



# The Sick Kids Friends Foundation



## Ben Nevis Challenge Friday 5<sup>th</sup> - Sunday 7<sup>th</sup> October 2012

**\*Please read through this information thoroughly before returning your reservation form\***

Thank you for considering taking part in our annual Sick Kids Ben Nevis Challenge, from Friday 5<sup>th</sup> - Sunday 7<sup>th</sup> October 2012. This challenge will be an incredible experience and by raising sponsorship for the Sick Kids Friends Foundation you will help us to continue with our work of making sick kids better.

**A Q&A sheet and itinerary will be available very soon but below you will find an overview of what you can expect from the weekend.**

### **The Event**

The weekend is all arranged for you and you will be picked up by coach from a central location in Edinburgh TBC, on the afternoon of Friday 5<sup>th</sup> October. We will then go straight to Fort William and you are dropped back at the central location in Edinburgh on Sunday afternoon. After an early breakfast on Saturday 6<sup>th</sup> October we will begin our trek towards the summit 1,334m high. We will follow a path, at times over uneven terrain and Guides will be on hand throughout the day to support and assist us should we need it. On average we can expect to walk for five hours up the mountain and 3 hours on the descent.

### **Who can take part?**

There is no actual climbing involved, but it is a very long and testing trek. Parts of the path are very uneven; with lots of small pebbles and stones under foot. You will require a willing pair of legs and determination is a must! It does not matter if you are an experienced walker or have done anything like this before. We would recommend that you do regular exercise, including as much hill walking as possible prior to the challenge. The event is open to people of all ages (minimum age is 15) and average fitness. It is challenging but it will leave you with a great sense of achievement, particularly as you reach the summit and behold spectacular views of the Highlands and Western Isles. You have plenty of time to train and fundraise and you will be supported every step of the way by the Sick Kids Friends Foundation and Ptarmigan Events Team.

### **What is included?**

- \*A training guide and fundraising pack, including sponsor forms and details of how to set up an online fundraising page
- \*Coach transfers between Edinburgh and Fort William
- \*Two night's dinner, bed and breakfast in the Ben Nevis Hotel and Leisure Club
- \*A Celebration party and medal of achievement
- \*Guiding team and medical provision for our Saturday ascent
- \*A Sick Kids t-shirt

### **How much does it cost?**

To take part, you will be required to pay a non refundable entry fee of £50 per person and you must pledge to raise a minimum of £500 in sponsorship for the Sick Kids Friends Foundation, £200 of which is to be paid to Sick Kids by the 31<sup>st</sup> August 2012 in order to secure your place. The remaining £300 must be received by the 2<sup>nd</sup> November. Of the £550 received by the Sick Kids Friends Foundation, £230 covers the costs of your challenge and £320 will benefit the Royal Hospital for Sick Children.

### **Sign up today!**

To book your place(s) please complete the online reservation form and disclaimer form (one form per person) and return accompanied by a £50 deposit cheque (£50 per person) or card details to the Sick Kids Friends Foundation, 20 Millerfield Place, Edinburgh, EH9 1LW, as soon as possible.

When your reservation form has been received you will be sent a confirmation letter and a fundraising pack, so you can get started straight way. You will also be provided with a training guide and kit list.

Please do not hesitate to contact Rachel if you have any questions.

