

Route Plan

One copy to be carried, another to be left with a responsible person and cancelled on return.

Objective : **Ben Nevis - circular from Glen Nevis Youth Hostel, via Pony Track**

Date :
 Maps Used : **OS Landranger 41 - Ben Nevis, Fort William & surrounding area**

Vehicle No. (if applicable):

Magnetic Variation : **4°**

From	To	Magnetic Bearing	Distance (m)	Height Gain (m)	Description Of Terrain	Estimated Time (mins)
Glen Nevis Youth Hostel 128 718	Path junction 133 720	103	150	0	Footbridge over River Nevis; dog-leg;	2
		75	450	140	Then direct moderate ascent on path	21
Path junction 133 720	Turn in path 140 718	120	575	115	Moderate/steep ascent on path	20
		114	475	100	with dog-legs en-route	17
Turn in path 140 718	Turn in path 147 724	58	450	150	Steep ascent on path to top of dog-	22
		262	700	95	leg; gentle ascent to path junction	20
Turn in path 147 724	Start of zig-zags 147 715	181	900	130	Gentle ascent on path	27
			0	0	to start of zig-zags	0
Start of zig-zags 147 715	Turn in path 151 713	54	300	70	Moderate ascent on path;	12
		179	450	130	steep ascent on path	20
Turn in path 151 713	Turn in path 153 713	10	250	50	Moderate ascent on path;	9
		183	200	50	Moderate ascent on path	8
Turn in path 153 713	Path junction 155 714	39	275	60	Moderate ascent on path;	10
		166	150	30	Moderate ascent on path	5
Path junction 155 714	Turn in path 164 713	112	750	175	Moderate ascent on path up ridge;	29
		86	100	15	gentle ascent on path up ridge	3
Turn in path 164 713	Summit of Ben Nevis 166 713	114	200	5	Gentle ascending traverse	4
		56	100	9	across summit plateau	2
Summit of Ben Nevis 166 713	Turn in path 164 713	236	100	-9	Gentle descending traverse	2
		294	200	-5	across summit plateau	3
Turn in path 164 713	Path junction 155 714	266	100	-15	Gentle descent on path down ridge;	2
		292	750	-175	Moderate descent on path	20
Path junction 155 714	Turn in path 153 713	346	150	-30	Moderate descent on path;	4
		62	275	-60	Moderate descent on path	7
Turn in path 153 713	Turn in path 151 713	339	200	-50	Moderate descent on path;	6
		230	250	-50	Moderate descent on path	6
Turn in path 151 713	End of zig-zags 147 715	281	450	-130	Steep descent on path;	13
		225	300	-70	Moderate descent on path	8
End of zig-zags 147 715	Turn in path 147 724	6	900	-130	Gentle descent on path	20
			0	0	to end of zig-zags	0
Turn in path 147 724	Turn in path 140 718	230	700	-95	Gentle, then steep, descent down	15
		230	450	-150	path with one dog-leg	14
Turn in path 140 718	Path junction 133 720	293	475	-100	Moderate descent down path	12
		192	575	-115	with dog-legs en-route	14
Path junction 133 720	Glen Nevis Youth Hostel 128 718	250	450	-140	Steep descent down path to river;	14
		209	100	0	footbridge crossing to Youth Hostel	2
Total:			12,900	0 1,324		(Hrs.Mins) 6.33
Add ten minutes per hour:				(65')		7.39

Escape Routes

1 From

2 From

3 From

Time out: _____

Time back: _____

It is dark at: _____

NAMES OF PARTY

1) Name :

Address :

.....

.....

Telephone :

(Party Leader when applicable)

2) Name :

Address :

.....

.....

Telephone :

(Co-leader when applicable)

3) Name :

Telephone :

4) Name :

Telephone :

5) Name :

Telephone :

6) Name :

Telephone :

7) Name :

Telephone :

Emergency telephone numbers

Location :

Telephone :

Location :

Telephone :

Location :

Telephone :

Location :

Telephone :

Weather Forecast

WIND

Speed/Force knots/mph becoming knots/mph at summit

Direction

TEMPERATURE

Sea level °C becoming °C at summit

Cloud base metres

OUTLOOK

Home Contact

(It is essential the Home Contact is NOT related to any member of the party)

Name:

Address:

.....

.....

Telephone:

Equipment in Party

(Insert Numbers if appropriate)

- *.Cagoules/waterproofs
-Compasses (minimum of 2)
- *.Crampons (in winter)
- *.Emergency card and pencil
- *.Emergency rations
-First Aid kits
-Flares
- *.Ice Axes (in winter)
-Maps (minimum of 3)
-Matches (in waterproof container)
-Safety rope
-Sleeping bags
-Small stove
- *.Spare clothing
- *.Survival bags
-Tents
- *.Torches
- *.Whistles

*Should be carried by each member of party