keep in touch with the Hiking Team, your fellow trekkers, and previous Macmillan participants is to join our Hiking Facebook group [facebook.com/macmillanhikingevents](https://www.facebook.com/macmillanhikingevents)

You can also follow the Challenge Team on twitter at [twitter.com/@TeamMacmillan](https://twitter.com/TeamMacmillan)

Fundraising

We appreciate that raising £575 may seem daunting at times. We hope that the guide in this pack will give you some ideas to get you started.

From our experience and those of previous participants, simple ideas are often the best. Check out the

Little Book of Fundraising Ideas at macmillan.org.uk/fundraisingideas for inspiration.

Also included are forms to order fundraising materials, balloons, posters etc, and collection tins. Please allow plenty of time before any event for items to be posted out.

Justgiving/Virgin Money Giving

These sites are a great way to boost your fundraising and publicise what you are doing. Details on how to set up your page are in the fundraising guide. The money is transferred directly to Macmillan and credited against your individual record.

Gift Aid Do ask everyone who donates off-line to fill in your sponsor form. For every £1 donated, Macmillan can claim another 25p. While the money cannot be added to your individual total, it will help make a real difference.

Sending in donations Please note that your first instalment of £195 has to be with us four months before departure (**28 February 2013**). However, please send money in as soon as you have it. It's much harder to fundraise after the trip, and we can put the money to work to help people living with cancer that much sooner.

If, for any reason, you are unable to raise sufficient funds by the four month deadline, you have the option to:

- transfer to a later trip
- make up the shortfall yourself
- cancel and forfeit your deposit.

'The Challenge was simply mind blowing! Every corner you turn brings another stunning view to rival the previous. The whole thing was simply amazing from start to finish - a total life changing experience. Thank you.'

Paul Matthews, Team Macmillan 2011



What is it all for?

You will be asked more than once in the coming months why you have chosen to take part in a Macmillan Challenge. Of course, the trek itself is hugely rewarding, and will leave you with unforgettable memories for years to come.

But more importantly, your commitment to raise £575 really will make a difference to the lives of people living with cancer in the UK. The money you raise will help Macmillan to provide the expert care and practical support that they and those close to them, most need.

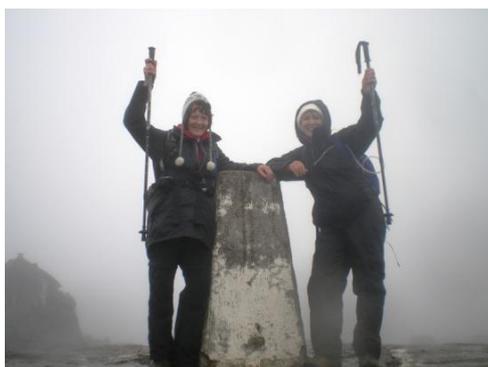
We are a source of support, helping with all the things that people affected by cancer want and need. We provide practical support, emotional support, financial help, and we are a force for change.

One in three of us will get cancer. Two million of us are living with it and this number is rising. We are all affected by cancer. We can all help. We are Macmillan.

And finally

Best of luck in the coming months. Remember that we're here to support you so please let us know if you need any help or advice along the way.

THANK YOU!



Left:
Team Macmillan hikers
en route to the summit in
2012.

Stepping stones
on route to the highest
point in the UK.

At the summit in 2012!